

Stress Defense Tai Chi

QI QONG WARM UP OUTLINE

Brain Dump

Foot Roll

Tui Na

Chakra activation

Gather and root

First breathing form:

Rooting heart to earth

Raising Earth (the Fountain)

Rooting Heaven to earth (Radiant Stream)

Combine heaven and earth in each chakra

Gather and root

Bounce and discharge “HA”

Shift side to side

Moving Hands like clouds sequence

Side to side

Forward and back

Changing direction to side

3 X in each direction

3,2,1 alternating

Brush Knee sequence

Forward and back

Changing direction to side

3 X in each direction

3,2,1 alternating

Grasp Sparrow Sequence

3 X Front

3X side

Change sides & repeat

Joint Opening Sequence

Spiral arms

Opening chest

Scoop and open rib cage

Rotate side to side

Swing and wrap arms around waist

Swing arms front & back

Swing arms alternate side to side

Windmill arms back alternating

Windmill arms forward alternating

Both arms swing back

Both arms swing forward

Head and neck isolations

Up and down

Side to side

Circle left and right

Shoulder Isolations

Rolling backward 3X

Rolling and add elbows yawning 3X

Rolling forward 3X

Rollin and add elbows forward HAW

Leg circles

Circle in 3X

Circle out 3X

Change legs and repeat

Knee circles left and right

Knee bends (grand plie') 3X

Floor Stretch

Lunge: left leg back

Press back and straiten front leg

Turn out and Spider Man crouch left and right

Turn in, drop left knee pull right foot in, right hip stretch

Drop right leg & knee, slide left leg back

Wrap left leg over right knee, reach forward

Open left leg and rotate hip and leg side to side
Change sides and rotate right leg side to side
Open to 2nd position stretch and breathe
Lift and reach left and right
Bring legs together and repeat full sequence on other side.

Stand and rotate hips with feet together left and right

Open stance shoulder width and rotate hips left and right

Vibrate body

Kidneys

Hips

Legs

Back of knee

Dan Tien

Solar Plexus

Chest

Lungs

Shoulders

Arms

Top of head

Back of head

Jaw

Temples

Forehead

Top of head

Shake hands above head and discharge energy down and out
HA 3X

Nei Qong Standing Meditation

Embrace the tree

Between heaven and earth

Golden urn

Pushing walls apart

Return to embrace tree

Small breathing form

Circle left and right

Moving hands like clouds

Wu chi

