

SHAOLIN CHI KUNG

18 Exercises To Help You Live A Longer
Healthier and Happier Life

MARCUS SANTER



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Foreword



Let us start with a great, inspiring truth, that is, good health is our natural birth-right. This means we are naturally healthy. In other words, if all our cells, tissues, muscles, organs and systems are working the way they are supposed to work, we will not be sick. However, so many people today are stressful and ill that they think, mistakenly, it is natural to be ill once a while. Some even resign themselves to a prolonged life of illness and pain. Illness and pain are unnatural, which means that one or more parts of their body are not functioning naturally. For those who are sick or in pain, this book brings hope and good health. Those who are already healthy will also benefit much from this book as it will show them not only how not to be sick at all, but also to have vitality and mental clarity to attain better results no matter what they do. They will also have longevity and inner peace.

It is understandable that some people may think this claim to be too good to be true. But it is suffice to say that we in our international Shaolin Wahnam Institute of Chi Kung have helped literally thousands of people overcome pain and illness, and attain good health, vitality, longevity, mental clarity and spiritual joys irrespective of race, culture and religion. Our students come from all walks of life, including top scientists and doctors and presidents of international corporations, and from all the six continents.

The author, Sifu Marcus Santer, is our Chief Instructor in the United Kingdom. Over the years he has shared the wonderful benefits of Shaolin chi kung, which was in the past taught only to emperors, generals and specially selected disciples, with many students not only in the United Kingdom but also from around the world. In line with our Shaolin philosophy of spreading this wonderful art to more people, Sifu Marcus Santer has presented his many years of teaching in this book in a clear and systematic manner.

From our many years of experience in helping students, we have discovered that success in attaining good results depends on three factors, namely the art, the teacher; and the students. The art presented here has been time tested. The teacher, Sifu Marcus, has helped many students attain good health, vitality, mental clarity and spiritual joys. Hence, whether good results will be attained will depend on the students, which in this case are the readers. The instructional material has been presented clearly and systematically. Students need only to follow the instructions respectfully. While good results can be attained by practicing from this book, naturally one will attain even better results by learning directly from the master; Sifu Marcus Santer, himself. This is a rare opportunity to attain good health, vitality, mental clarity and spiritual joys which one should not miss.

Wong Kiew Kit, Grandmaster, Shaolin Wahnam Institute

About the author



Marcus Santer is an inner-chamber disciple of Shaolin Grandmaster Wong Kiew Kit, popularly known as "Sifu", meaning "Teacher-Father". He began his practise with the Shaolin Wahnam Institute in 2000. Since then he has trained with Sifu in Malaysia, England, Scotland and Spain.

In 2003 Marcus was authorised to teach Shaolin Cosmos Chi Kung and in 2005 he received Sifu's blessing to begin teaching Shaolin Kung Fu. He has also organised regional Chi Kung courses for Sifu and is the driving force behind the very successful UK Shaolin Summer Camps, co-founder of the All Nations Gathering and Chief instructor of the Shaolin Wahnam Institute UK with 11 certified instructors.

Marcus truly believes that the greatest benefit of practising the Shaolin Arts is to make you better at everything you do. Whatever your circumstances, whether you are a high-powered business executive who needs to be full of energy and clear headed all day, someone committed to overcoming health issues or if you want to have more energy to play with your children - the Shaolin Arts can assist you in meeting your goals.

"One of my long term aims is to encourage people to take back responsibility for their own physical, emotional, mental and spiritual well being. The Shaolin Arts can help people to become healthy and happy and for those who are already healthy and happy, practising the Shaolin Arts ensure you stay that way!"

Marcus teaches Shaolin Chi Kung classes in London and Devon. He lives in Devon with his wife and son.

Acknowledgements

Even though it's my name on the front of this book, I quickly realised that I couldn't do this on my own. By the time I'd completed the book, it no longer felt like "my" book, it became a collaboration and I would like to give special thanks to the following people:

To Sifu; I am lost for words to express my gratitude for sharing authentic traditional Shaolin Arts with me and encouraging me to teach and share my knowledge. My life has been enriched beyond measure and I thank my lucky stars for the day I found your website (www.shaolin.org) back in 1999.

My wife Clare, without whom I would never have found the time to write this book. She kept me fed, watered, inspired and entertained our son Ollie, while daddy was busy.

To my parents who gave me the freedom and encouragement to follow my dreams: this book is for them.

To my oldest and greatest friend in the world: Michael Myerscough. I can honestly say that without you I would never have written this book and I thank you for our years of friendship.

Many thanks to my worldwide Shaolin Wahnam family for your thoughts, ideas, encouragement and support. Special thanks to Jordan Francis, Robin Gamble, Joan Brown, Emiko Hsuen, Michael Chow, Anthony Korahais and Jeffrey Segal for your help.

I'd like to thank all of my students, I have learnt so much from you and my teaching skills continue to improve thanks to you. A special big thank you to the Old Street regulars for championing the cause in London.

Special mention must go to Claire Bond, without her redefining the phrase hard work and her tireless devotion to this project, the book you are holding would have no pictures whatsoever. And to Parveen Kaur – for the fantastic cover on this book. I was simply amazed the first time I saw your artwork and am so happy you agreed to produce a cover for me. Parveen is a genuine talent and if you wish to commission her for art work of your own, you can contact her through me.

A big thank you to Fleur, Andrea, Sue and Suzanne who helped with typography, editing and proof reading. Their work made this book readable.

And finally to everyone on the Shaolin Wahnam Institute's forum for contributing your personal experiences. You gave this book an extra dimension.

Marcus – 20th March 2008: Devon.

Introduction

I wanted to write this book because of an article I read in the Daily Telegraph newspaper. It reported on an influential Commons Health Select Committee which stated that in the West we are in danger of believing that there is a “Pill for every ill”. We are handing over the responsibility for our health and wellbeing to doctors, psychiatrists, counsellors and a whole host of “professionals”. When you look at the increasing demands living today places on us, this comes as no surprise. We are expected to do more, do it better and do it quicker. It can be very challenging to find time for your health and wellbeing.

My aim is for you to take back the responsibility for your health, happiness and inner peace. I believe that the practise of Shaolin Chi Kung is the best tool to help you in your quest. My hope is that this book will encourage you to get started and then to seek a competent instructor who can really help you to make the patterns in this book “come alive” for you.

Chi Kung is scientifically based on the Chinese model of medicine. It is the oldest of the five branches, predating acupuncture, herbs, Tui Na (Chinese therapeutic massage) and diet therapy. The Chinese model of medicine has been used to keep the largest number of people, over the longest period of comprehensively documented history (5 000 years, give or take a few) healthy and well. Put simply: it works.

Shaolin Chi Kung can bring you the benefits of Chi Kung at least four times faster than most Chi Kung available today because:

- 1. Shaolin Chi Kung is very powerful** - it produces effects in 15 minutes that may take an hour in other types of Chi Kung.
- 2. Practising Shaolin Chi Kung gives immediate benefits** – students regularly mention that after their practise they experience: deep relaxation, joy and freedom from stress, worry and anxiety.
- 3. Shaolin Chi Kung involves the mind** - students frequently mention experiencing higher states of consciousness and mental clarity. Unlike other types of Chi Kung that are only physical.
- 4. Shaolin Chi Kung touches on the spiritual** - regardless of one's religion or lack of religion. Students regularly mention that their practise has helped them to feel life is more meaningful and precious.

Please don't think that I am against the Western model of medicine. I believe there are many areas in which it excels (e.g. contagious diseases). But it is only one model of medicine, there are others. My Sifu's life mission is to share authentic Shaolin Arts with deserving students regardless of race, gender or religion. His example has become my own mission and I hope you will let me be your guide as you work through the material in this book. As you practise the patterns it contains you will realise from your own experience that: **“Good Health is Your Birth Right”**

DISCLAIMER

This book is designed to provide information about the subject matter covered.

Every effort has been made to make this book as complete and accurate as possible. However, there may be mistakes both typographical and in content. Therefore, this text should be used only as a general guide and not as the ultimate source on Shaolin Chi Kung.

Websites and telephone numbers listed in this book were correct at the time of printing.

The purpose of this manual is to educate and entertain. The author and the publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information contained in this book.

This book, and any associated website, is provided for information only. It should not be treated as a substitute for medical, legal or professional advice. All information is provided in good faith and is researched to the best of my knowledge

If you do not wish to be bound by the above, you may return this book to the publisher for a full refund.

Please note I have used the terms Chi Kung and Chi in this book rather than the Romanised Chinese "Qigong" and "Qi".

Part I

How to get the most benefit from this book

*“The superior doctor prevents sickness;
The mediocre doctor attends to impending sickness;
The inferior doctor treats actual sickness.”*

Chinese Proverb

Yin and Yang



Yin Yang Theory – I'm sure you recognise this symbol and have heard of Yin and Yang. You cannot go to the shops and buy a bag of Yin or a kilo of Yang. They are just symbols and it is important to know right from the start that nothing is completely Yin or completely Yang. Yin Yang theory is a theory of relativity. At its simplest something is either Yin or Yang **when in relationship to something else**. For example in a relationship between a boy and a girl, the boy is more Yang (male) compared with the girl who more is Yin (female). But if we take a different relationship, say, between a boy and a man, the boy is more Yin compared with the man who is more Yang.

Yin and Yang can be used in all relationships. For example: Front/back, night/day, slow/fast, chronic/acute etc. I'll make the point again because it is so important. **Something is only Yin or Yang in relationship to something else.**

Yin Yang theory is the foundation upon which the Chinese model of medicine is built. It is simple and yet incredibly complex as well. For the purpose of this book we will only focus on Yin and Yang in their relation to good health, or the lack of it!

There is only ONE illness!

You may have heard people refer to the importance of balance in life. In the Chinese model of health, balance is everything. There is only one illness and that illness is Yin Yang disharmony and this can manifest in countless symptoms. When Yin and Yang are in harmony (or balance) we have what we refer to as good health. When Yin and Yang are out of harmony, illness is the result. Regardless of how we label the symptoms, the cause is Yin Yang disharmony.

With regards to overall health we use Yin to represent the natural ability of your body and mind to adjust to the constantly changing environment and the demands made upon you. Yang represents everything that may cause illness.

We are exposed to dis-ease causing agents everyday, we overcome serious illness regularly without even being aware of it, there are millions of germs in our body and many of them deadly but we don't get sick. Why? Because we have Yin Yang harmony our bodies adjust and overcome these agents before they can cause illness or dis-ease.

Yin Yang disharmony (illness) results when our body's natural ability to manage disease-causing agents fails. This can be caused by anything that weakens our Yin in relation to Yang, for example excessive worry, stress or long term poor lifestyle choices (drinking, smoking, drugs etc).

The other major cause of Yin Yang disharmony is when the amount of Yang is vastly increased. For example eating contaminated food or being exposed to a concentrated amount of germs.

Because good health is our birthright, Yin Yang disharmony is unnatural and temporary. This is wonderful news! In the Chinese model of medicine there is no such thing as an incurable illness, though if the illness has been left untreated for too long, and it has caused much damage, it may not be possible to restore balance fully. If we can restore Yin Yang harmony, we will restore our health.

I make it all sound so very simple. Well with Shaolin Chi Kung, it is. We do not need to know if we have:

1. Relative Excess of Yin compared with Yang
2. Relative Excess of Yang compared with Yin
3. Relative Deficiency of Yin compared with Yang
4. Relative Deficiency of Yang compared with Yin
5. Simultaneous Deficiency of Yin and Yang

All we need to do is to practise Shaolin Chi Kung, generate a flow of chi and allow this energy to go where it is needed most to restore Yin Yang harmony.

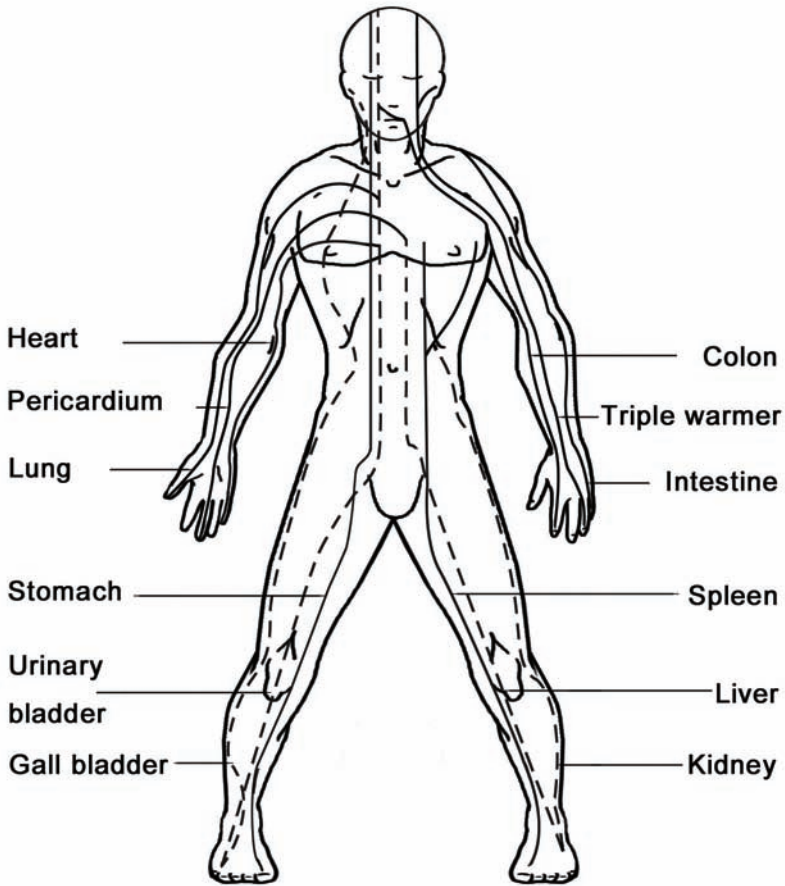
How exciting is that? So how does it work? First, we need to look in a little more detail at one other concept involved in the Chinese model of medicine.

The Meridians

The basis of Traditional Chinese Medicine (TCM) is chi, everything is chi. TCM is an incredibly complex subject. People spend years and years studying and practising in order to become proficient in its use. My explanation here is a very simplified overview but will help you to understand the philosophy that Chi Kung is based upon.

As we have already learned Yin Yang imbalance gives rise to illness. Ultimately the cause of Yin Yang imbalance is disturbed energy flow. But what does our energy or chi flow through? The answer is meridians. Like a stream, sometimes the flow of chi is strong and the channel is wide but at other times the stream can be little more than a trickle. These streams, constantly changing, follow a well-defined course. In TCM these streams or “Meridians” have names depending on which system they are related to.

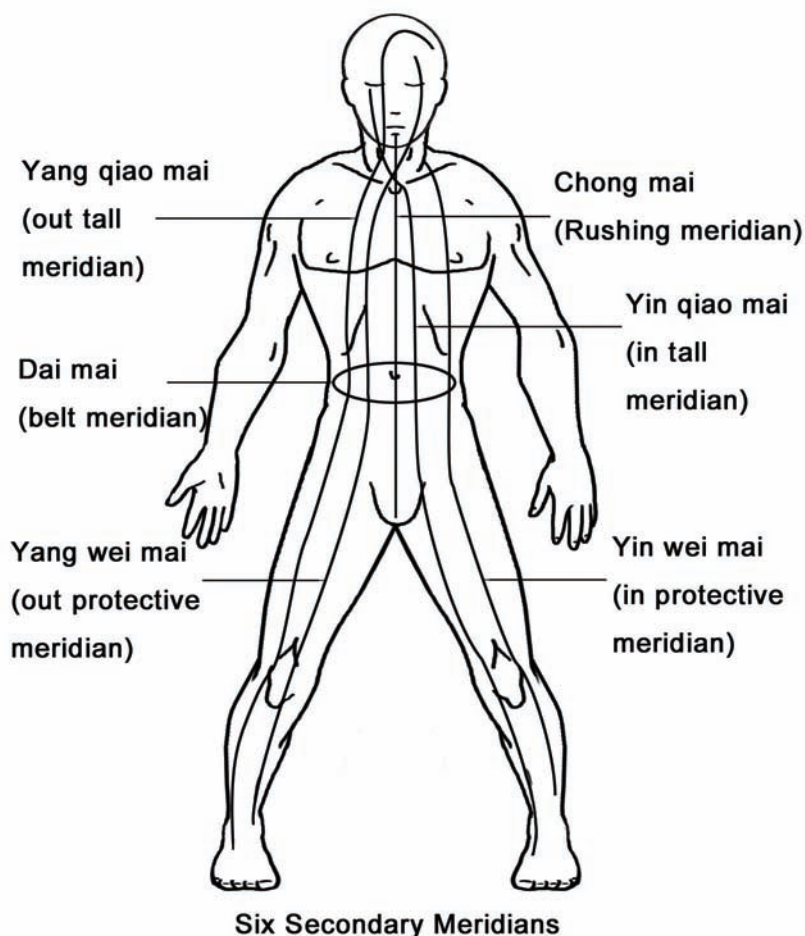
Chi Kung seeks to restore harmonious energy flow. When chi flows harmoniously around our body we have Yin Yang harmony and great health, wonderful vitality and immense inner peace. There are 12 pairs of Primary meridians, Primary because they pass through the internal organs.



The Twelve Primary Meridians

Acupuncturists and Tui Na practitioners have to know exactly the routes of these meridians through the human body and many of the important points on each of the meridians. These practitioners of Traditional Chinese Medicine stimulate the flow of energy either with a needle or with their hands. For example the acupuncture point Large Intestine 4 (Hegu) is located just before the apex of the V formed when you stretch your thumb away from your index finger. Stimulation of this point is known to have a powerful calming action, brings relief from headache and is good for problems with the stomach and constipation. It stops pain and treats all problems on the head and face. Not bad for one point. There are well over 100 of these points which when expertly stimulated by needle, or massage can bring relief from pain and overcome a whole host of illnesses.

As Chi Kung practitioners we are in the enviable position that we only need to have a general understanding of the meridians. The aim of our practise is to promote the flow of energy/chi through the meridians and allow the chi to remove blockages. This promotes harmonious energy flow which will give us good health as a result.



In addition to the 12 pairs of Primary meridians there are eight Secondary meridians, secondary so-called because they do not pass through internal organs. They are like energy grids and protect the body. They also act as reservoirs where the body can store reserves of energy.

Please note that on the diagram above I have only outlined six of the eight secondary or “wondrous” meridians. There are two more meridians of great importance. They are the Ren meridian and the Du meridian. The Ren meridian runs from just below your bottom lip to your anus and the Du meridian runs from the perineum up your back, over the top of your head and ends just under your nose. When these two meridians have a continuous, harmonious flow of energy circulating through them, it is referred to as the “Small Universal Flow”. There is a saying that when a person achieves the breakthrough of the small universe they will be free from illness and full of vitality.

If the harmonious flow of energy through a meridian is obstructed by a “blockage” then dis-ease is the result and illness can follow, depending on the severity of the blockage. If the blockage is severe enough to stop the flow of energy completely, death quickly follows.

Blockages to harmonious energy flow can occur in four different ways:

1. **Physical** – if you accidentally cut yourself or fall over this may cause a physical blockage to the flow of energy around your body. Neither of these examples will be too severe, unlike a car crash that may cause severe physical blockage to the flow of energy through the meridians.
2. **Emotional** – if you have been suffering from a lot of stress over a sustained period of time this will cause emotional blockages, other emotional factors to consider include regular and prolonged exposure to fear; anxiety and worry.
3. **Mental** – I remember when I first learnt this one. I simply couldn't believe it, but from my own experience I have discovered it to be true. The number one cause of mental blockages is: Thinking too much! That's right; thinking **too** much is bad for your health.
4. **Spiritual** – the most obvious example of a spiritual blockage is depression. Depression crushes the human spirit and affects you physically, emotionally and mentally.

In practise, blockages do not occur in isolation. I.e. an event occurs and causes an emotional blockage only. It is more common that an event will affect you in a number of different ways and have an effect on one or more of the four aspects listed above. This happens because they are all interdependent. I have mentioned the four definitions above separately in order to aid your understanding.

Thematic and holistic approaches to health

There are many different ways to cure illness. Western medicine and Chi Kung healing are only two of these many ways. Western medicine is usually **thematic** whereas Chi Kung healing can be **thematic** and **holistic**.

Taking medical drugs to manage blood pressure is a thematic approach. It is thematic because it does not improve the health of the patient as a whole person, it addresses the particular problem. If the patient has a stomach problem later, they would need a different treatment.

In Chi Kung healing, the approach can be thematic or holistic. By performing a specific Chi Kung exercise, you can overcome high blood pressure.

But you will need a different exercise to overcome a stomach problem. In such cases, the approach is thematic. This approach is used when you want to emphasize a particular purpose in the healing.

Chi Kung healing can also be holistic in that it doesn't just treat the presenting problem, it treats the root cause. In fact Chi Kung healing is usually holistic.

An excellent example of holistic healing is self-manifested chi flow (a wonderful exercise for curing illness). It does not matter what the illness is, the chi flow will eventually overcome the illness as well as other illnesses that you may not even be aware of.

Everything in the world is made of energy

Energy is not only the basic building block of man, but also of the infinitesimal particle and the infinite cosmos. It is worthwhile to note that Quantum Physics, the cutting edge of Western Scientific thought, has confirmed what masters in the East have known for thousands of years: that everything is made of energy. The fact is we are swimming in chi. If you hold your hand out towards the nearest wall, the space between your hand and the wall is not empty, it's full of chi. The only difference is the frequency at which it vibrates.

Now that we have a basic understanding of how illness is caused from the TCM perspective we can look in more detail at what exactly Chi Kung is and how specifically it restores, maintains and increases harmonious chi flow or Yin Yang harmony.

What is Chi Kung?

Chi Kung is the art of deliberately managing your vital energy. Vital energy or chi is the force that enables you and everyone else to be alive and Chi Kung is the oldest branch of TCM. Acupuncture aims to promote harmonious chi flow by placing needles into specific points on the body's meridians to influence chi flow and remove blockages. Tui Na, or Chinese Massage, seeks to regulate the flow of chi by stimulating the meridians, muscles, connective tissues and bones. Herbs are prescribed after a diagnosis is made to restore Yin Yang harmony and Dietary Therapy works on similar principles.

Chi Kung promotes health, vitality and longevity by means of gentle movements combined with correct breathing performed in a meditative state of mind to work on the physical form, energy and mind of a person. There are hundreds of different Chi Kung schools and thousands of different Chi Kung exercises.

The forte of Chi Kung is two-fold:

1. **It removes blockages to the harmonious flow of energy** through the meridians of your body. Whether these blockages are physical, emotional, mental or spiritual in origin makes little difference to the effectiveness of Chi Kung.
2. Once energy blockages are removed, Chi Kung can then **increase the flow of energy** through the meridians promoting vitality and longevity.

In the West we tend to talk of the Physical, Emotional, Mental and Spiritual aspects of total health within a person. In TCM there are three aspects: Jing, Chi and Shen. Chi Kung reflects these same three aspects: Form (Jing), Energy (Chi) and Mind (Shen). These aspects are also referred to as the "Three Treasures" of a Human, in that every human has a form, energy and a mind or Jing, Chi and Shen.

Jing - This refers to the subatomic particles that make up the human body. Jing is inherited from our parents and after birth we acquire Jing from "Air" and food. Jing produces marrow (stored in the bones) and creates blood. Jing is vital for growth, successful reproduction and to live a long and healthy life.

Chi - Vital energy that works the body, it is what makes things happen. Chi warms the body, enables it to be nourished, defends it from external pathogenic invasion, and maintains the correct position of organs and blood.

