



QIFLOW CARDS

5 ANIMAL

QIGONG PRACTICE CARDS

The 5 Animal Postures

Tiger - Raising the Tiger's Paws

Tiger - Tiger Seizing the Prey

Deer - Colliding with the Antlers

Deer - Deer Running

Bear - Rotating the Waist

Bear - Bear Swaying

Monkey - Lifting the Monkey's Paws

Monkey - Monkey Picking Fruit

Bird - Stretching Upward

Bird - Fly like a Bird

Designed by Hua Tuo, a leading physician of the Eastern Han Dynasty (25-220) the 5 Animal Frolics is to provide healing Qi (energy) throughout the body's energetic systems.

Based on the 5 element theory of Traditional Chinese Medicine, each movement is affiliated with an element. Each element is associated with organs (yin & yang), emotions, seasons, colors, etc. The goal is to bring balance to all the elements which provides overall health and wellbeing by strengthening the affiliated organs and removing negative emotions while building positive ones.

Each animal has two postures, one yin and one yang.

I recommend that you perform Bringing Down the Heavens between each posture in order to re-ground and present.

As with any exercise program, consult your physician to determine if Qigong is right for you before beginning the program.

The information in this program is not intended to diagnose any medical condition or to replace your healthcare professional.

TIGER

Element: Wood

Organ: Liver & Gall Bladder

Removed Emotion: Anger

DEER

Element: Water

Organ: Kidney & Bladder

Removed Emotion: Fear

BEAR

Element: Earth

Organ: Spleen & Stomach

Removed Emotion: Worry

MONKEY

Element: Fire

Organ: Heart & Small Intestine

Removed Emotion: Excess or deficiency of Joy

BIRD(Crane)

Element: Metal

Organ: Lungs & Large Intestine

Removed Emotion: Sadness

Here is a YouTube video of the 5 Animal postures performed with some variation.



Bringing Down the Heavens

1. Feet shoulder width apart, knees relaxed.
2. Arms at the sides with palms up.
3. Inhale: Raise the arms up along the sides until overhead, gathering energy in the palms.
4. Exhale: Lower the hands down the front of the body, palms facing down, pushing the energy down through the top of the head, torso & legs into the earth.
5. Repeat several times.
6. Finish with both hands, one over the other, over the abdomen.
7. Be still for a moment.

TIGER

1. Raising the Tiger's Paws

1. Feet shoulder width apart, knees relaxed, with hands in front of the abdomen, palms facing down.
2. Inhale: Fingers extended, circle the hands outward, gathering energy into tight fists. Raise the fists up the centerline of the body and then moving above the head, release the fists, palms facing the sky.
3. Exhale: Fingers extended, circle the hands inward, gathering energy into tight fists. Lower the fists down the centerline of the body and then release the fists, palms facing the earth.
4. Repeat several times.

2. Tiger Seizing the Prey

1. Feet shoulder width apart, knees relaxed, with hands in front of the abdomen, palms facing down.
2. Bend at the waist, lowering the hands toward the ground.
3. Inhale: Raise up, moving the hands with tiger claws up to the chest.
4. Exhale: Bend at the waist and reach forward with a flat back, maintaining the hands in tiger claws.
5. Hold for a moment
6. Inhale: Bend the knees and roll the body upwards using the knees.
7. Exhale: Bend at the waist extending one leg forward, toes up heel down and reach forward, maintaining the hands in tiger claws.
8. Inhale: Release back to center. Bend the knees and roll the body upwards using the knees.
9. Exhale: Repeat to the center.
10. Repeat extending opposite leg forward.
11. Repeat sequence several times.

DEER

1. Colliding with the Antlers

1. Feet shoulder width apart, knees relaxed, with hands in front of the abdomen, fingers pointing downward.
2. Inhale: Sweep the arms up and to the side. When at shoulder height fold the two middle fingers & extending the thumb, index & pinky into deer antlers.
3. Exhale: Step out to the side opposite the side where the hands are raised while sweeping the arms over the head and extend the arms to the stepped out side..
4. Inhale: Step back in while circling the arms above the head and then down across the body.
5. Exhale: Repeat process to the opposite side.
6. Repeat sequence several times.

