Taiji Qigong Primary Set

Warm up

- Move & shake
- Side to side
- Hip circles
- Knee circles
- Ankle circles
- Wrist circles
- Stretch up and twist
- Stretch up and lean
- Stretch up and touch toes, roll up spine

Spine & chest

- White crane spine and chest warm up

Primary set

- Stand to regulate the breath
- Sink Qi to Dan Tien
    - Hands up & down
- Expand the chest to cleanse the body
    - Inhale arms scoop in and up, exhale arms reach out and down
- Pour QI down the baihui
    - Inhale arms out & up, exhale arms down in front of body
- Left right push mountains
    - Inhale hands up in front of body, exhale arms push to side, inhale back, exhale down
- Settle wrists and push the palms
    - Inhale hands up in front, exhale hands press forward. Inhale back, exhale down
- Large bear swims in the water
    - Inhale hands scoop in towards dan tien, exhale hands reach out (horizontal)
- Left and right open the mountain
    - Single version of bear
- Eagle captures its prey
    - Inhale hands draw towards dan tien, exhale arms out to side & forward (horizontal)
- Lion rotates the ball
    - Single eagle
- White crane spreads wings
    - Stepping side to side
- Stand to regulate the breath