Chi promotes movement (keeps us alive, keeps cells dividing, keeps our brain functioning), transports essential items and blood around the body and promotes the functions of all organs meridians and tissues. So you can see why a harmonious strong flow of chi is so vital to good health. You get chi from food, drink and air and inherit Yuan Chi (original energy) from your parents. Shaolin Chi Kung is the best way to make sure you get the most from your chi.

Shen - In the West we would call this Spirit, Mind, Soul or Consciousness and you can see it in a person's eyes. Strong Shen equals peace of mind and is produced by Jing and Chi and nourished by blood and body fluids. If Shen is weak, Jing and Chi will be weak and need nourishing. Shen helps you to articulate your thoughts, be creative, remember things and is vital for intelligence. Be warned: excessive thinking or worrying can weaken your Shen, leading to mental problems, insomnia, lack of vitality, depression and a lack of "Spirit".

If you suffer from any of these symptoms the practise of Shaolin Chi Kung can help you to overcome them.

Different levels of Chi Kung

Not all Chi Kung is the same and I would like to make the following distinctions:

Low Level Chi Kung – It is unfortunate that many Chi Kung practitioners today only practise at the level of Form. In truth this is not Chi Kung at all, but Chi Kung Form. From my own experience I find this level of Chi Kung to be of less health benefit than conventional Western activities like walking, running or swimming. It may provide relaxation, gentle exercise by stretching the muscles and promoting blood flow but the effects are unlikely to be strong enough to overcome illness.

Middle Level Chi Kung – At this level the Chi Kung practitioner seeks to actively influence their flow of energy. Usually to increase the flow or to remove blockages and promote Yin Yang harmony. At this level the effects on health are superior to those of conventional Western exercise. Many illnesses can be overcome and avoided altogether by practising at this level.

High Level Chi Kung – At this level the practitioner works on the three treasures of a human: Form, Energy and Mind. By attaining a Chi Kung State of Mind (to be explained in part 3) the practitioner can actively influence energy. For example tapping energy from the Cosmos and directing it to any part of the body. At this level it simply is not possible to compare the benefits of Western exercise with those of Chi Kung.

Chi Kung is not just cultivation of energy. It is also cultivation of Jing and Shen. In other words when you practise Chi Kung not only do you cultivate energy but you also cultivate your physical body and your mind. When we say, "Internally we train Jing, Chi and Shen" we mean we improve the body, increase vital energy and promote our Spirit.

I'd like to emphasise that **Spiritual does not mean Religious**. A person of any religious faith can practise and receive the benefits of Chi Kung. Chi Kung is non-religious. By spiritual I mean being in touch with who you really are, the deepest part of you. Everyone has a spiritual life, a spiritual journey. If you are involved with a specific religion then that might be spiritual for you. If you're not religious then anything that gets you in touch with your inner self e.g. quiet time, meditation, listening to music, reading great books, might be spiritual for you. This part of your life can only be defined by you. Our spirituality is so important to our health and wellbeing, but it's often the most neglected.

In this book I have given you all the instructions you need to practise Chi Kung correctly. But you must remember that Chi Kung is an Art. Like any Art there is only so much you can learn from a book. To gain mastery of any art (and therefore get all the benefits) you must practise it regularly and practise it correctly. This is so much easier if you learn from a Master or qualified instructor. You will find information at the back of this book that will help you to find a qualified instructor near to you.

The school of Chi Kung I teach is Shaolin Chi Kung and the Chi Kung exercises in this book are called the Shaolin 18 Lohan Hands.

A brief history of Shaolin

It is very likely that you've heard of Shaolin in some form or other. In 1972 David Carridine, playing the part of "Caine" in Kung Fu, brought the Shaolin Temple to the attention of the West. In 1982 Jet Li's film "The Shaolin Temple" became one of China's biggest block-busters worldwide and led to the Chinese Government rebuilding the temple and turning it into one of the busiest tourist attractions in China. According to the China Daily newspaper in 2004 "More than 1000 brands containing Shaolin have been registered in the United States, Japan and Europe"

The question is what is Shaolin? Though the most important question is what is authentic Shaolin? 1500 years ago, under the Imperial patronage of Emperor Xiao Wen D, an Indian Buddhist Monk called Ba Tuo founded the Shaolin Temple in Henan province.

His successor, the Very Venerable Bodhidharma, found the monks too physically weak for the rigours of spiritual cultivation so he taught them three sets of exercises; one of these was the 18 Lohan Hands. This enabled the monks to develop strong, healthy bodies and minds and allowed them to progress more successfully with their spiritual cultivation.

The Shaolin Temple gained great prestige during the Tang Dynasty (AD 618-907) when Shaolin Warrior monks saved the life of Li Shimin, founder of the dynasty as he fought to attain the Imperial throne when the Sui Dynasty came to an end (AD 581-618).

Once Li Shimin established the Tang Dynasty he rewarded the Shaolin monks by allowing them to organise an army that could be used in time of need. It is recorded that by the Yuan Dynasty (AD 1271 – 1368) the Shaolin Temple counted more than 2000 Warrior monks, all masters in Shaolin Kung Fu.

Many times during its history, Shaolin Warrior monks would be called upon to fight for their country.

In 1928 a great fire destroyed much of the Temple's library, halls and structure. During the Cultural Revolution of the 1960s the Temple was greatly affected, with the Northern Shaolin Temple being rebuilt by the Chinese Government about 30 years ago.

In fact, there was more than one Shaolin Temple. During the Ming Dynasty (AD 1368 – 1664) a second Shaolin Temple was built in the South of China (Fukien province) again by Imperial decree. In later years the Southern Shaolin Temple became a centre for revolutionaries dedicated to the overthrow of the Ching Dynasty (AD 1664-1911). The indigenous Han Chinese considered the Ching outsiders and the result was that about 150 years ago the Southern Shaolin Temple was burnt to the ground by the Ching army.

The Venerable Jiang Nan was one of the few monks who managed to escape and he passed the Shaolin arts to Master Yang Fatt Khun, who passed them to Master Ho Fatt Nam, who passed them to my Master Wong Kiew Kit.

The Shaolin Temple has left us an invaluable legacy known as the Three Treasures of Shaolin. They are:

1. Shaolin Chi Kung
2. Shaolin Kung Fu
3. Chan/Zen

How to use this book

This is a workbook and not a theory book. In order to get all of the benefits that you have read about you have to practise what you learn.

Knowledge alone will not give you vibrant health and fill you with joy. For those who want to research deeper into particular areas I have provided a bibliography at the back of this book.

As you will discover in part three there are 7 steps to the P.E.R.F.E.C.T. Shaolin Chi Kung practise session. In order to get the most out of the book I recommend that you become familiar with, and practise where appropriate, each step before putting them together in one practise session. Practising this way will allow you to quickly flow through the 7 steps and avoid you having to stop and start as you read the book, to remember, "What comes next?"

Steps 1, 2, 3, 5, 6 and 7 are the same, regardless of which pattern you choose in step 4. So once you are familiar and comfortable with these six steps you can easily change the pattern (step 4) and still enjoy a good practise session.

In part four of this book you will find descriptions and instructions for the Shaolin 18 Lohan Hands. You will slot one of these Forms into step 4 when you practise.

Part five gives guidance and advice on how to get the most from your practise and part 6 gives you clear advice on possible next steps to take if you want to take your practise even deeper and increase the benefits you receive.

Before we look at the 7 steps in more detail, let us look at why you want to practise Shaolin Chi Kung and what results you want to get.

If you want to succeed a great advantage is to have clear, powerful reasons for wanting to practise. So it's time to look at part two of this book: The Route of Masters.

Part 2

The Route of Masters

*"The starting point of all achievement is definite knowledge
of what one wants"*

Andrew Carnegie

The difference between Masters and students

I'd like to start by sharing two stories with you that will explain why having a clear Vision, comprehensive Plan and then taking Action is vital to your success.

Story One

One of my Mentors, John Eggen, tells a story about his mentor a man named Tom Flamma. During a conversation Tom asked John, "Do you know the difference between a master and a student?" John thought for a moment and said, "No, I don't". Tom said "John, a student does less and less by doing more and more. But, a master does more and more by doing less and less".

Read on to discover the secret of doing more and more by doing less and less.

Story Two

After years of watching Kung Fu movies, four friends decide that they are going to leave their house in London and go to the Shaolin Temple in China to learn Shaolin Kung Fu. Dave, Mary, Mark and Lucy have a **Vision** and that vision is to learn Shaolin Kung fu at the Shaolin Temple in China.

Dave is the "Action Man" of the group, he doesn't think, he does. He decides he is going to jump in his car and start driving. He knows that the sun rises in the East and sets in the West. He's going to keep driving east until he gets to China. Unfortunately, due to a poor **plan**, he makes many wrong "turns". His car breaks down; he runs out of money and ends up stranded in Turkey. Which is a long way from his Vision of learning Shaolin Kung Fu at the Shaolin Temple in China. Dave took massive amounts of **action**, but with a poor plan his action comes to nothing.

Action itself is ignorant, by ignorant I don't mean bad or stupid. Ignorance means not knowing. It's not taking action that is important; it is taking the right kind of action that makes the difference. The right kind of action uses far less energy and can be 100 times more effective than just taking action. When Action is based on clear Vision and a detailed Plan, success follows swiftly.

Meanwhile, Mary and Mark decide to visit the local library to gain some more information. They ask the library assistant for a map of the world and a map of China. Clare, the library assistant asks them why they are looking at China, and Mary and Mark share their **Vision** with her. Clare points out where the Shaolin Temple is located in Henan province and shows them what a long way it is from London.

Mary comes up with her **plan**, she is going to fly to China and take a bus to the Shaolin Temple. She shares her plan with Mark, but Mark decides to stay at the library a little longer.

Mary gets her visas arranged and catches a flight from Heathrow to Shenzhen Bao'an International Airport. There she uses various forms of local transport and finally arrives at the Temple, only to find it does not teach Shaolin Kung Fu. However, she easily finds one of the many schools nearby where "monks" teach modernised Wushu and although she feels that something is missing from her practise, she is happy that she has made it to China. Mary had a much better plan and took **action** on it, but her feeling of something "missing" is because her Vision was not clearly thought out.

Meantime, Mark stayed and talked further with Clare in the library. She seemed to know an awful lot about China and the Shaolin Arts, and he asked her how she knew so much.

Clare explained that she practised Shaolin Kung Fu under the guidance of a 4th Generation Shaolin Grandmaster called Wong Kiew Kit of Malaysia. She booked Mark onto the internet and guided him to her Sifu's website (www.shaolin.org). Here he found out that Shaolin Kung Fu has not been taught in any of the Temples for around 150 years, since the two in the South of China were burnt down by the Qing army. .

He discovered that the Northern Temple, restored in the 1970s is now one of the country's top tourist attractions and that the many Wushu schools set up around the Shaolin Temple have been removed, only to set up again in neighbouring towns and cities. The Wushu taught by the many schools near the Shaolin Temple is not traditional, authentic Shaolin Kung Fu; but rather a modernised demonstration sport.

Most importantly, Mark learnt that Sifu Wong offered courses in authentic, traditional Shaolin Kung Fu and would soon be visiting the UK. Clare was learning with one of Sifu Wong's certified instructors and advised him to come along so he could learn some basics before attending the Summer Camp.

Through allowing Clare to act as a **Mentor**, Mark gained understanding from her experience and, as a result, his Vision is a lot clearer. He now knows what Shaolin Kung Fu is and what it isn't, and has learned in great detail why he wants to practise it, having discovered the benefits that the Shaolin Arts bring. His **plan** is to study with an authorised instructor, in London, and attend the Summer Camp so he can learn direct from Sifu Wong as well. Because his Vision is clear and he has a plan that will achieve his vision, Marks, **actions** will be far more productive and in line with his vision.

Oh, and the fourth friend I mentioned, well Lucy is still on the sofa watching Kung Fu movies. She still dreams of learning Shaolin Kung Fu, she has a great Vision, and she often thinks about her plan, but like many people with dreams, she hasn't taken any action to manifest it. And it doesn't matter how great your Vision and your Plan are, because if you don't take action on it, nothing will happen.

What this second story shows is that a clear Vision, combined with a sound Plan and correct Action equals the difference between success, or ending up stranded in Turkey.

Vision, Planning and Action are the secret for getting more and more done by doing less and less. This is known as: “The Route of Masters”

This section of the book has been written to help you get clear on what you want from your Shaolin Chi Kung practise and why you want it. That will then help you to create a sound Plan by setting Aims and Objectives. The Action step is where you dedicate 15 minutes every day to practising Shaolin Chi Kung and to assess your progress every few months to see what results you are getting. This helps to make certain that your Plan is correct and allows you to make adjustments to it if necessary.

Vision

It is important to state right from the start that your Vision can be your life's work. It is constantly evolving and may change as you move through time. Your Vision is linked to those “big” questions like “Why am I here?” It is important that you decide what you want your life to stand for. At a recent course I taught, a student said that he was waiting for life to show him what his reason for being here was. I encouraged him to stop waiting and to choose for himself what his life's work and meaning is. He can always change it later if he wants. But if you wait for life to show you your life's work, you may never get started. Start now by giving some thought to these questions:

1. If someone who knew you well was writing your obituary what would you want them to say about you?
2. When you are 120 and sitting in your rocking chair by the fire, what memories do you want to have? What do you want to be proud of? Where do you want to have been? With whom?
3. If you had all the time, money, resources, contacts and everything you need, and you want to design your life perfectly, what would it look like 10 years from now?

Your Vision doesn't have to be massive, but it has to be something that is important to you. In this matter there are no right or wrong answers. There are only your answers.

Your plan

The two most useful tools for creating a powerful plan are Aims and Objectives.

AIMS

Aims are long term and non-specific. Shaolin Chi Kung is the art of developing energy for:

1. Health and Vitality
2. Longevity
3. Internal Force
4. Mind Expansion
5. Spiritual Cultivation

These are also aims that you might choose for your practise, or you may have others that are personal to you.

OBJECTIVES

Objectives are specific and short term. Usually you expect to see good results in six months or less. For example, you may have asthma and want to practise Chi Kung to overcome it, or you may wake each morning feeling like you went 10 rounds with a boxer during the night and want to use Chi Kung to wake each morning feeling refreshed and “good to go”.

The following are some common objectives that Chi Kung students have:

1. Cure a particular illness
2. Increase stamina so as to enjoy games
3. Enhance martial art abilities
4. Improve concentration and endurance at work
5. Enhance mental freshness, perception and creativity
6. Improve sexual performance
7. Increase or reduce weight
8. Manage stress
9. Increase knowledge of and ability in chi kung

Be S.M.A.R.T.

To make your objectives even more achievable you will find it beneficial to make your objectives S.M.A.R.T. This is a useful tool that I first came across whilst working in schools and is universally used for goal-setting by companies and individuals. S.M.A.R.T. Objectives are:

Specific: do your objectives say exactly what it is you need to do?

Measurable: can you show proof that you have achieved your objective?

Achievable: can you achieve your objective in the time you've given yourself?

Relevant: is your objective in line with your Aim?

Time related: is your objective set within a time frame?

Can you see the difference between these two objectives?

1. I want to feel better
2. After 3 months of practising Lifting the Sky daily, I want to feel more alert and excited about the day ahead when I awake in the morning.

Make certain that your objectives are S.M.A.R.T!

Why do you really want what you want?

For years I set and failed to achieve many of my goals. In fact at one point about eight years ago, I stopped setting goals altogether. It was just so painful to keep failing all the time. Thankfully my Sifu rekindled my enthusiasm for setting goals by pointing out the importance of setting Aims and Objectives. I could clearly see the benefits of doing so, i.e. achieving more in less time. My hit rate was higher this time and I began to look at the reason why. I finally got my answer whilst giving a presentation on Aims and Objectives to students at the first All Nations Gathering in Brighton.

I finally realised that the only objectives I had ever achieved were those that I was genuinely excited about achieving, that is, those that I felt I **MUST** achieve. I then realised that a vital missing component of setting aims and objectives was excitement.

Excitement isn't necessarily the first adjective that comes to mind when describing Aims and Objectives, but it is essential. Once you are clear on your Aims and Objectives and set out to manifest them, you will meet obstacles. As you step out to create your destiny, you will face challenges that you could never have expected. If your Objectives are not MUSTS for you, then you will fail once the challenges arrive.

Suppose your objective is to sit comfortably in Golden Bridge (a type of Chi Kung usually used by Kung Fu practitioners to develop powerful arms and solid stances) for 15 minutes, one morning you wake feeling tired, you see that it's a cold winter's day and you decide "Oh, I'll do my practise later," and turn over and go back to sleep. As I'm sure you've experienced personally, "later" may never come. This would not have happen if you had worked out reasons why achieving this objective was an absolute MUST for you.

When you are excited about your Objectives and when the benefits of achieving them are clear to you, you will do whatever it takes to make them happen. You will get out of bed early; you will stay up later if necessary.

To give another example, suppose there are two people who wish to give up smoking. One, because they know it's bad for them and they really should quit.

The other feels the same, but also believes that giving up smoking will mean that he will be around to play with his grandchildren and be healthy enough to enjoy playing with them. Who do you think is most likely to succeed in achieving their objective?

So, if you look at your Aims and your Objectives and they do not inspire you, consider all the benefits, all the “Why you MUST” that achieving these aspirations will give you. If they still do not inspire you, then chances are they are not the right Aims and Objectives for you and you would be wise to choose ones that are. Remember there are no right and wrong Aims and Objectives. There are only the ones that bring the greatest benefits to you.

Action

If you have invested the time to focus on your Vision, and chosen Aims and Objectives (your plan) that are in line with your Vision, then taking action is very easy because you are clear on what you need to do. Now you need to do it! It really is that simple.

Many people believe that the more complex something is, the more benefits it must bring. They use a stop watch to time their practise to the second. Five minutes of form, beep beep, five minutes chi flow, beep beep, five minutes standing meditation, beep beep, time to complete. They count the number of repetitions in their head one, two, three, four, . . . , . . . Their practise is very complex and they are happy. Trouble is they don't get the results they wanted.

Why? Because they are not relaxed physically, mentally or emotionally and they have taken a simple series of actions and made them unnecessarily complex.

Follow the instructions in this book and you will get benefits. Please do not try to be smart by bolting on bits and pieces from other systems you may know or practise. If you do, you will not be practising Shaolin Chi Kung and at best you will only have wasted the money you spent on this book and the time you invested. The Shaolin 18 Lohan Hands are not my creation. They are the result of the wisdom of generations of Shaolin Masters all the way back to the Very Venerable Bodhidharma. I teach them the way they were taught to me by my Sifu. **Keep your practise simple and make sure you practise!**

It is important to measure your results periodically to see that you are taking the right type of action. A simple example: my **objective** is to see the sun rising. The **Action** I take is to keep running west. I'm going to see plenty of sunsets, but not a single sunrise. If I measure my results I will quickly discover that I have not achieved my Objective and realise I need to change my Action. If I don't measure my results, I could be heading west for a very long time.

Here are two final recommendations if you are genuinely serious about achieving your Aims and Objectives.

1. Whether you have completed the work sheet I use with my students, or used your own method, make sure that you type up your Vision, your Aims and your Objectives and print them off.
2. Read them daily, preferably first thing in the morning, to help keep you focused and on target.

On the next page you can see a copy of a work sheet that I use with my students to help them focus and get clear on their Vision, their Plan and the Action they will take. You can download copies of this document and other useful tools to help your practise by visiting: www.shaolinchikungbook.com.

ROUTE OF THE MASTERS

Aims are general and long-term. The main Aims of Chi Kung are:

- Health and Vitality
- Longevity
- Internal Force
- Mind Expansion
- Spiritual Cultivation

Objectives are specific and short term, usually no more than six months in duration. If an Aim is specific, measurable and time orientated, it is more likely to be an objective. It is useful to break Aims down into smaller chunks:

Aim - Overcome Depression.

Objectives- Understand how Chi Kung works by attending a Shaolin Cosmos Chi Kung Course.

Learn and practice the best chi kung pattern for overcoming depression every day for 4 months checking my progress regularly.

S.M.A.R.T. Objectives

- S** – specific: do your objectives say exactly what it is you need to do?
M – measurable: can you show proof that you have achieved your objective?
A – achievable: can you achieve it in the time you've given yourself?
R – relevant: is your objective in line with your "Ultimate Outcome?"
T – time related: is your objective set within a time frame?

NOTES

- Make certain that your Objectives are inspirational to you. Ask yourself "Why?" do you want to achieve this? What will achieving this Objective mean to you? If you find a big enough "Why?" you can achieve anything. Think about what would inspire you to get out of bed early, or stay up late or make the necessary sacrifices to achieve them?
- Make certain that your Objectives link directly to your Aims. E.g. Suppose my Aim is to see the worlds most beautiful sunset, if one of my objectives is to keep travelling East, then I will never see a single sunset. Make sure that your objectives take you closer to your aim!
- Remember, like all of the Shaolin Arts taught by the Shaolin Wahnam Institute, setting aims and objectives can be used not only to improve your Shaolin Kung Fu or Shaolin Cosmos Chi Kung practice. You can set aims and objectives for any area of your life and get better results in a shorter period of time.

ROUTE OF THE MASTERS

VISION: If you had all the time, money, resources, contacts and everything you need, and you want to design your life perfectly, what would it look like 10 years from now? (Brian Tracy) _____

Aim relating to **VISION:** _____

Objectives relating to **Aim:** _____

For **one** of the objectives listed above (use a separate sheet for each objective), make sure it's S.M.A.R.T!

SPECIFIC: _____

MEASURABLE (how will you know when you've got it?) _____

ACHIEVABLE: YES/NO If NO then go back and review your objectives!

RELAVENT: YES/NO If NO then go back and review your objectives!

TIME (How long do you give yourself to achieve this objective?): _____

Note: if you're giving yourself more than six months, this might be more of an Aim than an objective.

Now make sure your objective is inspirational by knowing the answers to these questions:

- What will achieving this objective mean to you?
- Why do you want it?
- What will it take to get you out of bed earlier in a morning?

Achieving our objectives is only one of the benefits to be gained, it's who we become in the process of realising our aims and objectives that is important.

Write out your S.M.A.R.T.-er Objective in full: _____

Think of one thing you can do now to take you one step closer to achieving this object. Commit to doing it!

Remember: a remarkable life is made up of remarkable days.

Part 3

7 steps to the P.E.R.F.E.C.T Shaolin Chi Kung session

"Just as a door which is not frequently used will rot, a person who does not regularly exercise will be sick"

Hua Tuo – Famous 2nd Century Chinese Physician

An overview of your 15 minute practise session

An average Shaolin Chi Kung practise takes around 15 minutes from start to finish. It is important that you practise at least once a day. The reason is that the benefits of Chi Kung are accumulative, not instantaneous. It is possible to gain immediate benefits from your practise; sensations of feeling good, inner peace and mental clarity at the end of each practise session are good indicators that your practise is correct, and are to be expected. If all you want from your practise is an occasional pick me up then feel free to practise occasionally. But if you want the benefits of practising High Level Chi Kung that I mentioned in What is Chi Kung? (p16), then you must practise correctly and daily.

These are the 7 steps to P.E.R.F.E.C.T. practise I use when teaching new students Shaolin Chi Kung:

Step 1 – **P**reparation

Step 2 – **E**nter a Chi Kung State of Mind

Step 3 – **R**eally Smile From Your Heart

Step 4 – **F**orm: Your Choice of pattern from the 18 Lohan Hands

Step 5 – **E**nergy Flow: Flowing Breeze, Swaying Willows

Step 6 – **C**osmic Harmony: Standing Meditation

Step 7 – **T**ime to Complete

To help you learn, separate your practise into three distinct time zones of around five minutes each. Though feel free to adjust these times, for example you may prefer to spend longer on the steps in Zone 1 and less time in Zones 2 and 3. As your practise develops find what works best for you.

