

CHI KUNG

18 TAI CHI KUNG EXERCISES

- 1. Commencing form**——Balances blood pressure /strengthens the heart/helps prevent arthritis.
- 2. Open the chest**——Benefits those suffering from depression and insomnia.
- 3. Rainbow dance**——Balances blood pressure /aids the digestive system.
- 4. Parting the clouds**——Strengthens the legs /stimulates the kidneys/benefits the lungs.
- 5. Rolling the shoulders**——Benefits asthma and arthritis.
- 6. Rowing the boat**——Aids the digestive system.
- 7. Holding the ball in front**——Stimulates blood circulation.
- 8. Looking over the shoulder at the moon**——Balances blood pressure.
- 9. Push palms**——Strengthens the spleen.
- 10. Wave hands on horse**——Aids digestive system/helps arthritis.
- 11. Scoop the water from the sea**——Improves muscle relaxation.
- 12. Move back and forth like waves**——Strengthens waist and leg energy.
- 13. The pigeon spreads its wings**——Dispels feelings of oppression in the chest.
- 14. Extend arms and thrust fists**——Promotes all round strength.
- 15. Wild goose flies**——Strengthens kidneys and legs.
- 16. Ferris wheel**——Reduces stiffness.
- 17. Bounce ball**——Recovery/fatigue.
- 18. Press palms**——Balances chi.