2. Deer Running

1. Stand with feet shoulder width apart, arms at the sides away from the body, with fingers facing the ground.
2. Bring the hands up in loose fists, knuckles forward (hooves), while stepping forward, heel the toes down, leaning forward then bending the back knee lean back, curving the upper back & bowing while the hands change to antlers.
3. Straighten the back leg and lean forward, while the hands change back to hooves and then return to the starting position.
4. Repeat with opposite leg stepping forward.
5. Repeat sequence several times.

BEAR

1. Rotating the Waist

1. Stand with feet shoulder width apart, with fists resting on area of diaphragm.
2. Slowly circle the body from the waist in one direction, bending forward then back.
3. Change direction circling the body in the opposite direction.
4. Repeat sequence several times.

2. Bear Swaying

1. Stand with feet shoulder width apart, hands by the sides.
2. Extend one leg forward.
3. Shift the weight forward, bending the front leg knee and swing that side arm upwards and the opposite arm up and back with hands in loose fists.
4. Shift the weight backwards, straightening the forward leg, and swing that back arm forward and upwards while the front arm moves arm down and back. Hands remaining in loose fists.
5. Continue to swing the arms as the weight shifts front to back.
6. Come back to the center then extend the opposite leg forward.
7. As on the opposite side, swing the arms as the weight shifts front to back.
8. Repeat several times.

MONKEY

1. Lifting the Monkey's Paws

1. Stand with feet shoulder width apart, hands in front below abdomen.
2. Fingers extended, circle the hands outward, gathering energy into tight fists. Quickly raise the hands up the chest, fingers downward as if grasping something, the shoulders towards the ears.
3. Raise the heels of both feet and while standing on the toes look to one side.
4. Lower the heels as the head returns to facing forward and the arms drop down the centerline of the body, hands open and relaxed.
5. Repeat number 2
6. Raise the heels of both feet and while standing on the toes look to opposite side.
7. Lower the heels as the head returns to facing forward and the arms drop down the centerline of the body, hands open and relaxed.
8. Repeat sequence several times.

2. Monkey Picking Fruit

1. Stand with feet shoulder width apart, arms relaxed at the sides away from the body.
2. Place one hand to the level of the hip while the opposite hand extends out to the side and then sweeps across the body to the opposite shoulder. Stepping legs together, sink down, bending the knees, looking to side opposite the arms.
3. Look around
4. Rise Up and extend the leg out to the side sweeping the hand at the shoulder out to the stepped out side at the hip.
5. Lean forward and extend the hand at the hip across and out to the side grasping the fruit.
6. Pull both arms back while looking back. Shifting the weight back and bringing the legs together, bending the knees. The hand with the fruit raised up at a 90 degree angle, the other hand pointing to the elbow of the fruit holding arm.
7. Repeat opposite side.
8. Repeat sequence several times.

BIRD

1. Stretching Upward

1. Stand with feet shoulder width apart, arms relaxed at the sides away from the body.
2. Place one hand over the other and raise them up the body as high as comfortable.
3. Bending the knees, bring the hands down towards the ground.
4. Rising back up separate and move the hands backward while leaning forward and lifting one leg straight back.
5. Balance for a moment.
6. Place the raised leg down bring the hands back to the front.
7. Rise back up while raising the overlapped hands up the center line.
8. Repeat raising the opposite leg.
9. Repeat sequence several times.

2. Fly like a Bird

1. Feet about shoulder width apart or less.
2. Arms by the sides.
3. Shift weight to one leg.
4. Inhale: Raise the arms up the sides of the body to shoulder height while simultaneously lifting the unweighted leg up with knee bent.
5. Exhale: Simultaneously lower both the arms and leg.
6. Repeat with the same unweighted leg several times.
7. Switch to the opposite leg.
8. Repeat several times.

To increase the difficulty: Keep the foot off the ground for all lifts.