Zone 1 Step 1 (**P**reparation), Step 2 (**E**nter Chi Kung State of Mind), Step 3 (**R**eally Smile from Your Heart and Step 4 (**F**orm).

Zone 2 Step 5 (**E**nergy Flow)

Zone 3 Step 6 (**C**osmic Balance) and Step 7 (**T**ime to Complete)

When you are learning any new skill it takes time before you become competent enough to move from step to step smoothly and effortlessly. Hence for the first few weeks your practise may take longer than 15 minutes as you grow accustomed to it.

The four stages of mastery

When you learn any new skill you move through four stages:

1. **Unconscious Incompetence** – at this stage you don't know that you don't know how to perform Shaolin Chi Kung because you've never heard of it or practised it.
2. **Conscious Incompetence** – when you picked this book up and looked through it for the first time, you began to become aware that there was a lot you did not know.
3. **Conscious Competence** – After a few weeks of practising the steps outlined in this book, you begin to be able to practise Shaolin Chi Kung, but you have to do a lot of thinking and referring back to the book in order to do it correctly.
4. **Unconscious Competence** – At this stage you start and finish your practise by moving so smoothly through the 7 Steps that you don't have to think about them at all. Instead of 7 Steps, it's as if there are only two: starting your practise and finishing it.

Here are my guidelines on how to move from Conscious Incompetence to Unconscious Competence as quickly as possible:

1. Read Part 3 all of the way through and then start by practising Steps 1, 2 and 3 together for 2-3 days. Continue to familiarise yourself with Steps 4, 5, 6 and 7 by reading through them daily during this time.
2. Then choose one pattern from Part Four and spend 2-3 days becoming familiar with the **Form**. Complete Steps 1, 2 and 3 beforehand (P.E.R.).
3. Once you are happy with your understanding of the **Form** you have chosen to practise, include the **Breathing** (if applicable). Practise this stage for another 2-3 days.
4. You are now ready to add Steps 5, 6 and 7 to your practise.

After 4 or 5 more days you should be moving easily through the 7 Steps. Remember the acronym P.E.R.F.E.C.T. for the steps and that will help you.

1. **P**reparation
2. **E**nter Chi Kung State of Mind
3. **R**eally Smile from Your Heart
4. **F**orm
5. **E**nergy Flow
6. **C**osmic Harmony
7. **T**ime to End

Think of P.E.R.F.E.C.T. as a boat transporting you from conscious incompetence to unconscious competence. Once you arrive at your destination you no longer need to carry the boat on your back. You can leave it on the shore and deepen your practise by flowing effortlessly from one step to the next. At this stage you can choose to learn any of the other patterns from the 18 Lohan Hands because you have learnt the basic skills that are the same for each pattern.

STEP I – Preparation

It is vital that you get ready for your practise and the best way to do this is to start by making sure that the place you intend to practise in is safe. By this I mean that there are no sudden drops, ornaments to knock over or furniture to bump into. It's best if you can practise outdoors, but not essential, and we'll cover practise areas in more detail in Part Five.

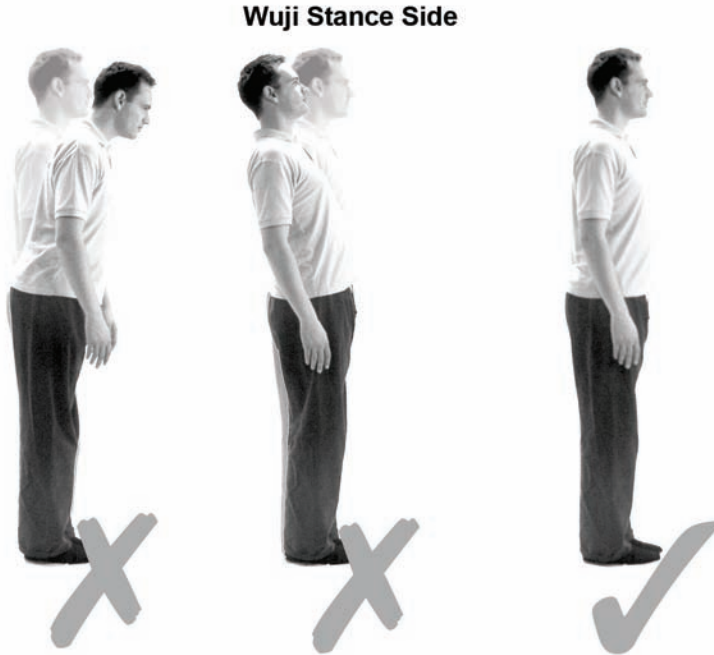
Walk around briskly for about 30 paces, swinging your arms and loosening up as you go. Now find yourself a space where you are free to move your arms without knocking anything over or hitting the walls.

Now you are going to enter Wuji stance. Stand upright with your feet parallel and close together. Make sure that your nose, the centre of your chest and your belly button are in a straight line. Allow your arms to hang naturally at your sides. Close your eyes and gently bring your awareness to your feet. Make certain that your weight is distributed evenly, 50/50 on each foot. (See Wuji Stance Front diagram)

Wuji Stance Front



Now make sure that your weight is spread evenly over each foot. By this I mean that your weight is central, between the balls of your feet and your heels. See Wuji Stance Side diagram below.



If you find you need to redistribute the weight make sure you do so by moving from your waist and NOT by tensing the large muscles at the front and back of your legs!

You are now standing upright and balanced in Wuji stance. Standing upright is a vital component in allowing your Chi or energy to flow harmoniously through your body. Years sitting for hours at a desk, slouching in front of a TV or computer, or sleeping on a poor mattress mean that many of us suffer from poor posture. This is one of the most common causes of physical energy blocks in the body, and Step 1 alone can bring you many health benefits.

Standing upright and balanced in Wuji stance allow your breath to come in gently through the nose and gently out through the mouth. This is essential. In Shaolin Chi Kung we always breathe gently in through the nose and gently out through the mouth (except during Energy Flow when you let go, do nothing and allow your breathing to be spontaneous and natural).

If you practise meditation, yoga or any other style of Chi Kung you may be used to breathing in and out through your nose and you may continue breathing in and out through your nose when practising these other disciplines.

If you want to get the most from your Shaolin Chi Kung practise you must follow the instructions as they are given and not “modify” them as you see fit.

Changing or modifying the instructions in this book means you will not be practising Shaolin Chi Kung any more and you are unlikely to get the benefits I have mentioned.

I mention this point specifically in relationship to breathing because it is a common area for beginners to make mistakes. For years my mother told me to keep my mouth shut when eating, and statements like “Are you catching flies?” or “Shut your mouth, there’s a bus coming” conditioned me to keep my mouth shut at all times.

From observing new students of Shaolin Chi Kung, they seem to have received similar conditioning! So do your best to breathe in gently through your nose and gently out through your mouth during your practise. Forgetting every now and then is one thing and won’t do any harm, but deliberately not following this instruction is something else all together.

An important point to consider is that from the Chi Kung point of view when we breathe in, we are not just breathing in air, we are also breathing in energy/Chi.

There are a number of routes the body can use to eliminate the toxic waste (negative chi) cleared by internal energy flow from the meridians. The mouth is one of the most important and efficient. If you keep your mouth closed during your Shaolin Chi Kung practise this toxic waste may accumulate in your head causing you to feel giddy, dull or even get a headache.

Breathing out through your mouth allows this negative chi to escape. Now some of you may be thinking that letting chi escape is a bad thing as it may make you weak. This simply isn’t true. This view confuses chi flow (good) with chi drain (bad).

Chi flow – by breathing out through your mouth you allow negative chi to flow out and it is replaced with fresh chi. This is natural and healthy and occurs without you having to do anything apart from being relaxed and breathing out through your mouth.

Chi drain – occurs when chi escapes but no fresh chi comes in to replace it. Examples of this are over-exertion (usually through vigorous exercise), excessive sex and excessive intellectualisation. All these activities result in Chi drain and are to be avoided.

A word of caution: always work within your body’s current ability and do your best with each step. If you’ve spent years compensating for poor posture by balancing your weight on the balls of your feet or your heels then it will take time to improve your posture and release unnecessary tension in the muscles of your legs.

The pictures in this book aim to demonstrate the “ideal” but it may take you some time to get there. That is fine. As long as you practise regularly and improve a little more each day you will succeed.

You wouldn't expect to be able to go from running to the bus stop once or twice a week to running a marathon in a few days. The same principle applies to your Shaolin Chi Kung practise.

Always listen to what your body is telling you. Gradual improvement is the safe and sustainable way to progress.

STEP 2 – Enter a Chi Kung state of mind

This is one of the main “secrets” of Shaolin Chi Kung and one of the reasons why it is so powerful. It is also best learnt from a competent Shaolin Chi Kung instructor or preferably a Master of this Art. Read the description below and do your best, and do not worry about whether you are doing it right or wrong. The key here is to relax physically, mentally, emotionally and spiritually and if you worry, your ability to relax will be severely limited.

The main objective of many people who practise Chi Kung is to be able to relax. In Shaolin Chi Kung relaxing is only the beginning! There are four key steps and they are:

Relax Physically

1. Gently bring your attention to the top of your head and slowly allow your attention to travel down through the muscles of your head and your face and gently into your neck. As your awareness travels down through your body, be mindful and make sure each area is relaxed. Make sure your mouth is gently open and that you are breathing gently IN through your nose and OUT through your mouth. Allow your awareness to spread out to each shoulder and then flow gently down through the muscles at the front and the back of your arms, into your elbows, down through the forearms and finally into your hands. Gently open the fingers of each hand wide open and then allow them to relax back to their natural position.
2. Now bring your attention gently back to your neck and allow your focus to travel gently down through your body.
3. Pay special attention to your stomach area, this is a place where we unconsciously store a lot of tension accumulated through the day.
4. Continue your journey of physical relaxation into the legs, down through the legs and finally into the feet. If you are wearing a belt, then make sure you loosen it before you practise. In the West we place an over-emphasis on having a flat stomach but during your practise you have my permission to let your stomach out!
5. The breath is the bridge between your internal world and the outer world. Relaxing physically and relaxing your breathing allows you to start relaxing internally.

Relax Emotionally

1. Now you are more relaxed physically it is time to relax internally starting with your emotions. In Chinese medicine there are five major emotions: Fear, Anger, Joy, Worry and Sorrow. To relax emotionally let go of any worries, anxieties, fears or sadness. Be calm. If it helps, gently focus your attention on your breathing. I sometimes explain it like this to my students:
“When we are angry at someone, worried about the outcome of an event or feel guilty about something we did these emotions use a lot of our energy. It’s almost as if we are walking around with lots of 10kg weights in our pockets. As you can imagine this would soon tire you out.”
2. So, when you relax emotionally, think of this as a chance to empty your pockets of all the weight you are carrying as a result of your emotions. Let them go.

Relax Mentally

1. Let go of any thoughts you have such as: “Am I doing this right...What did he say?...Are the arms bent or straight?...I forgot to buy eggs” and so on. Gently tell yourself that for the next 15 minutes you are going to focus on your practise and that you will take care of everything else afterwards. Gently clear your mind of all thoughts.

Relax Spiritually

1. This is up to you. Please bear in mind that Spiritual is not the same as Religious and that Shaolin Chi Kung is non-religious.

When you've run through these four steps, stay in this state of mind for a few moments then gently bring your attention to your lower Dan Tian, the Energy Point located two inches below your belly button and two inches beneath the skin. The inch used here is a biological inch, that is the distance between the first and second knuckle joints on your right index finger.

Gently place your mind at this spot, just give it a gentle thought, that's all. If you do not feel anything it doesn't matter.

If you want further information on the Dan Tian I recommend that you read Grandmaster Wong Kiew Kit's Question and Answer series: February 2000 Part 3 Question 9. <http://wongkk.com/answers/ans00a/feb00-3.html>

Now you are ready for Step 3:

STEP 3 – Really smile from your heart

I am deliberately going to resist writing about this aspect of the 7 steps in any detail. When my Sifu teaches this aspect he just says:

“Don’t think about how to do it, just do it. Smile from your heart”.

This is a classic example of the difference between learning from a book or a DVD and learning from a Master (or at least a competent instructor). It may help if you imagine a beautiful flower blossoming; picture a loved one or a favourite place of natural beauty. Alternatively you may put a big fat smile on your face. This is for you to find out what works best. But don’t worry about it, just do it:

Really SMILE from Your HEART!

Before continuing to Step 4 I recommend that you spend a few days practising and becoming familiar with Steps 1-3. So that you are used to:

1. Preparation
2. Entering a Chi Kung State of Mind
3. Really Smiling from your Heart

Practise these 3 steps well and you will start to feel for yourself the benefits that practising Shaolin Chi Kung brings.

STEP 4 – Form:Your choice of pattern from the Shaolin 18 Lohan Hands

Once you are familiar and confident with steps 1 – 3 you can add one pattern from the Shaolin 18 Lohan hands to your practise. If you look through part four of this book you will find a presentation of the 18 Lohan Hands with notes on how to perform the movements.

You may be wondering how to choose one of the 18 patterns to practise but don’t worry because each pattern has a section describing why you might choose to practise it.

It is useful to know what you want to focus on in your practise and this can be influenced by many factors.

For example, suppose I wanted to travel from my house in Devon to my friend’s house in Edinburgh. I have a number of options available to me. I could:

1. Walk
2. Cycle
3. Drive
4. Catch a train
5. Fly

Each option will eventually take me to Edinburgh, but suppose it is important that I get there quickly? Options 1 and 2 are immediately ruled out. But suppose it is important that I enjoy the journey and take the time to absorb the countryside I pass through on my way, and meet as many people as possible. Options 4 and 5 are now not so desirable.

Your Vision and the Aims and Objectives you set for your practise in part two of this book will influence which of the 18 Lohan Hands you decide to practise.

If you look through part four you will see that in addition to the “At a Glance” guide on the front page of each pattern, there is a more comprehensive “Why you might choose to practise this pattern” section.

Remember these are guidelines to help you be more “cost effective” in your practise.

The purpose of your practise is to generate an energy flow or what is more poetically known as Flowing Breeze, Swaying Willows. Once you begin to feel the chi flowing, or after the recommended number of repetitions for the pattern you are practising, you stop performing the pattern, and just let go and do nothing.

The form is not the Art. We want to practise High Level Chi Kung, which is a harmony of Form, Energy and Mind.

STEP 5 – Energy Flow

Once you have completed the recommended number of repetitions of the pattern you have chosen to practise in Step 4:

You just let go, close your eyes if you haven't done so already, and enjoy your energy flow. Keep your mouth open and let your breathing be spontaneous and natural

After a short time of correct practise you will find your body naturally swaying gently. This is known as “**Yew foong pai lau**” or flowing breeze and swaying willows.

As your practise deepens, your movements may become more vigorous, this is known as **“Lau sheui harnng wan”** or “flowing water and floating clouds”.

“In the past, “flowing breeze and swaying willows” was practised by advanced Shaolin exponents, and “flowing water and floating clouds” by advanced Taijiquan (Tai Chi Chuan) practitioners.”
– **Grandmaster Wong**

This has been one of the most closely guarded secrets of High Level Chi Kung.

Chi, like water, has its own intelligence. Water will always flow to the lowest point it can. When left alone, chi will always flow to where it is needed most, areas of low energy. This concept is vital to your success with Shaolin Chi Kung.

As I mentioned in part one, our chi, or energy, flows through energy streams called Meridians. When you practise a pattern from the 18 Lohan Hands, that pattern will stimulate certain meridians and bring known benefits. Knowing this allows us to choose which of the patterns we want to practise. If for example, we are experiencing problems of a sexual nature in our lives, we may choose to focus on the pattern known as Nourishing Kidneys, because from the Traditional Chinese Medicine point of view, sexual problems are related to problems with the functions of the kidneys.

As you begin your practise of the Shaolin 18 Lohan Hands, it is very important that you let go and allow your Chi to flow, undirected by your mind. For example you may have problems with your knees and during Flowing Breeze, Swaying Willows you may consciously focus your attention on your knees. Energy flows where your attention goes and your Chi obediently follows your command.

However, knee problems, due to the way the meridians are structured are usually a symptom of trouble with the functioning of the Kidneys.

By directing your chi to your knees, you may actually be making the problem worse and not better, because the chi is needed at the Kidneys, not your knees!

This is why I always advise my students to just:

“Let go and enjoy your energy flow”

This way we don't need to know the source of any physical, emotional, mental or spiritual “problems”. We just let go and let the Chi do what it does best. So don't worry too much about choosing the “right” patterns but rather practise the patterns that you enjoy.

How does flowing breeze swaying willows work?

I like to think of our bodies as being a complete record of our entire life experience, past and present. Everything you have ever experienced has had an effect on your Jing (your physical body), Chi (your energy) and your Shen (your mind, spirit, emotions), both positive and negative effects.

Anyone watching a typical class of students practising Shaolin Chi Kung will know when the students are having their chi flowing and the experience can be rather surprising. Some people may fall to the floor and begin shaking, others may be groaning, laughing or making animal sounds, some may appear to be hitting themselves whilst other students will just be swaying slightly. So what is going on?

You are unique; your life experiences are completely exclusive to you. As your chi flows and works on removing energy blockages, whether physical, emotional, mental or spiritual, "memories" may be released. For example, suppose someone experienced an event that made them incredibly upset and angry, but they were not able to show these feelings because to do so would have further negative consequences. This experience will have affected their Jing, Chi and Shen and so during their Chi flow they may, without knowing why, suddenly roar loudly and in the process release this experience and its affects from their lives. Someone else may have serious energy blockages in their chest, and may start hitting their chest, again they do this unconsciously, they do not "think" about doing it, so that during chi flow they can help to remove these blockages.

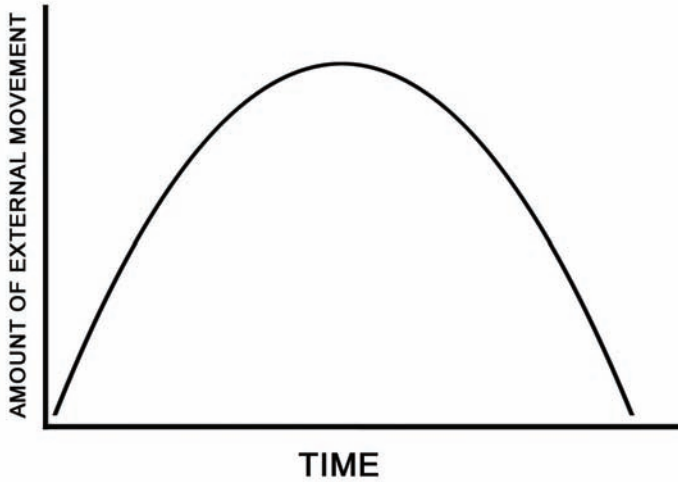
It is vital that you understand that no matter what happens during chi flow, you are always in control. If you are practising and a fire alarm suddenly goes off, you will be able to act accordingly.

If your chi starts to flow too vigorously you can gently ask it to slow down and it will. If you are practising in a room with other people in chi flow you will occasionally open your eyes to check where your friends are and make sure you are not about to knock into each other.

Letting go, does not mean losing control!

The diagram on the next page will give you some idea of how chi flow usually progresses. Please note that this is how things typically work, it is not an absolute and may not apply to you.

Generally as you start your Shaolin Chi Kung practise and you get to step five it is likely that you will hardly move, if at all. Gradually you will feel "chi effects" like warmth over the body, tingling sensations at the fingers or other parts of the body. Over time as you continue your practise you will find yourself gently swaying like a willow in a flowing breeze.



It is important that you just follow the movements, if you find your body moving forwards, let it move forwards, if your body moves backwards, let it move backwards. It is common to see beginners swaying forwards to a point where to avoid losing balance they need to take some steps forward, but their mind gets in the way and they jerk back upright and disturb their flow.

As your practise deepens your movements may become more vigorous and you may make noises, cry or roll on the floor. Do nothing, just enjoy your practise and let your chi do its best for you. With more time, as you remove many blockages, you may find your movements slowing down again as your practise focuses on increasing the flow of energy through your body. At a Master's level you may hardly move visibly at all. Remember, this pattern is a generalisation for information purposes only. It does not apply to everyone.

Energy Flow - Just Let Go And Do Nothing



“Enjoy your practise, just let go and do nothing”

After enjoying your chi flow for about 5 minutes, or when you've had enough or it feels like 5 minutes have passed, then gently bring your attention to your Dan Tian, the energy point below your belly button. Please don't time yourself, if you are in chi flow for 3 minutes and 27 seconds or 8 minutes and 2 seconds, it doesn't matter, just trust when you feel ready to move on.

Allow your movements to come to a SLOW and GRACEFUL stop. Never stop suddenly, but always slow down gradually whilst focusing gently on your Dan Tian. Now, check your posture and, if you are standing up, make sure you are upright and balanced (see step one). If you ended up on the floor, make sure that your body is symmetrical.

Now that your external movements have come to a stop, you are ready for step six because now it is time to establish Cosmic Harmony!

STEP 6 – Cosmic Harmony

Step five was Energy Flow. The signature was movement –Yang. Now to maintain Cosmic Harmony, establish balance, we need the Yin of this relationship: Stillness achieved by standing meditation.

I could write pages and pages on this step and still achieve nothing more than to confuse you and make this step appear more complex than it actually is. In fact this step is so simple. So here goes, the main “instruction” for this step is:

“Think of nothing”

If, like the vast majority of people, you find this instruction difficult, don't worry. This is a classic example of how “Simple” does not equal “Easy”. Alternatively you can use one thought to stop 10 000 thoughts. Just focus gently on breathing in through your nose and breathing out through your mouth. If random thoughts enter into your awareness, just let them go and return your awareness back to your breathing.

Here's what Grandmaster Wong has to say about meditation:

“I would recommend that you use the Standing posture. Stand upright and be totally relaxed. You should relax not just your body but also your emotions, your mind and your spirit. You can achieve this by loosening all your muscles, let go of all emotions, do not think of anything and Smile from your heart.

Do not for example, think of how to relax or whether you are relaxed. Just be relaxed. Then just be gently aware of your breathing.

If you are breathing in slowly, just be aware you are breathing in slowly. If you are breathing out through your mouth, just be aware that you are breathing out through your mouth.

It is that simple – and very profound.”

After about five minutes of Standing Meditation gently bring your awareness to your Dan Tian, now it is time to complete your practise.

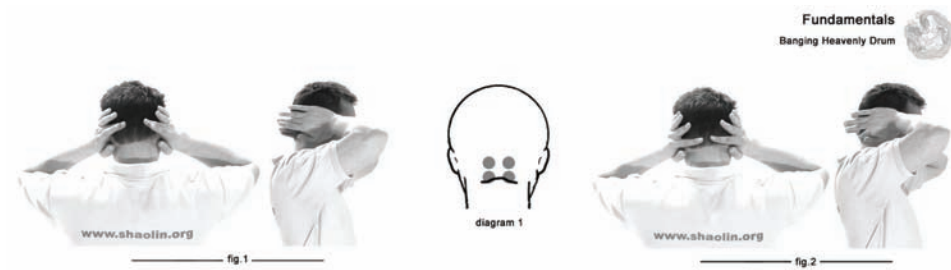
STEP 7 – Time to complete

This final step is very important. It is wonderful to visit the “Cosmic” realm. But we live in the phenomenal realm, in the world, so it is necessary for you to finish off your Shaolin Chi Kung practise properly.

