

Level Two

of the Three Levels of SAN SHUIPING QIGONG

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QIGONG - Level Two requirements

- 1) The 19 Qigong moves from Level One done to a higher standard with an understanding of posture, alignment and breathing principles. Test: a) explain 2 principles from the list (see separate handout) b) correct the alignment of another student in 2 stances c) lead class through given qigong moves
- 2) Stationary stances from Level One held for a specified length of time with good mental focus: Seven Stars Stance (2 mins. each leg) Warrior (1 min. each leg) Holding a Tree (3 mins.)
- 3) A basic understanding of the benefits of Qigong.
- 4) A basic understanding of Yin/Yang philosophy. Test: 2 min. talk
- 5) 6 additional movements as listed below.

HORSE STANCE

YIN OPENS YANG CLOSES (hands held at head height, palms down to open, up to close)
RETRIEVING THE MOON FROM THE SEA (bending with flat back in squat position)

ONE LEG (stationary)

BALANCE WITH HANDS ON IMAGINARY SUPPORTS (1 min. each leg)

BACK TO FORWARD STANCE

GRASPING THE BIRD'S TAIL (one palm up, one down, rotate waist)

BOW (FRONT) STANCE (stationary)

BRUSH KNEE TWIST STEP (1 min. each side, opposite arm and leg forward)

MOVING FROM SIDE TO SIDE

LITTLE BUDDHA PRAYING (start with feet and palms together)

QIGONG

Qigong is an energy cultivation system. There is a belief in Chinese medicine that you are responsible for your own energy level and it is important to cultivate it. Cultivation takes time, dedication, patience and consistency - it is not a quick fix system. Good energy brings with it good health, strength, balance and mental focus. Good energy means that you will be relaxed with vitality and emotional balance and you will look and feel younger for longer.

YIN/YANG PHILOSOPHY

Yin and Yang is as basic a belief to the Chinese as the law of gravity is to us. Yin and Yang hold the universe in a dynamic equilibrium. The philosophy was in existence 4000 years ago and all thinking in art, music, philosophy, medicine, health etc., has a background of belief in the yin/yang principles.

The basic principles are:

- 1) Nothing exists without its opposite. The opposites are not in opposition - they complement one another and one cannot exist without the other.
- 2) Nothing is completely Yin or completely Yang. Everything contains the seed of its opposite.
- 3) Everything in the universe operates in a never-ending cycle. When Yin reaches its final moment, Yang is created; when Yang is completed, Yin begins.

The Tai Chi (great ultimate) diagram is well known and appears on everything from holistic practitioners' business cards to surfboards and jewellery. The diagram is 2-D, but should be thought of as 3-D. If you are able to add the time dimension to the sphere, then you can think of it as 4-D (i.e. the process moving through time).

A few examples of interacting opposites which appear in every aspect of our world:

weak/strong, soft/hard, dark/light, moon/sun, valley/mountain, night/day, asleep/awake, negative/positive, nature/technology, matter/energy, cold/hot, cool/warm, wet/dry, body/mind, artistic/scientific, soul/intellect, intuition/logic, feminine/masculine, internal/external, down/up, earth/heaven, saving/spending, conservation/disintegration, left side of body/right side of body, tiger(earth animal)/dragon(air animal), inhaling/exhaling, relaxed/tense, quiet/loud, slow/quick, vulnerable/impervious, withdrawn/outgoing, yielding/resisting, stillness/movement, contraction/expansion, slow/fast, defence/attack, peace/war, water/fire, black/white, secretive/obvious, tranquil/agitated, diffuse/focused, passive/active, synthesis/analysis, receiving/giving etc.