To make certain that you are completely back and ready to take the benefits of your practise into the rest of your day.

Here's how you end your practise properly:

1. With your eyes still closed, bring your hands together in front of you and rub your palms together vigorously. Keep rubbing until your palms and hands are very warm.
2. Cover your eyes with the palms of your hands and dab gently on and off your face. Slowly open your eyes.
3. Circle your fingers slowly around your eye sockets. Gradually make larger and larger circles, until you are gently massaging the whole of your head, face and neck.
4. OPTIONAL: Point Massage – see next page.
5. Bang the Heavenly Drum – Place the palms of your hands over your ears and now tap your fingers against your neck. Alternatively you can cross the middle and index fingers of each hand and “flick” the neck (see diagram on the next page). Either way Strike the Heavenly Drum 24 times.
6. Walk around briskly for about 30 paces.



Point Massage – Optional

As you recall, the body has a network of meridians that allow your energy/chi to flow to every part of your body. There are points on the body that can be stimulated, either with needles or with the hands; these points are called “acupoints”. They are well documented in Traditional Chinese Medicine. Stimulating these acupoints allows us to directly influence the flow of chi and as a result promote health, vitality, longevity, calm etc. Another benefit of adding the point massage to your practise is that it will promote a youthful appearance. Using the tips of your middle fingers massage gently the following points:

1. Inner eye (fig 1).
2. Start of eyebrows (fig 2).
3. Wipe fingers across brows (fig 3).
4. Middle of eyebrows (fig 4).
5. End of eyebrows (fig 5).
6. Outer point of eye sockets (fig 6).
7. Lower; middle point of eye sockets (fig 7).
8. Inner point of eye socket again (fig 8).

Refer to diagrams 1, 2 and 3 on the next page for a pictorial representation of the above steps.

6. Sweep down the sides of nose (fig 9).
7. Indents of nostrils (fig 10).
8. Gently massage temples with the fleshy part at the base of your thumbs (fig 11).
9. Backs of ears. Where the top of the jaw meets the back of the ear (fig 12).

Refer to diagrams 4, 5 and 6 on the following page for pictorial representations of the above steps.



Fundamentals

Points Massage



fig.1



fig.2

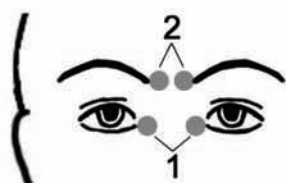


diagram 1

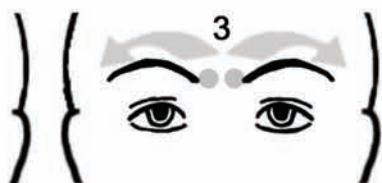


diagram 2

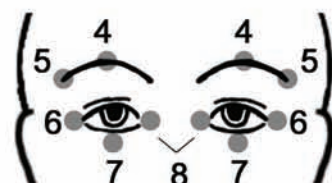


diagram 3



fig.3



fig.4



fig.5



fig.6



fig.7



fig.8



fig.9



fig.10

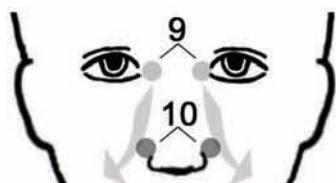


diagram 4



fig.11



diagram 5



fig.12

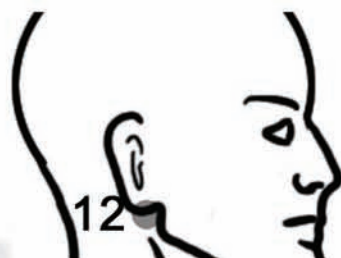


diagram 6

Part 4

The Shaolin 18 Lohan Hands

“Keeping your body healthy is an expression of gratitude to the whole cosmos – the trees, the clouds, everything”

Thich Nhat Hanh

Introduction

Remember that high level Chi Kung like Shaolin Chi Kung is a marriage of form, energy and mind. The Form is not the Art and as has been mentioned earlier, if you practise Chi Kung at the level of Form only, the benefits you will receive are minimal.

In the descriptions of the 18 Lohan Hands that follow I have used the following format:

The front page for each pattern has a picture of me performing it along with an “Also Known As” guide. One of my objectives for this book is that it will serve as a reference for Shaolin Wahnam Institute instructors therefore I have given the full correct name for each pattern. Many of the patterns are known by different, easier to remember, names. To avoid confusion I have also given the more popular name for each pattern. After that there is an “At a Glance” guide which gives you a quick reference to two or three benefits the practise of each pattern is known to give.

Form “Name of Form”

1. Step by step instructions are given along with photographs that outline how the pattern is performed. It is important that you familiarise yourself fully with the components of the pattern. At this stage do not worry about when or where to breathe in and out. Just breathe in when you need to and out when you need to. Your primary focus is to perform the pattern correctly. Whilst the Form may be the least important part of Chi Kung it is still important that you do it correctly. Once you know the Form of the pattern you are practising well, then you are ready to add the breathing.

Important notes:

Any points you need to pay special attention to have been highlighted in this section. A key to getting the most from your practise is not to worry. So if I haven't mentioned something, don't worry about it. Just follow the instructions. If something is important to the pattern I have mentioned it. If it isn't, I haven't. All of the patterns are very simple; remember to keep them that way.

Breathing

Once you are confident with the Form you are ready to add the correct breathing (where applicable). Whilst you are practising Shaolin Chi Kung remember that what you are breathing in is not just air; it is cosmic energy. At the beginning of your relationship with Shaolin Chi Kung, breathing out is even more important than breathing in. This is because when you breathe out you have an opportunity to breathe out toxic rubbish that has built up inside you. This is why, as mentioned before, it is vital that you breathe out through your mouth in order to efficiently remove these toxins from your body.

So keep your breathing relaxed and gentle. Not all of the patterns have specific breathing instructions. In this case your breathing is spontaneous, i.e. you breathe in gently through your nose and gently out through your mouth as and when you are ready to breathe in and out. Correct breathing is more important than the Form and is where Chi Kung really starts to bring benefits that conventional Western exercise does not. But you must do it correctly and you must do it relaxed and gently.

Where to focus the mind when you are practising a particular pattern has not been explored in any detail in this book. There are 3 reasons for this:

1. The Mind is the most important aspect of High Level Chi Kung. However, it is also the easiest to get wrong. The nature of the 18 Lohan Hands is that they consist of a number of movements, so if you accidentally perform a few moves incorrectly you will not do any harm. We do not have this luxury with the Mind aspects and so they have not been included.
2. It is still possible to get great benefits from the 18 Lohan Hands without specific Mind instructions. Many of Sifu's students learnt Shaolin Chi Kung and Shaolin Kung Fu from his books before learning from him or a certified instructor. Many of them testify to the rewards they received from book learning, but every single one of them agrees that the benefits they gained from book practise pale into insignificance compared to those benefits received by learning directly with an instructor.
3. If you successfully Enter a Chi Kung State of Mind (Step 2) and maintain this state of mind whilst practising your chosen pattern, your Mind is in the best state to manifest the benefits of that pattern. That is why it is so important to familiarise yourself fully with your chosen pattern. Having to stop and think "What do I do next?" or "Do I breathe in or out here?" only serves to break your Chi Kung State of Mind.

Reasons why you may choose to practise this pattern

For each pattern I have given a concise explanation of possible benefits you can gain from practising the pattern. It is important to remember though that your chi or energy has an intelligence of its own. Chi/energy always flows from areas of high energy to areas of low energy. So you may have chosen to practise the pattern "Fierce Tiger Pushing Mountains" to develop powerful arms for martial arts. Unbeknown to you though, your liver needs an increase of energy and so your practise helps to promote the well being of your liver.

All of the patterns help to promote the harmonious flow of chi/energy through the meridians and to remove energy blockages. This is why any of the patterns from the 18 Lohan Hands can be used to cure a dis-ease and if we have no dis-ease or illness the same patterns can increase our health, vitality, longevity and inner peace.

But, if you know that you have a particular health issue then practising a pattern that is known to bring benefits to that illness is the most cost effective and efficient way to get the most from your practise.

If you look at the list of benefits to be gained from the practise of a particular pattern and think: "how can this exercise give these benefits?" you are mistaking physical exercise for Chi Kung exercise. The two are very different.

Quotes from students about this pattern:

Where possible I have taken quotes from Shaolin Wahnam students so you can benefit from reading about their experiences with a particular pattern.

Both Hands Lift Sky

雙手托天

Chinese: Shuang Shou Tuo Tian



Also Known As: Lifting the Sky

At A Glance:

Excellent for Generating Chi Flow

Treatment of Hemorrhoids

Improves Health in all its aspects

Form “Both Hands Lift Sky”

4. Start from Wuji stance (fig.1).
5. Turn your hands, fingers pointing to each other, palms facing the floor and look down at your hands (fig. 2). See detail 1 and 2.
6. Keep looking at your hands as you raise your arms through 180 degrees (fig. 3, fig. 4 shows the side profile of this move).
7. Gently push your palms to the sky (fig. 5).
8. Straighten you hands and lower your arms gently back to the side of your body (figs. 6 and 7). Your head comes back to the level position.
9. Pause
10. Repeat from step one 15-20 times.

Important notes:

Move your head – look down at the hands (as in fig. 2). Move the head upwards as you raise your arms (figs. 3 and 4). Lower your head to the level position as you lower your arms (fig. 7). Repeat.

Keep your arms straight – (but not locked out) and keep gently pushing forwards all the way through the 180 degree movement (fig. 4). It is very common to see beginners with a pronounced bend at the elbows and when they “lift the sky” all that happens is that their arms straighten out. The arms must be already straight and when you “lift the sky” you will feel a gentle stretch down the sides of your body. This is a very pleasant sensation.

All movements are relaxed and gentle – with your fingers pointing to each other (detail 1) palms facing the floor; there will be natural muscular tension in your forearms. Only use as much tension as is needed to get the job done, no more, no less. It is common to see new students almost gritting their teeth as they perform “lifting the sky”. Remember you are relaxed and your movements are gentle.

Breathing The breathing for Lifting the Sky is in four parts:



Pause means no breathing in and no breathing out. As you can see from the diagram above the pauses are not as long as the breathing in and breathing out cycles.

Both Hands Lift Sky

雙手托天

Chinese: Shuang Shou Tuo Tian



fig.1



fig.2



fig.3



fig.4



fig.5



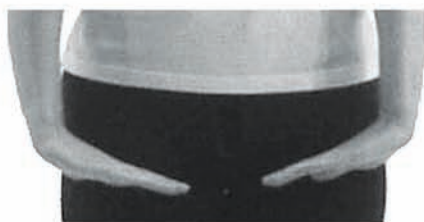
fig.6



fig.7



fig.7



detail 1



detail 2

1. Breathe in gently through your nose as you lift your arms above your head (fig. 3 and 4).
2. Pause as you lift the sky (fig. 5)
3. Breathe out gently through your mouth as you lower your arms (figs. 6 and 7).
4. Pause in Wuji stance. Continue to pause as you point your hands together palms facing the floor and move your head to look down at your hands (figs. 1 and 2).
5. Repeat from step 1.

Note: The pauses are important, especially the one after lowering your arms back to your sides.

Why you may choose to practise Both Hands Lift Sky

Both Hands Lift Sky is excellent for generating energy flow. It overcomes posture problems and is good for those with a bad back. It benefits people who find it hard to relax, who think too much and find it hard to focus. Those who have post birth incontinence can find relief with this pattern.

I have also used this pattern with great success on students who have suffered from Haemorrhoids. The key additional instruction if you wish to use Both Hands Lift Sky to overcome this problem is to gently imagine everything below being pushed back into its correct position as you “lift the sky” (fig. 5).

Quotes from students about this pattern

“This is my favourite pattern because I love the feeling of a chi shower running from my hands all the way down through my body. I also love the happy, relaxed and refreshed feeling I get afterwards” – Martin D, England.

“This is my favourite pattern because it gives me abundant energy to perform efficiently for the whole day. In fact, as a busy doctor running my own clinic, only 15 minutes of this exercise per day generates more than enough goodness to share with my family and patients and practically lift them all up in the sky to cloud nine.” – Dr Damian Kissey, Sabah.

“This is my favourite pattern because it’s the Swiss army knife of all Chi Kung patterns. By practising this one pattern I can enjoy all the benefits from radiant health to spiritual joy. I couldn’t ask for more.” – Tapio R, Finland.

Shoot Arrows Left Right

左右開弓

Chinese: Zuo You Kai Gong



Also Known As: Shooting Arrows

**At A Glance: Massages Heart and Lung Systems
Improves all Respiratory Problems**

Form “Shoot Arrows Left Right”

1. Start from Wuji Stance (fig. 1).
2. Cross arms, right over left (fig. 2). Hands are held in Shaolin One Finger Shooting Zen form (index finger straight, other fingers curled at 2nd and 3rd knuckles). (Refer to detail 2).
3. Step your left leg out about 3 shoulder widths (figs. 3 and 4).
4. Sit down into a horse riding stance (fig. 5).
5. Part your arms. Keep your eyes focused on the raised index finger of the right hand, turning your head as you shoot your arrow out to your right. Your left arm is pulling the bow and the left hand ends up near your left shoulder. Both arms are parallel to the floor (figs. 6 and 7).
6. Step your left leg back up to your right and at the same time cross your arms right over left (fig. 8).
7. Lower your arms back to your sides (fig. 9).
8. Repeat five times stepping out to the left and shooting arrow right then, repeat five times in the opposite direction (following instructions 1-7 substituting left for right and vice versa). You'll soon get the hang of it. When you're happy with the form, you are ready to add the breathing.

Important notes:

Make certain your hand form is correct (see detail 1 and 2).

As you sit down into horse riding stance (fig. 5), keep your back straight and only lower yourself as far as is comfortable. Be certain that your feet are parallel and that your knees are not caving inwards.

Keep your shoulders relaxed and make certain your movements are relaxed and gentle so that you flow smoothly from one step to the next.

Breathing

1. As you raise and cross your arms breathe in gently through your nose.
2. As you Shoot Arrow out (figs. 5-7) breathe out through your mouth, teeth together, making a slow sshhhhhh sound (the sound you make when you want someone to be quiet).
3. Breathe gently in through your nose as you step your legs back together and re-cross your arms in front of your chest (fig. 8).
4. Breathe gently out through your mouth as you lower your hands back to your sides (fig. 9).
5. Repeat from step 1.

Shoot Arrows Left Right

左右開弓

Chinese: Zuo You Kai Gong



fig.1



fig.2



fig.3



fig.4



fig.5



fig.6



fig.7



fig.8



fig.9



detail 1



detail 2

Why you may choose to practise Shoot Arrows Left Right

This pattern uses the One Finger Shooting Zen hand form which is a special technique. It is especially beneficial for the lungs and can bring relief to people who are sad, suffering from hyper tension or depression. It improves all respiratory problems, benefits the skin and strengthens the arms. People who have trouble remembering or who lack confidence will benefit from the practise of this pattern.

Quotes from students about this pattern

“I love to practise shooting arrows when I need to get ready for a challenging task. It helps me to become completely focused in an instant. Executing the pattern seems to have the chi massage my lung and heart region. It helped me to get rid of a nasty cough.” – Andrea, Switzerland

Plucking Stars Change Galaxies

摘星換斗

Chinese: Zhai Xing Huan Dou



Also Known As: Plucking Stars

At A Glance:

**Overcomes disorders of the stomach and spleen systems
(e.g. Indigestion and Diabetes)**

Overcomes Liver and Gall Bladder Problems

Activates the Eight Secondary Meridians

Form “Plucking Stars Change Galaxies”

1. Start from Wuji stance (fig.1).
2. Bring your hands together in front of your body as if holding a large ball, left hand on top, right underneath (fig.2).
3. Bring the hands together and as the hands get close to meeting, your right hand curls around the left hand and pushes upwards, palm facing towards the ceiling. The left hand continues its journey down towards the floor. At the same time your head turns to look away from the right arm (figs. 3-5).
4. Turn the right palm down to face the floor and the left palm up to face the ceiling, so both palms are now facing each other. Bring the hands together to hold the ball. This time the right is on top and the left is underneath. At the same time turn the head back to the centre (fig. 6).
5. Pause
6. Bring the hands together and as the hands get close to meeting, your left hand curls around the right hand and pushes upwards, palm facing towards the ceiling. The right hand continues its journey down towards the floor. At the same time your head turns to look away from the left arm (figs. 7-9).
7. Turn the left palm down to face the floor and the right palm up to face the ceiling, so both palms are now facing each other. Bring the hands together to hold the ball. This time the left is on top and the right is underneath. At the same time turn the head back to the centre (fig. 10).
8. Pause.
9. Repeat these instructions until you have done 10 – 15 repetitions to the left and to the right. Then as you hold the final ball, lower your arms back to Wuji stance (figs. 11 and 12).

Important notes:

If you have difficulty coordinating the turning of your head with the movement of your hands, practise each one separately until you get the hang of it. When you start this pattern it can feel a little like patting your head and rubbing your stomach at the same time. Remember perfect practise makes perfect!

Always be sure to turn your head in the opposite direction to your raised arm. If you end up with your nose in your armpit, you know you went the wrong way.

Breathing

1. Breathe in gently through your nose as you move from Wuji stance (fig. 1) to holding the ball (fig. 2).
2. Breathe out gently through your mouth as you part your hands (figs. 3 – 5).

Plucking Stars Change Galaxies

摘星换斗

Chinese: Zhai Xing Huan Dou



fig.1



fig.2



fig.3



fig.4



fig.5



fig.6



fig.7



fig.8



fig.9



fig.10



fig.11



fig.12

3. Breathe in gently through your nose as you bring the hands back together to hold the ball (fig. 6).
4. Pause (no breathing in, no breathing out).
5. Breathe out gently through your mouth as you part your hands (figs. 7 – 9).
6. Breathe in gently through your nose as you bring the hands back together to hold the ball (fig. 10).
7. Pause
8. Repeat steps two to seven for 10 – 15 repetitions
9. Breathe out gently through your mouth as you lower your hands back to your sides (figs. 11 and 12).

Why you may choose to practise Plucking Stars Change Galaxies

Because this pattern stimulates the meridians linked to the stomach and spleen systems it is particularly beneficial for the following disorders: indigestion, diarrhoea, stomach pains, constipation, auto immune disorders, diabetes, liver and gall bladder problems and anything to do with the abdominal area. Gynaecological problems and tennis elbow also benefit from this pattern.

This pattern also enhances longevity as it opens up the side meridians of the body for use as energy reservoirs. This means that once your energy is flowing harmoniously through your body, these side meridians can be used to store energy, enabling you to work and play longer.

Quotes from students about this pattern

“This is my favourite pattern because of the fantastic feeling of peace I get while practising. I also love the feeling of balance having regularised my in and out breath” – John R, Republic of Ireland.

“This is my favourite pattern because when I started Chi Kung, plucking stars was the one exercise I immediately felt gave me lots of focus. It actually made me understand the depth of the 18 Lohan Hands because of the focus I got from it” – Tim, Belgium.

Rotating Winch

轆轤旋轉

Chinese: Lu Lu Xuan Zhuan



Also Known As: Turning Head

At A Glance:

Gives Spinal Cord a Gentle Shake Up
Overcomes Headaches and Migraine
Used to Cleanse Nervous System

Form “Rotating Winch”

NOTE: This Pattern is in 3 Parts:

PART 1

1. From Wuji stance, turn your head as far as you comfortably can towards your shoulder; as if looking behind you (figs. 1 – 3).
2. Once your head is turned as far as you can, allow your eyes to continue turning, looking right over your shoulder (detail 1 and 2).
3. Turn your head back to the centre (fig 5).
4. Now turn your head to look over the opposite shoulder; following the same instructions as above.
5. Turn your head back to the Centre (Fig 5)
6. This is one repetition. Repeat two more times and move onto part 2.

PART 2

1. From Wuji stance (fig 5 on second row of pictures)
2. Move your head to look down, aiming to touch your chin to your chest (figs 6 and 7). See detail 3.
3. Move your head back to the centre (fig 9).
4. Move your head backwards to look up to the sky (fig 11).
5. Once you have moved your head as far back as you comfortably are able, open your mouth, wide open: this will allow you neck to relax. Allow your eyes to roll up into the top of your head. (fig 12 and detail 4 and 5).
6. Move your head back to the centre (figs 13 and 14)..
7. This is one repetition. Repeat two more times then move to Part 3

PART 3

1. From Wuji Stance (fig 15, fourth row)
2. Gently rotate your head slowly three times in one direction (figs 16-21).
3. Then gently rotate your head slowly three times in the opposite direction.
4. Bring your head back to the centre (fig 21) to complete the exercise.

Rotating Winch

轆轤旋轉

Chinese: Lu Lu Xuan Zhuan



detail 1

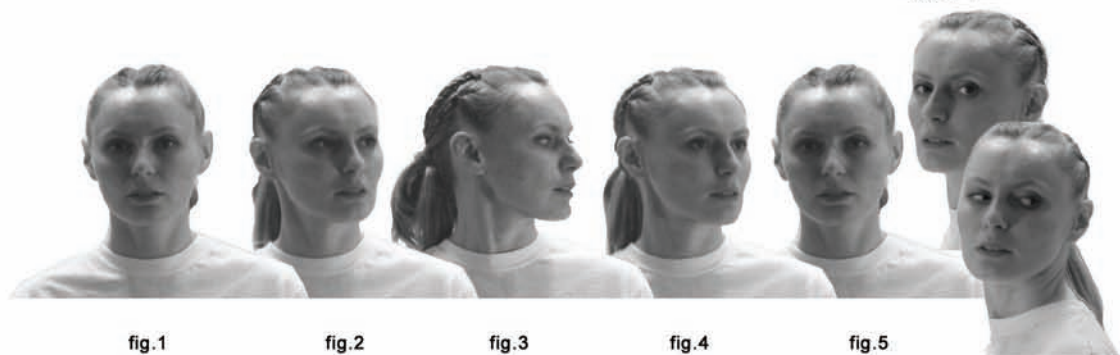


fig.1

fig.2

fig.3

fig.4

fig.5

detail 2



fig.5

fig.6

fig.7

fig.8

fig.9

detail 3

detail 4



fig.10

fig.11

fig.12

fig.13

fig.14

detail 5



fig.15

fig.16

fig.17

fig.18

fig.19

fig.20

fig.21

Important notes:

As with all of the patterns, make sure you work within your body's own limitations. Only move your head and neck as far as you are able to. People with Hyper tension should exercise caution when practising this pattern

Make sure all of your movements are slow and graceful.

It is only your head, neck and eyes that move during this pattern. Everything else is gently still.

Breathing

The breathing in this pattern is spontaneous, meaning that you breathe in, when you breathe in and out when you breathe out. The breathing is not co-ordinated with the movements.

Why you may choose to practise Rotating Winch

What connects your head to the rest of your body? That's right, your neck. By practising this pattern you give all of the muscles, tendons, ligaments, bones, spine, connective tissues and meridians running through this area a good relaxing stretch. This encourages your Chi to flow harmoniously to your head. This pattern is extremely beneficial for those who suffer from frequent headaches and migraine.

This pattern can overcome neurological problems, prevent or overcome strokes and benefits problems with any of the organs. Relief from thyroid, ear, throat, eye and any problems involving the face are reasons to choose pattern.

It can be used to cleanse the nervous system and gives your spinal cord a gentle wake up. It is ideal for those who spend a lot of time sat at a desk.

Quotes from students about this pattern

“This is my favourite pattern because it brings me outstanding chi flows and better success in standing meditation. I really had some tremendous sensations during standing meditation after practising this pattern, like feeling myself merge into my surroundings. I really love this pattern for the benefits it gives me.” - Pat, Switzerland.

Big Turn of the Cosmos

大轉乾坤

Chinese: Da Zhuan Qian Kun



Also Known As: Merry Go Round

At A Glance:

Revitalises – forget Caffeine!

Massages Internal Organs

Useful Against Rheumatism, Diabetes or Indigestion

Form “Big Turn of the Cosmos”

1. From Wuji Stance (fig. 1).
2. Make your hands into fists and place them at the side of your body, just above your hips (fig. 2).
3. Step your right leg out about three shoulder widths (fig. 3).
4. Sit down gently into horse riding stance (fig. 4).
5. Lean forward at the waist and clasp your hands together in front of you (fig 5).
6. Move your arms over to the right and upwards (fig. 5).
7. Continue moving your arms around and above your head, leaning backwards slightly. (fig. 5a).
8. Bring your arms over to your left (fig. 5).
9. Complete the circuit by bringing your arms back to hanging in front of you (fig 5).
10. Pause for a moment.
11. Continue steps 6 -10 for 10 repetitions, all in the same direction.
12. Now complete 10 repetitions in the OPPOSITE direction (fig. 6).
13. Unclasp your hands (fig. 7).
14. Jump up and bring both feet together; arms in front of your chest (fig. 8).
15. Lower your hands slowly and gently down the centre of your body (fig. 9).
16. End (fig. 10).

Important notes:

As you move from fig. 3 and sit down into Horse Riding Stance (fig. 4) make sure you avoid leaning forwards or backwards. Just lower your body by bending your legs at the knees. Keep your feet parallel and aim for your knees to be pointing outwards. Avoid the knees sagging inwards. Make certain that your buttocks, thighs, knees and feet do not move. Only your upper body moves during Merry Go Round. Or, to put it another way, your lower body stays in Horse Riding Stance.

Remember this is Merry Go Round, not Ferris wheel. So as your arms come around and over your head, lean your upper body backwards. You can maintain your balance by making sure that you do not “rise up” from your Horse Riding Stance.

Eyes follow the hands. When you are more advanced and practising the pattern with eyes closed, you still track the movement of your hands. Work within your body's own limits. Remember if it is uncomfortable, you're probably trying too hard. Relax.

Big Turn of the Cosmos

大轉乾坤

Chinese: Da Zhuan Qian Kun



fig.1



fig.2



fig.3



fig.4



fig.5



fig.5a



fig.6



fig.7



fig.8



fig.9



fig.10

Breathing

1. There are two major points on the circuit that makes up the movement of the arms. The first one is with hands clasped, arms hanging downwards. We'll call this Point 1 (See fig 5). The second point is when your arms are directly above your head. We'll call this Point 2 (See fig 5).
2. When raising your arms from Point 1 to Point 2, breathe in gently through your nose.
3. When lowering your arms from Point 2 to Point 1, breathe out gently through your mouth making an audible "Haaaaa" sound.
4. Pause, i.e. no breathing in or breathing out, before starting your next circuit.
5. Bring Chi to the Dan Tian. When you have completed 10 repetitions on both sides and are ready to complete the exercise, unclasp the hands and move your hands out towards your knees (fig 7).
6. As you jump up breathe in (fig 8).
7. As you lower your arms gently and slowly down your front, breathe out (fig 9). This is known as "Bringing Chi to the Dan Tian" and completes the exercise.

Why you may choose to practise Big Turning of the Cosmos

This pattern is good for problems involving stomach, pancreas, spleen, kidneys, back and back pain. Those who are worried or anxious will also gain benefit from this pattern. It is good for the ears and overcomes tinnitus.

This pattern is great for a revitalising pick you up. If you have a long drive or an important meeting and you start to feel tired, pull over the car or clear some space in your office and practise Big Turning of the Cosmos. You'll soon be feeling alert, focused and relaxed. This pattern is great for massaging your internal organs and very good for those with rheumatism, diabetes or indigestion.

Quotes from students about this pattern

"This is my favourite pattern because it was the one which in combination with Lifting the Sky I practised the most in my Shaolin Chi Kung early days and which I have rediscovered much more profound recently. It is simply amazing what I can experience with this exercise; I naturally switch into a deep level of abdominal breathing. After some repetitions I can clearly feel the energy warming my spine radiating from my Ming Meng (an energy point at the same height as the navel but located on your spine). Not only does my spine get filled with energy, but the whole of my back after some time." - Sifu Roland Mastel, Instructor for Shaolin Wahnam Institute Switzerland.

Punching with Wide Eyes

怒目衝拳

Chinese: Nu Mu Chong Quan



Also Known As: Angry Eyed Punches

At A Glance:

**Massages and Strengthens the Heart System
Develops Powerful Punches for Martial Artists
Beneficial for the Intestines and Eyes**

Form “Punching with Wide Eyes”

1. From Wuji Stance (fig. 1).
2. Make your hands into fists and place them at the side of your body, just above your hips (fig. 2).
3. Step your right leg out about 3 shoulder widths from the left leg (fig. 3).
4. Sit down gently into horse riding stance (fig. 4).
5. Punch out with your right fist, to the centre line of your body; arm parallel to the floor (fig. 5). Make sure that as you punch your eyes are wide open (See detail 1 and 2).
6. As you bring your right fist back to your side punch out with your Left fist, to the centre line of your body; arm parallel to the floor (fig. 6, fig. 7 shows the side view). Make sure that as you punch your eyes are wide open! (See detail 2).
7. As you bring your left fist back to your side punch out with the right (fig. 8). Repeat this until you have done about 20 punches
8. Then, open your arms wide as if you are about to give the world a big hug. Lean forward slightly at the waist and move your arms as if scooping up handfuls of water (fig. 9).
9. Jump up, bringing both feet together; arms in front of the body (fig. 9).
10. Turn your palms over and lower down the front of your body (fig. 10)
11. End (fig. 11).

Important notes:

As you move from fig 3 and sit down into horse riding stance (fig 4) make sure you avoid leaning forwards or backwards. Just lower your body by bending your legs at the knees. Keep your feet parallel and aim for your knees to be pointing outwards. Avoid the knees sagging inwards.

Punch out forcefully, yet gently and relaxed. Avoid your shoulder rising up towards your ear. Avoid turning your upper body as you punch out. At the end of the punch your shoulders should be in line with your hips.

The movements in figs 8 – 10 (Bringing Chi to the Dan Tian) should be performed smoothly and as one flowing, continuous movement.

Breathing

1. Breathe out as you punch out, with a loud “HHHYTTTTT” sound, big “wide” eyes at the same time, and make certain that your mouth is OPEN! (fig 5 and detail 2).
2. Breathe gently in through your nose.

Punching with Wide Eyes

怒目衝拳

Chinese: Nu Mu Chong Quan



fig.1



fig.2



fig.3



fig.4



fig.5



detail 1



detail 2



fig.6



fig.7



fig.8



fig.9



fig.10



fig.11

3. Breathe out as you punch out, with a loud "HHHYTTTT" sound. Bring your right hand back to your waist, big "wide" eyes at the same time and make certain that your mouth is OPEN! (fig 6 and detail 2).
4. Breathe gently in through your nose
5. Repeat steps 1-4 for until you've done about 20 punches.
6. Breathe in gently through your nose as you raise your arms (fig 8)
7. Breathe out gently through your mouth as you lean forward and move the hands as if scooping up water (fig 8).
8. Breathe in gently through your nose as you jump up (fig 9).
9. Breathe out gently through your mouth as you lower your hands (fig 10).

Why you may choose to practise Punching with Wide Eyes

This pattern helps to develop powerful punches that are of use in martial arts. It may seem incredible that punching whilst relaxed can contribute to powerful punches. It is important to remember that energy finds it difficult to travel through tense muscles, hence the more you can relax whilst punching the easier it is for your energy to flow. This pattern is also of great benefit to the heart. It massages it and strengthens it. Note that it is your energy/chi that does the massaging! Be sure to keep your mouth open when you punch.

This pattern brings relief to those who are depressed or who need to release pent up anger and frustration. It is also good for the eyes and for those with haemorrhoids.

Quotes from students about this pattern

"I've used this to help relieve anger and/or frustration before, and it works pretty well. At the recent course with Sigung in Costa Rica I was feeling really frustrated/sad/angry after one day's course, so I did this to try and relieve some of the junk, and it did help. It also looks sweet if you're in the park and people decide to watch you..." – Andrew R, Boston, MA

Look Back to Carry the Moon

回頭抱月

Chinese: Hui Tou Bao Yue



Also Known As: Carrying the Moon

At A Glance:

Promotes Youthfulness

Beneficial for the Spine

Enhances the Nervous System

Form “Look Back to Carry the Moon”

1. Start from Wuji Stance (fig. 1 and side profile fig. 7).
2. Bend forward allowing your straight arms to drop forwards and tuck your head in by putting your chin on your chest (fig. 2 and fig. 8).
3. Straighten up, tracing a large arc with your fingertips eyes looking at the hands. (fig. 3 and fig. 9).
4. When your arms are directly above your head bend them slightly at the elbows and with your hands make the “Carry the Moon” hand form (see detail 2).
5. Allow your arms to continue their journey over your head until you are leaning back gently, looking up through the gap in your hands (fig. 4 and fig. 10).
6. Pause
7. Straighten your spine so you are stood upright; allow your head to look forward and lower your arms back to your side (fig. 5 and fig. 11).
8. Pause (fig. 6 and fig. 12).
9. Repeat steps 2-8 for 10-15 repetitions.

Important notes:

You only need to lean forwards enough for the palms of your hands to be about level with your kneecaps. The instruction is lean forward, not touch your toes!

Perform the movements gracefully and flowingly. A common mistake made by beginners is to stop briefly as their arms rise above their heads so they can bend the arms at the elbows and make the “Carry the Moon” form with their hands. The bending of the elbows and forming of the hands should be performed as one movement co-ordinated with the movement of the hands in a large arc (figs. 3 and 4 and figs. 9 and 10).

Breathing

1. Breathe in gently through your nose as you raise your arms above your head and behind you (From fig. 2 to fig. 4 and fig. 8 to 10).
2. PAUSE (no breathing in or breathing out).
3. Straighten up (fig. 5 and fig. 11).
4. Breathe gently out through your mouth as you lower your hands back to your sides.
5. PAUSE (no breathing in or breathing out)
6. Continue to PAUSE your breathing as you lean forward (fig. 2).
7. Repeat from Step 1.

Look Back to Carry the Moon

回頭抱月

Chinese: Hui Tou Bao Yue



fig.1



fig.2



fig.3



detail 1



detail 2



fig.4



fig.5



fig.6



fig.7



fig.8



fig.9



fig.10



fig.11



fig.12

Why you may choose to practise Looking Back to Carry the Moon

This pattern really gives your spine a gentle work-out and is beneficial for back and spine problems. If you have serious acute back pain, practise Lifting the Sky first. Carry the Moon enhances the nervous system and generates a shower of vital energy down the body which promotes youthfulness and creates a supple and healthy spine.

Quotes from students about this pattern

“This is my favourite pattern because after a 10 hour day of intense mental activity in the office, it is simply my quickest way to accomplish deep relaxation and standing meditation. I enjoy the chi flowing towards the top of my head while bending down to touch my feet. Staying there for a while and letting go, I fall into another ‘world’, while in the chi kung state of mind. The letting go at the end of the Carrying the Moon never fails to give me that ‘kick’, I believe this feeling is far superior than drugs or sex!” - Hwan K., Malaysia

“This is my favourite pattern. When I began chi kung part of me was sceptical... and the rest of me was very sceptical! I didn’t really believe in chi or chi flow, and I wasn’t really able to relax. But I still thought the exercises may have martial benefit so I tried them. I kept practising but I still didn’t really relax, and never experienced chi or chi flow. Then one day after practising this pattern, all of a sudden I felt very good and very relaxed - and then I exploded into a wild chi flow - afterwards I felt so happy. This breakthrough was an unforgettable day for me. I feel very grateful to Sifu Wong (for teaching it to me), and to Sifu Joan Brown (who recommended it for my situation), and to carrying the moon!” - Paul, Northern Ireland.

“This is my favourite pattern because it is such a wonderful exercise for the whole body, but specifically because it directly benefits the neck and spine. I first became interested in Shaolin Chi Kung because I had what I can only describe as low vitality. I had not been diagnosed with any specific pathological condition, but years of office work following on from being a student had weakened my neck and spine and affected my posture. After only a few months practising this pattern I reaped incredible benefits and one year on my posture and overall health is better than at any time since I was a teenager. This exercise always brings a feeling of relaxation, peace and clarity and forms the basis of the more advanced exercise of Cosmic Shower; through which I have experienced the most profound and life-changing level of meditative consciousness! - Andy C, Scotland.

Reverse Hands Bend Waist

攀足固腰

Chinese: Pan Zu Gu Yao



Also Known As: Nourish Kidney

At A Glance:

Important for Sexual Health and Functioning
Enhances the Intellect
Increases Vitality

In order to execute “Reverse Hands Bend Waist” correctly you need to be able to touch your toes. For many people this is not immediately possible and the preparatory exercise “Drumming Kidneys” is used to acquire this skill. You can either perform Drumming Kidneys followed by Reverse Hands Bend Waist, or if you need more time to get your body used to being able to touch your toes then practise Drumming Kidneys on its own for as long as necessary.

Form “Drumming Kidneys”

1. Start from Wuji Stance (fig. 1). Step out 2 to 3 shoulder widths with your right leg (fig. 2).
2. Bend forwards at the waist and touch your fingers to the floor. Straighten your body up slightly so your fingers are about 10 cm above the floor and then touch your fingers to the floor again. Repeat this 4 or 5 times (fig. 3).
3. Still leaning forwards make your hands into fists and gently pummel backs of your hands against your kidneys (fig. 4).
4. Still leaning forwards, bring your feet closer together and “dab” the floor with your fingertips 4 or 5 times (fig. 5).
5. Still leaning forwards make your hands into fists and gently pummel the backs of your hands against your kidneys (fig. 6).
6. Still leaning forwards bring your feet even closer together and dab the floor with your fingertips 4 or 5 times (fig. 7).
7. Still leaning forwards make your hands into first and gently pummel the backs of your hands against your kidneys (fig. 8).
8. Now bring your feet together and dab the floor with your finger tips 4 or 5 times (fig. 9).
9. Slowly straighten yourself to stand upright (fig. 10). You can now continue to practise Reverse Hands Bend Waist or end the exercise.

Note: In the instructions above I have taken four steps for you to touch your toes. You can take as many steps as you like. The aim is to bring your feet closer and closer together until your feet are touching. The breathing in this preparatory pattern is spontaneous, i.e. breathe in when you need to breathe in and breathe out when you need to breathe out.

Drumming Kidneys

Preparation Exercise



fig.1



fig.2



fig.3



fig.4



fig.5



fig.6



fig.7



fig.8



fig.9



fig.10

Form “Reverse Hands Bend Waist”

1. Start from Wuji Stance (fig. 1 and side profile fig. 8).
2. Bend forward and touch your toes, making sure to tuck your chin into your chest (fig. 2 and side profile fig. 9).
3. Slowly straighten your body and when standing upright bring your hands up to your back, placing your palms on your kidneys (figs. 3 and 4, side profile 10 and 11).
4. With your hands on your kidneys gently arch your upper body backwards with your face pointing towards the sky (fig. 5, side profile fig. 12 and detail photograph).
5. With your mouth open and teeth together - PAUSE
6. Straighten upright back into Wuji stance, allowing your hands to drop down to your sides (figs. 6 and 7 and side profile figs. 13 and 14).
7. PAUSE
8. Repeat steps two to seven 10 – 15 times.

Important notes:

If you are unable to touch your toes comfortably, practise the preparatory exercise “Drumming Kidneys” first. Remember always operate comfortably within the boundaries of your body’s current abilities.

Breathing

1. From Wuji stance gently hold your breath as you lean forward i.e. no breathing in and no breathing out (fig. 2 and side profile fig. 9).
2. Breathe in gently through your nose as you straighten up (figs. 3 – 5 and side profile figs. 10 – 12).
3. Whilst PAUSING in your movements (Step 5 of the form and fig. 4) gently clench your teeth together and make a “shhhhhssss” sound for a count of 6.
4. As you straighten up and lower your hands back to the sides of your body (figs. 6 and 7 and side profile figs. 13 and 14) gently breathe out fully through your mouth.
5. PAUSE (no breathing in, no breathing out)
6. As you lean forward to touch your toes (fig. 2) continue to PAUSE in your breathing i.e. no breathing in and no breathing out.
7. Repeat from step 2.

Note: Many beginners find the PAUSING of breath in steps 5 and 6 above uncomfortable. If you find yourself needing to breathe in then do so. Never struggle with your breathing. If you encounter this situation you will need to make the pause between Step 7 of the form and leaning forward to touch your toes (Step 1 fig. 2) shorter.

Reverse Hands Bend Waist

攀足固腰

Chinese: Pan Zu Gu Yao



fig.1



fig.2



fig.3



fig.4



fig.5



detail



fig.6



fig.7



fig.8



fig.9



fig.10



fig.11



fig.12



fig.13



fig.14

SPECIAL NOTE: After 10-15 repetitions you let go and enjoy STEP 5 of P.E.R.F.E.C.T. – Energy Flow. In all of the other patterns from the 18 Lohan Hands when you finish your energy flow you gently focus on your Dan Tian and bring your movements to a slow and graceful stop. Reverse Hands Bend Waist is slightly different. Instead of focusing on the Dan Tian you focus on a point called the Ming Meng (located on your spine, opposite your belly button), as you bring your energy flow to a slow and gradual stop. Then you start STEP 6 (Cosmic Balance – standing meditation).

Why you may choose to practise Reverse Hands Bend Waist

This pattern can bring great relief to those who suffer feeling fearful for no clear reason. It also is of great benefit to those with sexual problems. From the Traditional Chinese Medicine model the Kidneys are linked to all aspects of sexual health, fertility, impotence and lack of sexual performance.

A sub meridian of the Kidney meridian goes to the brain and this pattern can enhance the intellect which is why it is a great exercise for students who cannot concentrate on their studies. This pattern also benefits the pituitary gland (or Mud Pearl as it is known in Chinese). This exercise can overcome emotional and psychological problems, increase confidence (as it is connected to the gall bladder). Kidney energy is good for the bones and this exercise is also good for chronic lower back pain, sciatica and can overcome incontinence.

This pattern is great for athletes as it increases energy, strength, mental clarity, will and determination. Competition at high levels is more a matter of fine tuning and Reverse Hands Bend Waist is excellent for giving you the edge over your competitors.

This exercise can even help your hair to grow! On page 69 of Sifu's "The Art of Chi Kung" Sifu writes: ***"If your aim is to prevent baldness, focus your chi at your baihui"***

If you want to incorporate this into your practise add it to step 2 of the form instructions, when you touch your toes gently focus your attention on the baihui point (on the top of your head) for two seconds before continuing the exercise.

Quotes from students about this pattern:

"I've had a lower back blockage that used to come and go, and I would use this one to help relieve the pain. It helped a lot, not just to get rid of the pain, but also to help break through the blockage" – Andrew R, USA.

Three Levels Down to Ground

三盆落地

Chinese: San Pen Luo Di



Also Known As: Three Levels to Earth

At A Glance:

Strengthens the Heart System

Generate better Energy Flow

Increases Vitality

Form “Three Levels Down To Ground”

1. Start in Wuji Stance (fig 1).
2. Step your Right Leg out about one shoulder width (fig 2) and raise your arms parallel to the floor (fig 3).
3. Bend your knees and squat your body down (Fig 4)
4. Straighten back up (fig 3) keeping your arms parallel to the floor.
5. Repeat this squatting movement 10 – 15 times.
6. Then lower your arms (fig 5) and step your right leg back up to the left (fig 6).

Important notes:

Only bend your knees and lower your body as far as is comfortable.

Make sure your movements are slow, controlled and smooth.

Pay attention to examples 1-3 and be certain to avoid lowering your upper body by bending at the waist.

Breathing

1. Breathe in gently through your nose as you step out (fig 2) and raise your arms (fig 3).
2. Breathe gently out through your mouth as you squat down (fig 4).
3. Breathe gently in through your nose as you raise back up (fig 3)
4. After 10 – 15 repetitions breathe out as you lower your arms (fig 5) and step your legs back together (fig 6).

Important notes:

Keep your breathing relaxed and gentle. Remember this is not a test of endurance!

Why you may choose to practise Three Levels Down to Ground

As well as being one of the patterns from the “Art of Flexible Legs” practised by Shaolin Kung Fu students, this pattern helps to strengthen the heart. However, please avoid this pattern if you have any known heart problems. You must make sure that you are not out of breath, tired or feeling giddy when practising this exercise.

Three Levels Down to Ground

三盆落地

Chinese: San Pen Luo Di



fig.1



fig.2



fig.3



fig.4



fig.5



fig.6



example 1



example 2



example 3

This exercise is beneficial for the knees and feels lovely after a long Golden Bridge session. (Golden Bridge is a static form of Chi Kung referred to as Zhang Zhuang and is used usually by martial artists to increase internal force.)

This exercise also benefits the Small Universe chi flow (the Small Universe is achieved when chi flows harmoniously through the Ren and the Du meridians of the body. There is a saying that when a person achieves the breakthrough of the Small Universe they will be free from illness and full of vitality).

Quotes from students about this pattern

“This is my favourite pattern because it seems to act as a sort of chi pump. It feels like it’s filling me up with chi and making me strong. As I move up and down I feel my arms getting stronger, as if they’re being filled up by chi, like a long balloon filling up and straightening out. It really does generate a lot of chi and makes me feel really strong and full of energy.” – Piers, England

Divine Crane Starts Dancing

仙鶴起舞

Chinese: Xian He Qi Wu



Also Known As: Dancing Crane

At A Glance:

Channels Energy to the Legs

Overcomes Kidney Stones

Overcomes Dull Intellect

Form “Divine Crane Starts Dancing”

1. Start from Wuji stance (fig. 1).
2. Raise your arms parallel to the floor and step your right leg out, so your feet are 3-4 shoulder widths apart (fig. 2). Make certain your feet are parallel to each other.
3. Bend your right knee and keep your left leg straight, turn your head to look at your left hand (fig. 3)
4. Straighten your right knee and turn your head back to the centre, looking forward (fig. 2).
5. Repeat steps 3 and 4, 5-10 times
6. Then change sides and repeat for another 5-10 times bending your left knee (figs. 4 and 5).
7. Bring Chi to the Dan Tian - open your arms wide as if you are about to give the world a hug (fig. 6).
8. Lean forward slightly at the waist and move your arms as if scooping up handfuls of water (fig. 6).
9. Jump up, bringing both feet together; turn your palms over to face the floor and lower down the front of your body (figs. 7 and 8).
10. End (fig 9.).

Important notes:

As always, operate within the current boundaries of your body's capabilities. Only lower yourself as much as you are comfortably able. There are no prizes for how low you can go. Remember the Form is not the Art. With daily practise you will naturally be able to lower yourself gradually further and further. Take your time, there is no rush.

Make certain to keep your upper body upright; do not lean forwards or backwards (see fig. 3a).

Keep your feet parallel to each other and keep both feet flat on the floor and make sure you do the same number of repetitions on the right and the left legs.

Breathing

1. Breathe in through your nose as you raise your arms and step out (fig. 2).
2. Breathe out gently through your mouth when you lower your body (figs. 3 and 5).
3. Breathe in gently through your nose as you return to the start position (figs. 2 and 4).
4. Bring Chi to the Dan Tian - breathe out gently through your mouth as you lean forward and scoop up water (fig. 6).
5. Breathe in gently through your nose as you jump up (fig. 7).
6. Breathe out gently through your mouth as you lower your hands (fig. 8).

Divine Crane Starts Dancing

仙鶴起舞

Chinese: Xian He Qi Wu



fig.1



fig.2



fig.3



fig.3a



fig.4



fig.5



fig.6



fig.7



fig.8



fig.9

Why you may choose to practise Divine Crane Starts Dancing

This is another exercise from the “Art of Flexible Legs” used by Shaolin Kung Fu students to promote flexibility in the legs. When performed as chi kung it helps to channel energy to the legs and opens up the side meridians of the body. Because of the meridian network this helps to relieve problems in other parts of the body and increases longevity.

This is one of the very clever aspects of working with the body's meridians. If a patient has an illness or discomfort in a private area of their body, a Chinese Medicine practitioner can use distant points on the meridian to cause a beneficial affect on the personal area in question. Of course, practising high level Chi Kung can be even better because we are generating a flow of energy that does the healing work for us. In the past Chi Kung healing was the preferred choice of Emperors. Now you can benefit from it too!

Quotes from students about this pattern:

“This is my favourite pattern now. I had problems with it when I started out. I could hardly stretch enough to do it properly, and I wobbled a lot. I kept practising and progressed gradually. Over time I loosened up and could complete the pattern properly. But it was still a lot of effort because my legs would strain when I had to rise up. As I learned to relax this got better, but I still had the effort in the back of my mind.

Then one day I was doing Dancing Crane when a wonderful feeling of peace washed over me and the doubt in myself disappeared. The peaceful feeling kept happening and still does.” – Chris H, England.

I remember when I first learned Divine Crane I used to find it quite an awkward pattern to perform properly. Paying attention to my feet proved to be the solution. How? When standing in fig 2, I would move my attention to my feet and as I lowered my body and raised it, I would make certain to keep the weight as evenly distributed along the whole of my weight bearing foot. By making sure that all of my weight was not being supported on the outside or the ball of my foot I found I could perform the exercise correctly. Gradually as I continued my practise I was able to go lower and lower, but at the start my upper body didn't go down far at all. Whilst the Form may be the least important part of high level Chi Kung, it is still important. Remember not to sacrifice good form, just to try and go lower. It's a false investment.

Second Son Carrying Mountains

二郎擔山

Chinese: Er Lang Dan Shan



Also Known As: Carrying Mountain

At A Glance:

**Develops Powerful Arms For Martial Artists
Overcomes Chronic Back Pain**

Form “Second Son Carrying Mountains”

1. Start from Wuji Stance (fig. 1).
2. Raise your arms parallel to the floor (fig. 2).
3. Turning from the waist only pivot your upper body round to the right (figs. 3 and 4 and diagram 1).
4. Gently return back to the centre (fig. 5).
5. Now turn your upper body round to the left (fig. 6).
6. Gently return back to the centre (fig. 7).
7. Repeat steps 3 to 6, 10-15 times.
8. Lower your arms (fig. 8).
9. End (fig. 9).

Important notes:

Turn your upper body as far as you can comfortably. Do not turn the neck.

Breathing

1. Breathe in gently through your nose as you raise your arms (fig. 2)
2. Breathe out gently through your mouth when turning your upper body to the right (fig. 4) or to the left (fig. 6).
3. Breathe in gently through your nose as you return back to centre (figs. 4 and 7).
4. Breathe out gently through your mouth as you lower your arms (fig. 7).

Why you may choose to practise Second Son Carrying Mountains

This exercise is good for the back, spine and the neck. It also stimulates four of the eight secondary meridians and as a result increases our longevity.

The eight secondary meridians (see p.14) are also known as the eight wondrous meridians. They are wondrous because they can store or give energy when needed. They act like energy reservoirs and resemble vertical energy grids.

Avoid this pattern if you know you are diagnosed with hyper-tension.

Second Son Carrying Mountains

二郎擔山

Chinese: Er Lang Dan Shan



fig.1



fig.2



fig.3



fig.4



fig.5

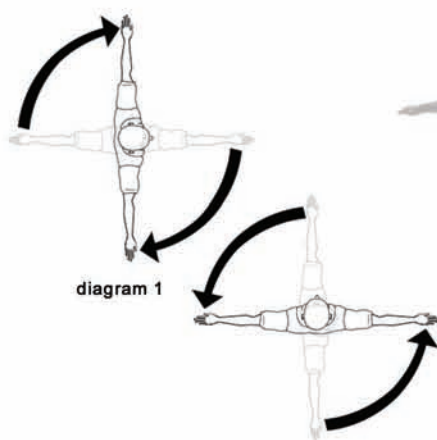


diagram 1

diagram 2



fig.6



fig.7



fig.8



fig.9

Lohan Draws Saber

羅漢拔刀

Chinese: Luohan Ba Dao



Also Known As: Drawing Knife

At A Glance:

**Generates Energy Flow to the Eight Secondary Meridians
Releases Tension in the Neck and Shoulders**

Form “Lohan Draws Saber”

1. Start from Wuji stance (fig. 1).
2. Reach up and over your back with your right hand. Reach under and up with your left. Clasp your hands together (fig. 2 and detail 1).
3. Turn your head and upper body, so that you are looking over your shoulder to your right heel (fig. 3 and detail 2. Fig. 3a shows you the back view).
4. Relax, and turn back to the centre (fig. 4)
5. Lower your arms back to your sides (fig. 5).
6. Repeat this procedure 5 to 10 times.
7. Then repeat to the other side.
8. End (fig. 6).

Important notes:

Aim to complete the same number of repetitions to the left as you do to the right

Do not worry if you are unable to clasp your hands together when you first try this pattern. Get your hands as close together as is comfortably possible for you. Try to stretch a little further each day and you will soon be clasping your hands together.

Breathing

1. Breathe in as you clasp your hands behind your back (figs 2).
2. Breathe out as you turn your head and upper body to look at your opposite ankle (i.e. when you look over your right shoulder you are looking at your left ankle and visa versa (fig 3).
3. Breathe in as you turn back to the centre (fig 4).
4. Breathe out as you lower your arms back to your sides (fig 5).

Why you may choose to practise Lohan Draws Saber

As previously mentioned, the eight secondary meridians are like lakes where you can store reserves of energy. This pattern is excellent for generating energy flow to these Qi Jing Ba or “eight wondrous meridians”. Lohan Draws Saber also helps to increase agility. If you suffer from stiff, aching shoulders this pattern will bring great relief.

Remember if you are unable to easily clasp your hands together, it doesn't matter, you will still benefit from this pattern. Each time you practise it push a **little** bit more. Be gentle; if it hurts you're trying too hard!

Lohan Draws Saber

羅漢拔刀

Chinese: Luohan Ba Dao



fig.1



fig.2



detail 1



fig.3



fig.3a



detail 2



fig.4



fig.5



fig.6

Quotes from students about this pattern

“This is my favourite pattern because when sitting at my desk or in class for long hours, I don’t even need to stand up. Instead, I just sit up straight in my chair and enjoy the pattern. It opens up my shoulders and my neck, and it gets the energy flowing more smoothly along my spine.

At first, I could hardly touch my hands together behind my back, but now I can clench a loose fist on both sides. Thanks to this exercise, my neck and shoulders are more open not just physically, but energetically too.” - Sifu Anthony Korahais, Instructor for Shaolin Wahnam Institute USA.

Fierce Tiger Pushes Mountains

猛虎推山

Chinese: Meng Hu Tui Shan



Also Known As: Pushing Mountain

At A Glance:

- Develops Internal Force for Martial Artists
- Overcomes Rheumatism
- Promotes Mental Freshness

Form “Fierce Tiger Pushes Mountains”

1. Start from Wuji Stance (fig. 1).
2. Open your palms to face outwards and raise up the sides of your body (figs. 2 and 2a).
3. Turn your hands so your palms face away from you (fig. 3).
4. Gently, effortlessly without using any tension push your arms out forwards in front of you until they are straight (fig. 4).
5. Raise your hands slightly and bring them back to your chest (fig. 5).
6. Lower your hands slightly and push effortlessly out in front of you again (fig. 6).
7. Repeat steps five and six for 15-30 repetitions.
8. On your last push outwards; turn your palms to face the sky (fig. 7).
9. Bring your arms with palms still facing upwards back to your chest (fig. 8).
10. Turn your palms to face the floor.
11. Lower your arms down the side of your body (fig. 9).
12. End (fig. 10).

Important notes:

The movement of the arms in steps five and six is not just in and out, nor is it circular: Imagine an elastic band stretched out between your index fingers, the movement is continuous. Raising and lowering the hands slightly allows this continuous cycle of movement. See detail photograph.

Avoid letting your elbows splay out to the sides, when you bring your arms back to your chest, your elbows should be close to the sides of your torso.

Breathing

1. Breathe gently in through your nose as you raise your arms up the sides of your body (fig 2).
2. Breathe gently out through your mouth as you push your arms out in front of you (fig 4).
3. Breathe gently in through your nose as you bring your arms back to your chest (fig 5).
4. Breathe gently out through your mouth as you push your arms out in front of you (fig 6).
5. Repeat steps three and four for 15-30 repetitions.
6. On your last push outwards; turn your palms to face the sky (fig 7).
7. Breathe in gently through your nose as you bring your hands (palms facing towards the sky) back to your chest (fig 8).
8. Breathe out gently through your mouth as you lower your hands down the sides of your body (fig 9).

Fierce Tiger Pushes Mountains

猛虎推山

Chinese: Meng Hu Tui Shan



fig.1



fig.2



fig.2a



fig.3



fig.4



fig.5



fig.6



detail



fig.7



fig.8



fig.9



fig.10

Why you may choose to practise Fierce Tiger Pushes Mountain

This pattern is a favourite with Shaolin Kung Fu students as it helps to develop internal force and strong arms. Shaolin Chi Kung students benefit from developing internal force as well. Internal force helps you to keep going all day long without feeling tired or fatigued. Pushing Mountains also brings benefits to those with backache, arthritis, rheumatism and kidney problems. It can do this because it stimulates the flow of energy through the network of meridians in the back to and from the arms. It is also good for the legs, nourishes the brain and enhances marrow.

Quotes from students about this pattern

“This is my favourite pattern because the energy I feel in my hands and arms is incredible, and it manifests in different ways. Sometimes I feel my hands becoming warmer with every repetition. Sometimes I feel like I have thick gloves on. This will usually result in a repulsion between my hands as well (like repelling magnets). Other times I feel ants crawling over my arms and rushing down to my hands with every repetition. This variety in feelings makes it worth practising alone! Each practise brings a little wonder and excitement. And to top it all off, when I lower my hands, the chi rushes to them and fills them up momentarily, then as I let go I feel it drift up my arms and back into my body to start the flow. Superb.” - Alex Steadman, UK.

“This is my favourite pattern because I really enjoy the tremendous energy flowing to my arms and palms. In return this energy nourishes my spirit, making me calm yet powerful, and during the hours following the exercise I can feel a vibrating flow of life making me cheerful. Along with other exercises, this pattern also helped me to cure a chronic back injury, clearing gradually the blockages in my spine area, reducing the pain until it disappeared completely. This injury made me suffer day and night for 18 months prior to practising Pushing Mountains; it disappeared completely in six months of daily practise.” – Sifu Maxime Citerne, Instructor for Shaolin Wahnam Institute France

“This is my favourite pattern because I can feel the surge of energy circulating around my arms and body, and I absolutely love it as it feels like I’m swimming in the Cosmos. My palms feel charged with energy and it radiates outward, as if I am connecting myself with the Cosmic Sea to play with. Also, this pattern helped to cure my back problems and I have noticed that this pattern is the one where I fall most easily into a chi kung state of mind, improving my mental clarity and Shen.” - Lei Wei Joo, Malaysia.

Green Dragon Separating Water

青龍分水

Chinese: Qing Long Fen Shui



Also Known As: Separating Water

At A Glance:

Overcomes Depression

Beneficial to the Heart and Lung Systems

Helps Ladies to develop a "Lovely Bust"

Form “Green Dragon Separating Water”

1. Start from Wuji Stance (fig. 1).
2. Turn your palms to face outwards and raise your hands up the side of your body (fig. 2).
3. Turn your hands so they face away from you (fig. 3).
4. Push your arms gently forward (fig. 3a).
5. Turn your palms so that your fingers point towards each other (fig. 4).
6. Open up your arms, keeping them parallel with the floor and with your hands at right angles to your wrists (fig. 5 and diagram 1).
7. Return your arms back to the start position (fig. 6 and diagram 2).
8. Repeat steps six and seven 10-20 times.
9. On your last opening up of your arms, keep your arms where they are and turn your palms to face the floor (fig. 7).
10. Gently lower your arms back to the sides of your body (fig. 8).
11. End.

Important note:

This is a powerful exercise. Make sure that your shoulders and arms are as relaxed as you can make them. Only open your arms as wide as is comfortable. You will feel a stretch in your arms and hands. This is fine, don't over do it and once your arms or shoulders are no longer relaxed, complete the exercise.

Breathing

1. Breathe gently in through your nose as you raise your arms up the sides of your body (fig. 2).
2. Breathe gently out through your mouth as you push your arms forward (fig. 3a).
3. Breathe gently in through your nose as you open your arms (fig 5. and diagram 1).
4. Breathe gently out through your mouth as you bring your arms back together (fig. 6 and diagram 2).
5. Repeat steps three and four 10-20 times.
6. Breathe gently in through your nose on your last opening up (fig. 7).
7. Breathe gently out through your mouth as you lower your arms back to the sides of your body (fig. 8).

Green Dragon Separating Water

青龍分水

Chinese: Qing Long Fen Shui



fig.1



fig.2



fig.3



fig.3a



fig.4

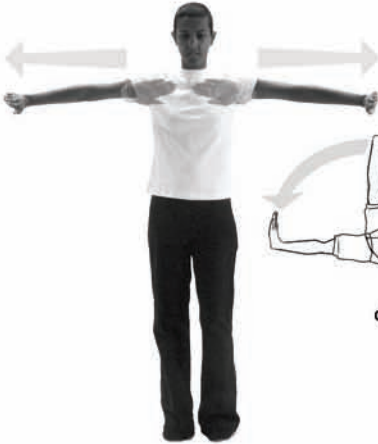


fig.5

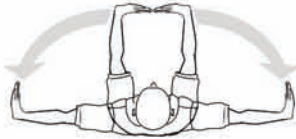


diagram 1



fig.6



diagram 2



fig.7



fig.8



fig.9

Why you may choose to practise Green Dragon Separating Water

It is important that this pattern is done correctly because it is very powerful. It opens the chest and improves heart and lung problems. As a result it is very beneficial for anyone affected with depression.

This exercise also brings benefit to those with a poor posture and those who are nervous, fearful or lacking confidence. If you are already healthy and want to develop a lot of energy to play games or pursue martial arts this is a good exercise to choose. As Sifu mentions in his excellent book, *The Art of Chi Kung* this exercise will also help women who want to develop a “*lovely bust*”.

Quotes from students about this pattern

“This is my favourite pattern because it works on so many levels, opening the chest and heart, lifting the spirit and clearing any stuck emotions. Over time it builds inner confidence and strength and has really supported my efforts to forge good habits and get rid of bad ones. I have a long history of severe asthma and other respiratory problems which are immeasurably, better thanks to my Shaolin Chi Kung practise, but I often use this pattern as added insurance. I haven’t had a single chest infection since I learned it, even when the rest of my family are down with a virus.

It is also great for posture, and helps develop strong, powerful arms for combat. In fact it enhances internal force in every way. It’s impossible not to feel happy after practising this pattern, which leaves me feeling like my chest is full of golden light!” - Fleur Chapman, UK.

Green Dragon Presenting Claws

青龍獻爪

Chinese: Qing Long Xian Zhua



Also Known As: Presenting Claws

At A Glance:

Beneficial for those with Diabetes

Overcome Digestive Disorders

Overcome Worry and Anxiety

Form “Green Dragon Presenting Claws”

1. Start from Wuji Stance (fig. 1).
2. Bring your hands up to shoulder level and make dragon claws (fig. 2).
3. Step your right leg out three to four shoulder widths apart (fig. 3).
4. Keeping your feet parallel “sit” down into Horse Riding Stance. Imagine you are carrying a giant pearl in each hand at about shoulder height (fig. 4).
5. Pivoting on the balls of your feet turn into **Right** Bow Arrow Stance (fig. 5), then stretch your left arm out in front of you as far as you can and at the same time reach backwards with your right arm. Your hands still hold the giant pearls. Turn your head to look at your left heel (fig. 6 and fig. 6a which shows the side profile of this pattern).
6. Pivoting on the balls of your feet again turn back to Horse Riding Stance, holding the giant pearls in your hands at shoulder height (fig. 7).
7. Pivoting on the balls of your feet turn into **Left** Bow Arrow Stance. Stretch your right arm out in front of you as far as you can and at the same time reach backwards with your left arm. Turn your head to look at your right heel.
8. Pivot on the balls of your feet back into Horse Riding Stance (fig. 7).
9. Repeat steps 5, 6, 7 and 8 five to 10 times.
10. On your final repetition step up from Horse Stance back to Wuji Stance (fig. 8).
11. Lower your arms back to your sides (fig. 9).

Important notes:

Before practising this form, make certain you can easily move from horse riding stance into right bow arrow, back into horse riding then into left bow arrow and back into horse riding. Make certain you can make these transitions smoothly.

To make “Dragon Claws” form one of your hands into a fist and clasp the other hand around it; this will give you one dragon claw, then make the fist hand a copy of the dragon claw hand. Make sure you keep your dragon claws relaxed throughout the pattern (see detail).

Breathing

1. Breathe gently out through your mouth when you turn into Right or Left Bow Arrow Stance and stretch your arms out.
2. Breathe gently in through your nose when you pivot back into Horse Riding Stance.
3. Repeat this procedure for the desired number of repetitions to each side.
4. Breathe gently out through your mouth as you step up into Wuji Stance and lower your arms (fig 9).

Green Dragon Presenting Claws

青龍獻爪

Chinese: Qing Long Xian Zhua



fig.1



fig.2



fig.3



fig.4



fig.5



fig.6



fig.6a



fig.7



fig.8



fig.9



detail

Why you may choose to practise Green Dragon Presenting Claws

This pattern is of great benefit to the kidneys and pancreas. It is also good for the limbs of the upper and lower body. Those who suffer from arthritis, rheumatism, diabetes or have trouble with their digestive system will find this pattern useful. If you often feel worried and anxious can use this exercise to overcome the problem as it enhances the nervous system.

This pattern is also used by Shaolin Kung Fu students to develop “Dragon Claw Force” which is invaluable in applying Qin-na techniques. (Qin-na is the Art of holds, locks and specifically gripping in a very special way that incapacitates an opponent without permanently harming them.)

Quote from a student about this pattern

“Ah, a pattern of grace and beauty. Next to Shooting Arrows, this has to be one of the most beautiful yet profound of all.” – Sifu Andrew Barnett (SWI – CH).

Big Windmill Hand

大風車手

Chinese: Da Feng Che Shou



Also Known As: Windmill Hand

At A Glance:

Beneficial for the Liver and Spleen systems

Beneficial for those with Diabetes

Develops Internal Force for Martial Artists

Form “Big Windmill Hand”

1. Start from Wuji stance (fig. 1 shows the front view and fig. 8 shows side profile).
2. Turn your right hand so that your palm faces behind you. Keeping your arm straight raise your right hand in a big circle, upwards and forwards, all the way above your head. Keep watching your hand (fig. 2 shows the front view, fig. 9 shows the side profile).
3. Now lower your arm behind you, keep your eyes gently focused upon your hand (fig 3 shows the front and fig. 10 shows the side profile).
4. Return to the ready position and pause for a few seconds (fig. 4 – front view and fig. 11 – side view).
5. Repeat steps two, three and four for 10-15 repetitions before repeating the process for the left arm (figs. 5-7).
6. End.

Important notes:

Keep your movements smooth, relaxed and gentle. Straining, tensing, gritting of teeth are a clear indicator that your performance of this and any pattern is incorrect.

The pause in step four (figs 4 and 7) is of great importance. So make sure you pause before starting each repetition.

Be certain to maintain a gentle focus on the hand as it rotates.

Breathing

1. Breathe gently in through your nose as you raise your arm.
2. Breathe gently out through your mouth as you lower your arm.
3. When your arms are at your side gently PAUSE your breathing (i.e. no breathing in or out).

Why you may choose to practise Big Windmill Hand

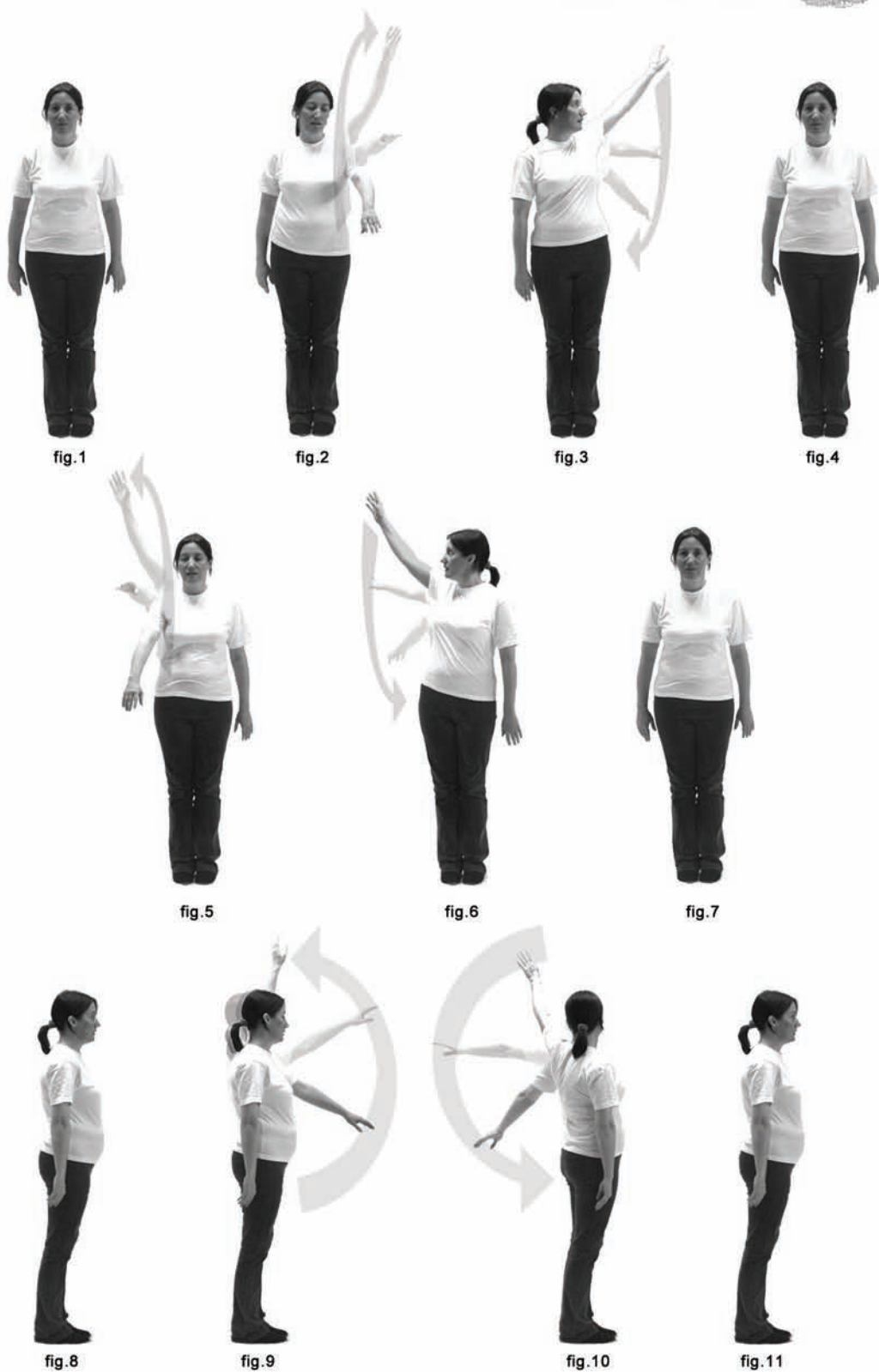
This pattern favours the pancreas, liver, spleen and side meridians. Those with diabetes will find this pattern of benefit. It may be surprising to learn that this pattern is also very useful for developing strong arms or “bridges” for martial arts and enough internal force to break bricks, without any other conditioning.

If you are surprised that many of the patterns from the Shaolin 18 Lohan Hands are so useful to martial artists it may interest you to know that the Lohan Hands (hands here referring to techniques or patterns) later evolved into the 18 Lohan Fist, a Kung Fu set that was the prototype of Shaolin Kung Fu.

Big Windmill Hand

大風車手

Chinese: Da Feng Che Shou



Remember that internal force is not just desirable for martial artists. Even if you have no interest in martial arts, you will still benefit from developing internal force. An abundance of internal force will allow you to work harder (whilst producing better results), play longer and enjoy your life more.

Quote from a student about this pattern

“This is my favourite pattern because whenever I practise this exercise I experience an extremely pleasant and powerful flow from my shoulders to my fingers. I find that the simplicity of the form allows me to focus on relaxing and enjoying the exercise, which because of this has triggered some profound spiritual realisations. On completing the exercise my fingers are always left gently throbbing; a wonderful reminder of the bliss I have just been experiencing that continues throughout the day.”- Nick Jones, England.

Lift Heels Bend Knees

提踵弯膝

Chinese: Qi Zheng Wan Zuo



Also Known As: Deep Knee Bends

At A Glance:

Stimulates Flow of Energy to Hands and Feet

Useful for those with Rheumatism, Arthritis and Internal Injuries

Wonderful for the Lower Body

Form “Lift Heels Bend Knees”

1. Start from Wuji Stance (fig. 1).
2. Raise your arms parallel to the floor (palms facing the floor) and at the same time raise your heels off the floor to stand on your tiptoes (fig. 2 – front view, figs. 7 and 8 – side view).
3. Maintain your balance as you gently lower yourself down as far as is comfortable. Make sure to stay on you tip toes and that your arms stay parallel to the floor (fig. 3 – front, fig. 9 – side).
4. Gently raise yourself back upright (fig. 4 – front, fig. 10 – side).
5. Lower your arms back to your sides and at the same time lower your feet so they are flat on the floor (fig. 5 – front, fig. 11 – side).
6. Repeat steps two, three, four and five 10-15 times.
7. End (fig. 6 – front, fig. 12 – side).

Important notes:

Practise the form of this exercise many times so that you can easily maintain your balance as you lower and raise your body whilst standing on your tiptoes.

Make certain you are standing on your tiptoes as you raise up and down (see detail shot on next page.)

Keep your descent at a smooth steady pace; avoid cheating by “bouncing” as you reach the bottom and using the momentum to help you get back up. If you need to cheat, then it is a sign that you are going too low down for now. Only lower yourself as far as is comfortable and aim to lower a little further each day.

Keep your back upright and avoid leaning forwards as you lower your body.

Breathing

1. Breathe gently in through your nose as you raise your arms parallel to the floor and stand on your tiptoes (fig. 2).
2. Breathe gently out through your mouth as you slowly lower your body (fig. 3).
3. Breathe gently in through your nose as you raise yourself back upright (fig. 4).
4. Breathe gently out through your mouth as you lower your arms and feet (fig. 5).
5. Repeat 10-15 times.

Lift Heels Bend Knees

提踵弯膝

Chinese: Qi Zheng Wan Zuo



fig.1



fig.2



fig.3



fig.4



fig.5



fig.6



detail



fig.7



fig.8



fig.9



fig.10



fig.11



fig.12

Why you may choose to practise Lift Heels Bend Knees

This pattern is beneficial for the knees and encourages chi to flow to the extremities of the body. It brings relief from arthritis and rheumatism and for those who are ready it promotes the Small Universal chi flow, this is when chi flows continuously through the Ren and the Du meridians of the body. As Sifu says: *“An exponent of the Small Universe is a living example of radiant health: he is physically fit, emotionally stable, mentally alert and spiritually peaceful”*.

This pattern also opens up the meridians in the legs which allow negative chi within the body to be efficiently drained through the feet and down into the ground, where it is of great benefits to creatures that live in the earth. This is because energy which is negative to us is positive to them. Another example is the negative chi we breathe out. To the trees this chi is positive. Remember something is only negative or positive (yin or yang) when in relation to something else.

Quotes from students about this pattern

“This is my favourite pattern because of four important reasons:

It was the ‘bridge’ which had brought me to learning and practising directly with my beloved Sifu, Grandmaster Wong. Practising this pattern after self-learning from Sifu’s book and websites had resulted in getting rid of my knee pain due to arthritis and excessive uric acid in my blood, and never suffer again. Having proven the good results in Shaolin Chi Kung, I applied for the Intensive Chi Kung Course with Sifu in April 2005.

The pattern keeps my legs being flexible, no matter how long I practise ‘Zhan-Zhuang’ or stance training every day.

While practising this pattern, during the beginning part (the lift heel body rising and then deep knee bending with my arms forward), somehow I am able to feel the energy flow along my ‘Du’ and ‘Ren’ meridians, which will help me in acquiring Small Universe later when I am ready. And when I do the second part (body rising again with arms forward and then return to standing position), I can feel the energy flow along my arms and legs, too, which will help in ‘Big Universe, again, when I am ready later on.

This pattern has helped me to be able to sit comfortably in Semi Lotus position, which enables me in Sitting Meditation to focus more on my inner part without the unnecessary effort of maintaining my sitting position. This will greatly help me in acquiring higher results, again, when I am ready”.

Sifu Joko Riyanto – Instructor for Shaolin Wahnam Institute – Indonesia.

Divine Crane Rotates Knees

仙鶴轉膝

Chinese: Xian He Zhuan Xi



Also Known As: Rotating Knees

At A Glance:

Enhance Sexual Performance and Enjoyment
Excellent for those with Knee Pain

Form “Divine Crane Rotates Knees”

1. Start from Wuji Stance (fig. 1).
2. Rub your hands together vigorously, making sure they are nice and warm (fig. 2).
3. Place your palms onto your knee caps and bend your knees (fig. 3)
4. Rotate your knees in a circle to your right for 10 repetitions (fig. 4 and top drawing in diagram 1).
5. Pause (fig. 5).
6. Circularly rotate your knees around to your left for 10 repetitions (fig. 6 and bottom drawing in diagram 1).
7. Pause (fig. 7).
8. Open your legs and rotate forwards, outwards and back together for 10 repetitions (figs. 8, 9 and top drawing in diagram 2).
9. Pause (fig. 10).
10. Close your legs and rotate backwards, outwards and back together for 10 repetitions (fig. 12 and bottom drawing in diagram 2)).
11. Stand up straight (fig. 9).
12. End.

Breathing

1. The breathing is spontaneous in this pattern. Meaning that you breathe in gently through your nose when you need to breathe in and you breathe out gently through your mouth when you need to breathe out.

Why you may choose to practise Divine Crane Rotates Knees

This pattern brings great relief to anyone with knee problems. If like many martial artists and Tai chi “players” you suffer from aching knees, this exercise will be of great benefit to you.

You will be amazed to discover that rotating knees can help to overcome sexual problems and enhance sexual performance and enjoyment. But only when practised as Chi Kung. Remember: the form is not the art.

This exercise is even more amazing because it is one of the very few patterns which even practised at the level of form only will still bring benefits and relief from knee pain. Knee problems are usually a symptom of weakness in the kidney functioning.

Divine Crane Rotates Knees

仙鶴轉膝

Chinese: Xian He Zhuan Xi



fig.1



fig.2



fig.3



fig.4



fig.5



fig.6



fig.7

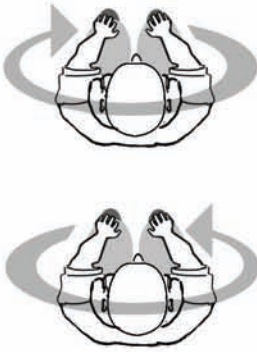


diagram 1

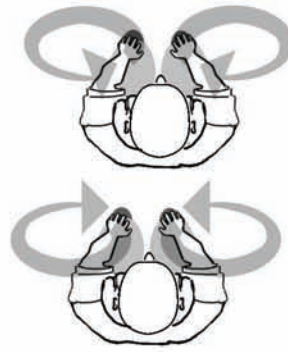


diagram 2



fig.8



fig.9



fig.10



fig.11



fig.12



fig.13

Part 5

Practical advice

“A man too busy to take care of his health is like a mechanic too busy to take care of his tools”

Spanish Proverb

Trouble Shooting

Practising Shaolin Chi Kung is safer (and much more fun) than crossing the road. However, problems can develop, or, “deviations in practise” as we call them. Here is a short list of some of the most common problems that beginners encounter along with their solutions. If all else fails, stop your practise and seek out a competent Shaolin Chi Kung instructor or Master.

Problem - Pain or Discomfort

Solution - Check your posture at the location of the pain or discomfort. Energy blockages easily get located in areas of the body with poor posture. Improve your posture and the problem will quickly go away.

Problem - Physical Tiredness/Muscular Tension

Solution - Make certain all of your physical movements are relaxed and gentle. No muscular strength is required in Shaolin Chi Kung and yet the effects can be very forceful.

Problem - Dry Mouth or Feelings of Thirst

Solution - It is likely that your breathing is too forceful. Make sure your breathing is relaxed and gentle.

Problem - Headache or Giddiness

Solution - At the beginning stage of your practise breathing out is more important than breathing in. Remember: when you breathe in you are inhaling Cosmic Energy (or Chi) and when you breathe out you are exhaling negative energy from your body. Make sure you are practising in a clean and fresh environment and make certain you breathe out fully through your mouth. Be relaxed and gentle.

Problem - Inattention, Headache, Giddiness

Solution - The other likely cause is mental stress. Once you have practised your chosen form and are confident you know all the moves, do not worry about whether you are doing it correctly. Minor mistakes are okay. Relax, Smile from your Heart and Enjoy your practise.

Problem - Headaches, Nervousness, Inattention

Solution - Make sure your mind is free of distracting thoughts whilst you practise.

If something happened in your day to upset you, it is better to wait until you are balanced again before practising. As your practise deepens you will become more resilient against emotional upsets (anger, worry, fear, anxiety etc). But in the beginning it is better to practise when your emotions are at peace.

Problem - Nothing seems to be happening

Solution - Assuming you have been practising for four weeks or more and you have noticed no benefits, start by checking your form is correct. If it is correct check that your breathing is relaxed and gentle. Then check that your mind is relaxed, that is you're not worrying about whether your form is correct etc. If your Form, Breathing and Mind are all correct then please refer to the paragraph below titled: How to live for 120 years.

How to live for 120 years!

Our bodies were designed to last for 120 years and there are many references to back this statement up. My favourite is Dr.Walter M. Bortz of Stanford University, an expert on aging, who writing in his book "Dare to be 100" states:

"There is now a virtual consensus that the maximum human lifespan is around 120 years, or one million hours."

Initially when you practise Shaolin Chi Kung you may have pain in the legs or soles of your feet for example. This is the toxicity coming out from your internal organs. Many apparently "healthy" people with no sign of illness or dis-ease may wonder why these minor pains are occurring, or even why their practise seems to be bringing no benefits whatsoever. The truth is that our organs are very hardy and can continue to function sufficiently even when not in peak condition. For example, the liver can have up to 80% of its energy blocked before signs of illness begin to manifest. If energy to our internal organs is blocked, we may not show any signs of illness, but it is likely that our vitality and resistance to illness will be affected.

Once you begin your practise you start the cleansing process. Using your liver as an example, let's say it has been operating at 30% of its functional capacity (i.e. 70% of its energy is blocked). You begin practising Shaolin Chi Kung and keep practising regularly. You have no obvious illnesses and wonder if your practise is actually giving you any benefits. But, gradually your liver moves to 40% then 50% of its maximum functional capacity. As you continue your practise so does the cleansing. When all your internal organs are operating at maximum functional capacity not only will you have great health, you'll have abundant vitality, and great resistance to illness as well. A long and healthy life will be yours.

I clearly remember about 6 months after I first learnt Shaolin Chi Kung from Sifu, I didn't really feel any noticeable affects other than feeling better at the end of my practise than I did at the start.

Then one day, completely unprompted my wife said: "I can't put my finger on what it is Marcus, but you're just so much nicer to be around these days, what have you been doing?"

This is where the Shaolin Progress Chart comes in handy. I use this with my students; it is a very important tool for measuring results. Remember, chi flow when left alone will always move to where it is needed most and this might not be where you think.

The Shaolin Progress Chart helps students to track improvements in their health and well being in areas they may otherwise have been unaware of. Major benefits of practising Shaolin Chi Kung come gradually and the progress chart helps students to notice these gradual improvements through time. I ask my students to complete it every month. You can download a copy for yourself by visiting www.shaolinchikungbook.com

How to deal with disturbances during your practise

It's going to happen. One day you will be practising and unexpectedly something will happen (someone coming up to you, the phone ringing, knock at the door, fire alarm etc) that if you're not prepared for, will shatter your attention.

Unexpected disturbances whilst in a deep meditative state of mind (i.e. the state of mind you want to be in when you practise) can cause your chi to become scattered. If this happens on a regular basis, or is not treated, it can lead to you feeling nervous, anxious and fearful for no obvious reason. Fortunately the solution is simple, direct and effective.

Be prepared – When you start your practise gently prepare by telling yourself that if anything happens to surprise you, it cannot hurt you, because it is only the phone ringing or a friend trying to attract your attention. (If you practise in a shared house or garden, let your friends and family know not to disturb you whilst you're practising.)

When it happens – gently and firmly keep your composure; tell yourself that your energy and your mind are intact and that everything is okay. Now take some slow, deep breaths and continue your practise when you are ready.

If you have to stop – if a fire alarm goes off where you are practising, or some other event occurs that means you have to stop your practise prematurely, here's what to do: bring your attention gently to your Dan Tian, rub your hands together briskly and give yourself a facial massage.

Attend to whatever has demanded your attention.

Then as quickly as you are safely able to, have a chi flow (Flowing Breeze, Swaying Willows) and finish your practise off as normal.

Interruptions, surprises and shocks are going to happen and they are nothing to worry about because you are prepared and you know what to do when they occur. Enjoy your practise.

Relaxed and Gentle

By now you will probably have noticed that my two favourite words when describing the practise of Shaolin Chi Kung are RELAXED and GENTLE. I personally consider them to be the 2 most important aspects you must apply to your practise. If you do so you will avoid deviations in your practise and get the results that you want in the quickest time possible.

Please bear this next statement in mind when you practise:

Your movements are relaxed and gentle, your breathing is relaxed and gentle Your mind is relaxed and any thoughts are gentle

Before reading further, complete this simple exercise:

Put a pen or other small object on the floor. Stand up, now bend down and pick the object up off the floor. Now put it back on the floor again.

This time as you pick the pen up off the floor, I want you to tense every muscle in your body, grit your teeth, grimace your face and maybe even yell. Really use as much effort as you can to pick up the pen.

The point of this exercise? Let us agree that the first time you picked up the pen you used 20 units of energy. Without thinking about it, 20 units of energy are all it took for you to get the job done. The second time you picked up the pen you used considerably more units of energy 60, 80, 100 units? You used up to 80 units more than was necessary to get the same job done.

This is commonly what happens when beginners practise Shaolin Chi Kung. If it takes 5 units of energy (or tension) to lift your arms above your head, just use 5 units, no more. More is unnecessary, a waste of energy. Plus energy/chi finds it difficult to move through tense muscles, so make sure you only use as much tension as necessary to get the job done, and no more!

This situation is even worse if it occurs in your breathing and in your mind. With your Chi Kung practise always aim to use the minimum amount of energy required for your physical movements, your breathing and your mind. Staying relaxed and being gentle will allow you to achieve this state effortlessly.

My experience has shown me that beginning students find it difficult to accept that exercising in a relaxed and gentle way can possibly be beneficial to their health and vitality. In the West, for too long, we have been fed the mantra: "No Pain, No Gain". This has led to the erroneous belief that only if exercise leaves us puffing, panting, sweating and tired, then and only then have we had a worthwhile session.

In Shaolin Chi Kung, pain is normally a sign that your practise is wrong in some way. Do not try to be smarter than the past Masters who over 1000's of years have perfected the Art of Shaolin Chi Kung and avoid making modifications to the instructions in this book. If you do you will no longer be practising Shaolin Chi Kung and you will not get its benefits.

How to really speed up YOUR healing process

I'd like to share this extract from Deepak Chopra M.D.'s book: Quantum Healing 1989 –

Let us say that a doctor takes a patient's X-ray and discovers a malignant tumor, then a year later another X-ray is taken and the same tumor shows up. The doctor is in fact not accurate in calling this the same cancer, because the cells that showed up the year before have been entirely replaced. What he is really seeing is the result of a memory that has persisted, reincarnating again and again in a new tumor.

Physical injuries clear naturally, but mental imprints may (e.g. telling yourself and everyone who listens that you're an asthmatic) cause the injury to continue. Therefore it is vital when using Shaolin Chi Kung to overcome illness, that you tell yourself daily that your illness is getting better and better. This will help you to overwrite the mental imprint in your mind and allow your body to heal itself.

Remember: your mind is in every cell of your body.

Top 10 Dos and Don'ts for your practise

These are the classic important points to keep in mind for your practise. They cover the essentials that will help you to choose a good place to practise, to know when good, bad and excellent times of the day to practise, are and more.

They will help you to get the most from your practise. Here they are as they were taught to me, with my comments added in italics:

The 10 Dos in Shaolin Chi Kung practise

1. **Practise regularly and consistently.** Chi Kung is not a subject like history or geography that you can read up on and become knowledgeable about. It is an art or skill that needs a lot of practise. *If your practise is haphazard your results will be minimal at best. For example if you practise every day for 4 days and then take 2 days off, then practise for another 3 days then take 1 day off your practise is haphazard. If you can't be bothered to do your practise or you don't feel like it, then remind yourself of your Aims and Objectives. Remind yourself why your practise is important. If this doesn't work tell yourself that 1 missed day negates 10 days of practise. This always gets me out of bed or off the sofa.*
2. **As far as possible practise in natural surroundings:** where the air is fresh and circulating. When practising indoors make sure the air is not stale and open a window after practise. *Remember that what you are breathing in is not just air, you are breathing in cosmic energy from the universe. And what you are breathing out is negative energy. Practising where the air is stale or dirty (like next to a bin) will mean that you are taking in stale or dirty energy.*
3. **The best time to practise is at sunrise,** which Chi Kung masters refer to as the time of creative energy. Another excellent time is midnight, which is the time of blossoming energy. Other suitable times are between 5am and 9am and between 5pm and 10pm. *If you can't practise during these times don't worry, it is better to practise when you can, than not practise at all, but please pay attention to "Don't number 3".*
4. **Facing an open space** or the sea is also favourable. This reminds me of a great story told to me by my friend Sifu Joan Brown of Ireland. One of her students was practising on the beach facing the sea - an ideal location. Her practise attracted the attention of a dog. But being a good student, she did her best to ignore the dog and continued with her practise. She started to enjoy a strong chi flow and her energy gently moved her backwards and straight into the hole that the dog had been busy digging! The moral of this story is always be certain your practise area is safe.
5. **You must be relaxed and cheerful during your training.** The mind is the most important element in Chi Kung. Much of the benefit derived from chi kung is from the mental aspect.
6. **One direct method** to use your mind rewardingly in Chi Kung training is to think gently of cosmic energy flowing into you, cleansing you of illness and toxic waste, and giving you radiant health and vitality. It is a mistake to think that this is all mere imagination; those with psychic sight can see the flow of cosmic energy.
7. **It is helpful to drink some warm water** or other hot beverage before training to facilitate sweating. Sweating is one of the major ways, especially at the beginner's stage, to clear toxic waste from your body. *Breathing out through your mouth is another.*
8. **Wear loose clothing and flat-soled shoes** to facilitate chi flow in your body. Loosen belts and collars and take off any jewellery if it interferes with chi flow. *A question that pops up every Winter on the Shaolin Wahnam Institute forum is what to wear outside when it is very cold. The answer is to wrap up warm, just make sure your gloves, scarf, hat and warm coat are not tight fitting. Obviously if it is very cold outside it is wiser to practise indoors. You'll know when it's too cold to practise outdoors because you won't be able to relax and Enter a Chi Kung State of Mind.*

9. **Perform your breathing and movement gently**, gracefully and naturally. In Chi Kung training the most important ingredient that you breathe in is not air but cosmic energy. Gentle, graceful breathing and movement facilitates smooth flow of cosmic energy.
10. **Be kind and generous in your dealings with all people.** This advice has been given by many great Chi Kung Masters in history. Because our universe is intricately and organically interconnected, being kind and generous to others will result in being kind and generous to yourself.

The 10 Don'ts in Shaolin Chi Kung practise

1. **Don't stop or interrupt your daily practise.** Shaolin Chi Kung is simple, direct and effective. But it is not always easy. It requires discipline. Now to some discipline is a bit of a dirty word. Its root is in the word disciple and the work of a disciple is to serve. By being disciplined with your practise you are serving yourself. When you can be of service to yourself, you can then be of service to others. If you miss a day of practise here and there, don't worry about it. As long as your overall practise record is consistent, so will your results. I went to a hospital a few months back to see a friend who had had an accident. Seeing the many people in the hospital reminded me just how invaluable good health is. Remember: good health is one of the most precious possessions you will ever own.
2. **Don't practise in crowded, noisy, smelly or dirty places**, where the air is stale or polluted. The polluted air, or negative energy that you take in will more than offset the little benefit you get from your physical movements, thus making your practise more harmful than beneficial. Make sure that where you practise is safe, free from sudden drops, away from windows and balconies. Make sure there is nothing fragile in the room with you. Breaking your mother's favourite vase whilst in chi flow will really upset your practise! Remember: Safety First.
3. **Don't practise at noon, or when it is very hot.** Past masters said that during such unfavourable times the cosmic energy was too "forceful". In modern scientific terms, it probably means that cosmic radiation is too strong and hence harmful to our cells. It is also important to mention not to practise in direct sunlight. Always find some shade if available, if not practise indoors.
4. **Don't practise near a cemetery, in a violent moving vehicle, or in thunder and lightening storms.** My Sifu's master explained that the chi near a cemetery was too "dead" or too yin. A violently moving vehicle may cause the chi in the student to flow astray, while the chi during thunder and lightening storms is so powerfully charged that it is harmful to body cells. Just a quick note, you've probably noticed several references to negative energy/chi. If you think back to the section on Yin and Yang you'll remember that something is only Yin or Yang (i.e. negative or positive) in relation to something else. So whilst certain types of chi may be negative in relation to their benefits to us, they are positive in their relationship to others.
5. **Don't practise when you are tense, irritated, furious, frightened or anxious.** These negative emotions block energy flow and are harmful to the "heart", which, in Chinese, often refers to the mind. Chi Kung actually helps us to overcome these negative emotions, but if they are too overwhelming it is better to stop practising for the time being.

- 6. If you have any problems on your mind, put them aside, at least for the 15 minutes of your Shaolin Chi Kung practise.** One useful way to drop your mental problems during practise is to be gently mindful of what you are practising. Since you have only one mind, when that mind is fully (but gently) occupied with Shaolin Chi Kung techniques there is no room for other thoughts, including problems which you had previously imagined to be important. You may have heard of the term "using 1 thought to over come 10 000 thoughts". Here we are putting it into action. This technique can be invaluable if your "Monkey Mind" refuses to calm down during Standing Meditation. By gently focusing on your breathing in and out, you use this one thought to over come the thousands that want your attention. By doing so your mind will gradually relax and then you can focus on nothing.
- 7. Don't have a heavy meal or a cold bath immediately before or after your training;** neither should you be hungry nor stuffily uncomfortable. A heavy meal interferes with energy flow, while water vapour may enter your body through pores in your skin which open up during chi kung practise.
- 8. Don't wear tight clothing or practise bare-footed.** Tight clothing restricts physical movements as well as internal chi flow. Negative energy from the ground may enter your feet if you are bare-footed. If you like wearing high-heeled shoes, wear them after your Shaolin Chi Kung practise.
- 9. Don't use force in your breathing nor exert force in your chi kung movements.** It is a common misconception among beginners to think that the more forcefully they breathe, the more force they will develop. What is breathed in is not just air, but cosmic energy, and forced breathing or forced movements constrict the flow of cosmic energy. I used to wonder what "internal force" was, imagining it to be a martial arts term for meaning that when you hit someone they didn't get up again. I finally understood this concept when I was taking Sifu back to Heathrow airport after a two week Shaolin Summer Camp UK event. I asked Sifu how he managed to get off a 12 hour flight from Malaysia, travel 4 hours in a car to get to the event, have a late night after spending it eating a fine meal with students, then get up early and for the next 14 days straight teach Shaolin Chi Kung, Wahnam Taijiquan and Shaolin Kung Fu courses without missing a single beat. Sifu looked at me, smiled and said "internal force". Finally I understood.
- 10. Don't be mean or malicious in any of your dealings with any persons.** In addition to the cosmic dimension of meanness and malice rebounding to the mean and malicious person because of the interconnectedness of the universe, at a more personal level the negative energy generated when a person becomes mean or malicious is harmful to himself.

A question that students ask frequently revolves around sex and the practise of Shaolin Chi Kung. Many schools and books on Chi Kung advise against sexual relations for weeks or months if you want to gain benefits from your practise.

Whilst there are certain benefits to be gained from abstention whilst practising, these benefits are not worth damaging a healthy relationship with your partner. In Shaolin Chi Kung we advise that it is best to wait at least 30 minutes after your practise before having sex.

Part 6

Next steps: your call to action

“Far better it is to dare mighty things, to win glorious triumphs, even though chequered by failure, than to take rank with those poor spirits who neither enjoy nor suffer much, because they live in the grey twilight that knows neither victory nor defeat”

Theodore Roosevelt

The history of Shaolin Wahnam

The Shaolin Temple

The name itself spells magic to millions of people all over the world. For over a 1000 years, the Shaolin Temple has been honoured in sagas, parables, literature and legend. Today the legends are still alive, glorified across the globe in movies and on television.

Since it was founded in 495 A.D., emperors of every succeeding Chinese dynasty have consecrated the Shaolin Temple as their Imperial Temple. This was where the Emperor prayed on behalf of his people. It was also the birth place of Zen (Ch'an) Buddhism. Today every Zen school in the world traces its lineage back to the Shaolin Temple in China.

Over the years, the Shaolin Temple became a haven for China's elite: generals, martial arts masters, classical poets and painters, famous calligraphers, scholars, and spiritual seekers. At its height there were over 2000 monks staying the Temple in Song Shan province. These monks were classified into four categories: administrators, scholars, workers and warriors.

Hundreds of years later, a second Shaolin Temple was built in Fujian province in the South of China. Though it was smaller than its big brother in Song Shan province, this Southern Temple played an important role in the development and spread of Shaolin Kung Fu.

The End of Shaolin

The Qing Dynasty (1644-1911) was a period of great turmoil, especially during the 19th Century when government control was weakened. Prosperity declined, and China suffered serious social and economic problems in addition to a population explosion. As a result millions were dissatisfied with the Government.

Although rebellions occurred all over China, the Southern Shaolin Temple had a reputation for being a revolutionary centre. In an effort to crush the growing rebellion, the Qing army attacked and burned the Southern Shaolin Monastery during the middle of the 19th century. Only the most skilled Shaolin Monks escaped the attack.

Our Shaolin Wahnam school traces its lineage back to two of these monks: Zhi Shan (Chee Seen) and Jiang Nan (Kong Nam). The lineages of these two monks remained separate for over 100 years until they were reunited again in my teacher, Grandmaster Wong Kiew Kit.

The Venerable Zhi Shan

The story of the Venerable (a title of respect given to monks) Zhi Shan is well known in many Kung Fu schools. It has been depicted in hundreds of stories and dozens of movies. The Venerable Zhi Shan was the founder and abbot of the Southern Shaolin Temple.

Zhi Shan was a revolutionary. His main objective was to overthrow the corrupt Qing Dynasty in order to restore the previous Ming government.

His teachings were fast and secretive, with emphasis on kung fu that was hard and combative. Although internal force training was certainly a part of his kung fu, many of his disciples focused on external force training.

Pak Mei (Bai Mei) was a former Shaolin disciple who later betrayed his masters by revolting against the Temple. It was Pak Mei who led the Qing Dynasty army to the Southern Shaolin Temple. Together, they razed the Temple to the ground. The Venerable Zhi Shan died defending the temple that he built.

Several monks and secular disciples managed to escape. Many of these masters are now legendary (even in Hollywood): The Venerable Herng Yein, the Venerable Sam Tak, Hung



fig. 1

Heigun, Lok Ah Choi, and Fong Sai Yuk. Years later, two of Hung Heigun's disciples tracked down and killed Pak Mei in order to avenge Zhi Shan.

Zhi Shan is often regarded as the First Patriarch of Southern Shaolin Kung Fu. The disciples of the Venerable Zhi Zhan spread Shaolin Kung Fu to Guangdong province. Eventually, these arts spread throughout the world. Most Southern Shaolin styles today, like Hung Gar, Lau Gar, and Choy Li Fut, come from Zhi Zhan.

From Zhi Zhan, the art passed to the Venerable Herng Yein, then to Chan Fook, then to Ng Yew Loong, then to Lai Chin Wah (fig. 1), then to my teacher, Wong Kiew Kit.

The Venerable Jiang Nan

Another monk who managed to escape the burning of the Temple was a young master named Jiang Nan. This monk fled south with the Qing army in pursuit. His original name is lost to us. In an effort to hide from his enemy, he changed his name.

After crossing a river that marked the edge of China, he chose the name Jiang Nan, which means "South of the River". It was south of this river that he would spend the rest of his life.

For 50 years, Jiang Nan wandered further and further south with only one mission in life: to pass on his art to a worthy successor. One night, near the border between present-day Thailand and Malaysia, he encountered a young medicine-man who was demonstrating Kung Fu to attract customers to his mobile roadside stall.

The monk observed the young man every night for 6 nights. On the 7th night, after the crowd had dispersed, the monk approached the young man. Without any aggression in his voice, the monk said, "Not bad. But despite all the applause, what you showed was not real kung fu."

The young man was shocked. As a travelling medicine-man, he relied on his kung fu to ward off bandits and thugs who would frequently challenge him. And yet this old monk was telling him that his kung fu was useless!

The monk continued. "Don't take my word for it. If you like, we can put it to the test with some friendly sparring."

The young man agreed, eager to prove himself. But to his amazement, the 80-year-old monk beat him easily. Even when the young man stopped pulling his punches and attacked full force, the monk handled him as if playing with a child. Recognizing the signs of true mastery, the young man knelt before the monk and begged to be accepted as a student.

With a smile, the Venerable Jiang Nan said, "Yes, on one condition." The young man bowed lower and said that he would do anything. Raising the young man's head and looking into his eyes with a smile, the monk said simply, "Start from scratch."



fig. 2

That young man was named Yang Fatt Khun (fig. 2 white haired gentleman 2nd row in the middle).

When Yang Fatt Khun was in his 70s, he accepted a young man as a student. This man was already well trained in the martial arts and earned his living as a professional Muay Thai fighter. That man was named Ho Fatt Nam (fig 3).

At first, Master Yang rejected the young Ho's requests to become a student. But one night, with the help of one of Yang's students, the young Ho snuck into the secret training hall. Prostrating before Yang with the traditional gifts, he begged to be accepted. Taking the gifts and placing them on the altar, Yang said, "This is Heaven's Will."

Each year, Master Yang held a grand sparring competition amongst his students in order to choose his top ten disciples. From an unranked position, Ho Fatt Nam gradually rose to a top position. When Master Yang announced his retirement, he named Ho Fatt Nam as his successor.

A young Wong Kiew Kit was one of the last students to learn from Master Ho. When he first begged to be accepted as a student, master Ho had only one request: "Start from scratch."



fig. 3

The Reunion

The name "Wahnam" consists of meaningful Chinese characters from the names of Grandmaster Wong's two masters: Ho Fatt Nam and Lai Chin Wah.

The name “Shaolin Wahnam” was chosen to honour these two masters as well as all of the past masters in the Shaolin tradition.



fig. 4

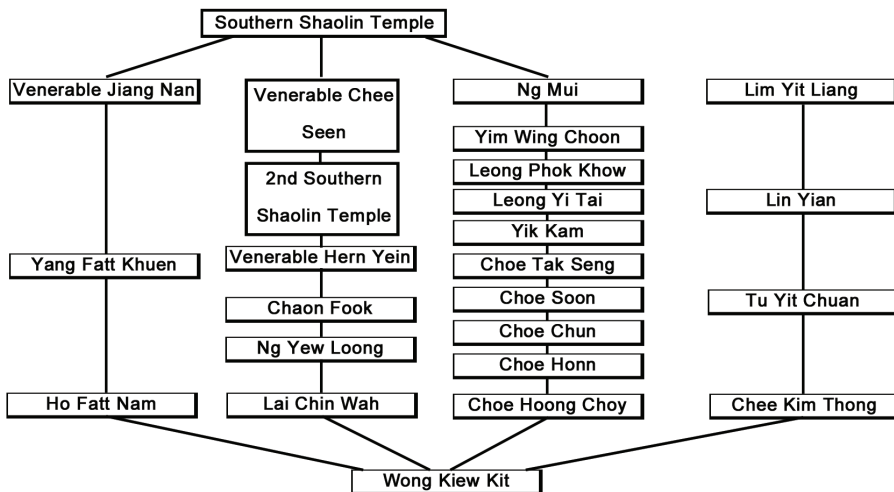
After over a hundred years of secrecy and exile, these two lineages, one from Zhi Shan and the other from Jiang Nan, were reunited in my teacher, Grandmaster Wong Kiew Kit (fig 4). This reunion is meaningful to us because we now inherit the best of two Shaolin traditions.

Zhi Shan was a revolutionary; his objective was to overthrow the Qing Dynasty. His teaching was fast and secretive, with emphasis on kung fu that was hard and combative.

The Venerable Jiang Nan was a missionary. His main aim was to preserve the original Shaolin arts, with little intention to fight the Qing Dynasty. While Zhi Shan quickly rebuilt a second Southern Shaolin Temple after its destruction and taught many disciples, Jiang Nan took 50 years to search for a deserving successor in order to teach him holistically and slowly. Jiang Nan’s teaching emphasized internal development and spiritual cultivation. The Shaolin Kungfu from his lineage is comparatively soft and internal.

The material above on the History of Shaolin Wahnam is reproduced from Sifu Anthony Korahais’s website: www.floatingzen.com I am very grateful for his permission to include it in this book.

Shaolin Wahnam Lineage



The three requirements for success

No matter what you wish to learn and master, whether it is tennis, running, swimming, driving or Shaolin Chi Kung, there are 3 essential requirements for your success. They are:

- 1. The Master** – You must learn from someone who is a master of what you wish to excel at, or at least a competent instructor. Genuine masters of any type are understandably rare and/or hard to come into contact with. If your Vision, Aims and Objectives are all in alignment though, you will do what it takes to learn from the best master you can.
- 2. The Method** – The method you learn must have a history of consistently achieving results that match your Vision, Aims and Objectives. If it doesn't then it is unlikely that you will meet your needs. It is worth researching what methods are available before committing to one. This process will be made easier if your Vision, Aims and Objectives are very clear.
- 3. The Student** – This is the most important requirement of all -YOU! You may have the best master in the world teaching the best method. But if you don't put in the work, follow the instructions and persevere then you will be wasting your time and the master's time. If the master tells you to walk over a bridge and drop a pebble into the stream every day. Do it! Sigung Ho Fatt Nam was told to practise horse stance every day by his master and for 6 months was shown nothing more. Even though Sigung Ho was a martial arts master in his own rights, he followed his master's instructions. This is being a good student. Good students are perhaps even rarer than masters!

Books are a good start

If you read this book, follow the instructions closely and practise them correctly you will start to experience for yourself the many benefits that Shaolin Chi Kung has to offer. Many of Sifu's students world wide started by learning Chi Kung from his books. Every one of them that subsequently went on to learn from Sifu in person or from one of his authorised instructors was absolutely amazed at the differences in experience. It may seem very easy to learn the outward forms from a book, but actually, that's not true. It is quite hard to learn outward forms from a book or a DVD, but it can be done. What is impossible to learn from a book are the "inner" aspects. Remember: The Form is not the Art. For example, let's suppose you've read all there is to know about driving a car, but you've never actually driven one. If you then try to get in a car and drive, let me know first so I can be safely at home!

You need an instructor to show you. Book learning is not useless. This book for example will be a great reference for those who have already learned patterns from the Shaolin 18 Lohan Hands, either from Sifu or from an instructor.

I used to believe that you could learn anything from a book. That is until I attempted to perform an “Ollie” (a type of jump) on a skateboard. This short and painful lesson taught me once and for all that book learning can only take you so far, and then you need guidance, preferably from someone with a lot of experience.

An instructor can also help you with the Aims and Objectives for your practise. Suppose your Aim is “Peace of Mind, no matter what experiences come my way”. An instructor can help you to choose and set the most appropriate Objectives to help you achieve your Aim.

When learning directly from a Master or experienced instructor “Heart to Heart” transmission takes place. I will let Sifu explain this concept in detail:

Many people, including myself in my young days, would think that if a teacher gave complete and clear instructions to his students and they follow the instructions correctly, they would succeed in their learning. Later I discovered from personal experiences, both in learning as well as in teaching, that this was not so, especially in advanced arts.

There are many other aspects to learning and teaching besides the instructions. One important category of these aspects may be generalized as heart to heart transmission. This heart to heart transmission often happens when the teacher and the student are face to face, but it is not just face to face instruction, and may sometimes occur even when they are separated by a considerable distance. It is certainly not just correcting a student’s physical form to prevent harm. In fact, often in such a heart to heart transmission, the teacher may ignore physical mistakes.

Heart to heart transmissions have some common factors. All heart to heart transmissions operate at a heightened state of consciousness, also called meditative state of mind or chi kung state of mind, where there is no intellectualisation or reasoning, but only being.

Hence, masters ask their students to follow instructions without questions, because once they start to question, they would come out of this meditative state of mind into their ordinary, everyday reasoning mind.

Those who think that following a master’s instructions without questions is subservient or silly simply have no inkling of what heart to heart transmission is.

Another common factor is that the students have complete trust in their masters. This trust is not blind or subservient but intelligent and due to deep respect, and is normally not demanded by the masters but volunteered by the students themselves. Without this trust and the deep respect for their masters, the students would be unable to receive the profound teaching transmitted by the masters, not because the masters did not want to transmit but because the students’ doubt and arrogance block the transmission itself.

A third factor is that although words are often used in the transmission, the heart to heart transmission itself is beyond verbalization. A mediocre instructor using exactly the same words even spoken at the same time would be unable to transmit the intended techniques, skills or wisdom. Besides the tone, the authority and sincerity of the master's teaching, which are crucial, there is also an inexplicable transference of experience and ability in the form of energy and mind from the master to the students. Therefore, a teacher who does not have direct experience of what he teaches will be unable to transmit that teaching to his students.

Heart to heart transmissions can be of different types and of vastly different levels. At the lowest and prosaic level, they may occur in an instructor teaching a student how to drive a car elegantly or how to kick a football skilfully into a goal.

Hence, one may read all the instructions from a manual about driving or football kicking yet be unable to attain the desired skills. Similarly, in kungfu training one may learn the required techniques from a book or a video, but without the heart to heart transmission of skills from a caring instructor, he may still be unable to marshal internal force to break a brick or execute a seemingly effortless defence against a strong, massive opponent.

But it is in advanced arts and spiritual cultivation that heart to heart transmissions are most heard of but little understood.

A brief description of how I taught students to direct chi to massage their stomach, lungs or kidneys, may give some idea of heart to heart transmission. The instructions are simple and straight-forward.

Basically they consist of the following. "Relax. Generate your chi flow. Direct the chi to your lungs (or other internal organs) and massage them."

You may learn for years the techniques of relaxation, of generating chi flow, and of directing chi to massage internal organs from books, videos or instructors who themselves do not have such skills, yet to no avail. But students who attended my chi kung course on "Massaging Internal Organs" successfully acquired these skills in just one day! Some grateful students remarked that this could not be anything else but heart to heart transmission.

How did I do it? By transmitting the required skills beyond the verbal instructions I used, but sometimes by transference of energy and mind, I got the students to relax, then helped them to start their energy flow, then led them to direct their chi to massage their organs. Would the students be able to massage their organs on their own without my help? Yes, after they have been led by my heart to heart transmission to acquire the skills, they can do so on their own by following appropriate techniques. This was what my Sifu, Sifu Ho Fatt Nam, meant when he said, "Yiat lei thong, pak lei meng" (Cantonese), which means "Once you can walk a mile, you can walk a hundred miles"

The highest level and best known of heart to heart transmissions is found in Zen. A proverbial example was the heart to heart transmission from the Buddha to Kasyapa, the First Patriarch of Indian Zen Buddhism. At Vulture Peak, the Buddha showed a kambara flower to thousands of followers. Nobody else except Kasyapa grasped the non-verbal teaching, and attained Enlightenment instantly. Later, Kasyapa transmitted heart to heart to Ananda, the Second Indian Patriarch. "Take down the banner!" Kasyapa ordered Ananda. Anada grasped the teaching beyond words, and was enlightened instantly.

Taken from Sifu's Question and Answer series November 2003 (part2) please visit my Sifu's website at www.shaolin.org.

An important little exercise

I'd like you to close your eyes and picture a 70-year-old man, if you're a man or a 70-year-old woman, if you're a woman. Really get a picture of them.

What do they look like? What state of health are they in? What are they wearing? How do they smell? What does their skin and hair look like? I want you to really get a detailed picture of the 70-year-old man or woman in your minds eye.

Got it? Good, now remember this picture.

I came across this exercise many years ago and am unable to attribute it to its original creator. If you know please tell me and I'll put the relevant credit with it.

The point of it?

Well the image you created of the 70 year old in you minds eye, is what you think 70 year olds are like. Inevitably it is who you will become when you are 70. Did you like what you saw? Fortunately when I first did this exercise I had already had a reality check on this issue. I had witnessed a number of 60+ year old martial arts masters perform incredible physical feats and my view of old age was changed for ever. I clearly remember one Master teaching a Chen Style Taijiquan seminar in his mid 60's at the time. It was a crowded seminar and he was concerned that not everyone was able to see each pattern as he demonstrated it. There was a table nearby and he spent the 6 hour seminar jumping up and down onto it so we could get a clear view of the patterns he was teaching.

That day changed for ever my view of what it meant to grow old. I used to think it was inevitable that I would become weak and infirm in my old age. Now I know that it doesn't have to be that way at all. Now you can change your "picture" of a 70 year old and with the practise of Shaolin Chi Kung you can look forward to a long and happy life.

Afterword

“Another study reports only 14 percent of our society would go into a bookstore or a library and actually walk out with a book. And only 10 percent of those people would read past the first chapter” Larry Winget - Author

Congratulations for making it this far! I want to acknowledge you for being one of the very few people that buys a book in the first place and then reads past the first chapter.

I guarantee that if you correctly and regularly practise the material in this book you will notice improvements in your physical, mental and emotional health. How can I make this guarantee? Because Shaolin Chi Kung is not my invention. It is the crystallisation of countless past masters. It is their legacy and the countless 1000's of students that have benefited from the practise of Chi Kung that allows me to make this guarantee.

From the first time I thought of writing this book, to its completion my guiding objective was always to write a book that is of service to others. It is my hope that I have succeeded. Please send your success stories to me at: marcus@qigong15.com I look forward to hearing from you.

Finally any praise or merit for this book belongs to my Sifu for his kindness in teaching me the Shaolin Arts and to Claire Bond without whom there would have been no pictures in this book. Any faults belong entirely to me.

A handwritten signature in black ink, appearing to read 'M. J. Winget', with a long, sweeping horizontal stroke extending to the right.

11th June 2008 - Devon

Courses and Classes with the Shaolin Wahnam Institute

The Shaolin Wahnam Institute offers many courses and classes world wide including:

Shaolin Chi Kung

Shaolin Kung Fu

Wahnam Taijiquan

Sifu Wong also has over 50 certified instructors worldwide, qualified to teach authentic traditional Shaolin Arts. All of these instructors operate under the guidance of Sifu Wong and receive regular updates to their teaching skills. You can find a link which will take you to the full instructors list in the: "reading and website list" section on the next page.

Courses and Classes in London and Devon

"Book readers miss the tremendous advantage of heart to heart transmission obtainable only from learning personally from a Master, they have to compensate with quantity over quality. In other words they have to train more, but benefit less" – **Grandmaster Wong Kiew Kit**

If you would like to learn the patterns in this book from me, I teach Shaolin Chi Kung classes and courses in London and Devon. You can find full details of what I offer by visiting my website: www.qigong15.com/blog/ and clicking on the 'qigong training' option from the menu. I look forward to sharing Shaolin Chi Kung with you.

Reading and website list

Books on Chi Kung/Qigong:

Wong Kiew Kit, *The Art of Chi Kung*, Cosmos Press Inc, 2004

Wong Kiew Kit, *Chi Kung for Health and Vitality*, Cosmos Press Inc, 2007

Books on Chinese Medicine:

Bisio, Tom, *A Tooth from the Tigers Mouth*, A Fireside Book, 2004

Kaptchuk, Ted, *Chinese Medicine: The Web that has no Weaver*, Random House, 2000

Maciocia, Giovanni, *The Foundations of Chinese Medicine*, Churchill Livingstone, Reprint edition Nov 2007

Wong Kiew Kit, *The Complete Book of Chinese Medicine*, Cosmos Internet, 2002

Other books of interest:

Bortz, Walter, *Dare to be 100*, Prentice Hall & IBD, 1996

Chopra, Deepak, *Quantum Healing Exploring the Frontiers of Mind/Body Medicine*, Bantam Books Ltd, 1989

Wong Kiew Kit, *The Complete Book of Shaolin*, Cosmos Internet, 2002

Wong Kiew Kit, *Sukhavati: Western Paradise*, Cosmos Internet, 2002

Websites:

www.shaolin.org – *website of Grandmaster Wong*. Has a full list of Shaolin Wahnam Institute Instructors worldwide and Sifu's legendary Q & A series. Invaluable.

www.qigong15.com/blog – *the author's website*. Articles, details of Chi Kung classes and more.

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