

# **Chinese Fragrant Qigong**

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## **FRAGRANT QIGONG (Second Level)**

### **Intelligence, Comprehension**

**People with cancer, heart disease, rabies, snake bites, mental illness, or children with hyperactivity should not practice this qigong. Do not practice or mix this type of qigong with other forms. If after three months practice it does not help, then try another type.**

**Only people who have exercised Level One for at least three to six months can do the second level. You must learn from a teacher and get guidance.**

**Do not practice either 20 minutes before or after a meal, or when you are drunk, angry, stressed, near the bank of a river, on the roadside, when it is lightning, during fireworks, or by a fan or in the wind.**

**It is OK to do the movements 36 to 54 times, but more repetition does not mean you will achieve better results. Don't push it. Normal reactions to this form are yawning, burping, farting and diarrhea. It is the healing process, don't worry about it, keep exercising.**

**Have faith in practice, you will succeed more quickly. Do not stop in the middle of the form even if you are interrupted by something. If you must stop, always do the ending form before leaving. When you are going to continue, always do the preparation again: palms facing each other in front of your chest, move them together then apart, pushing and pulling fifteen times. After this, continue practicing where you left off.**

**Key things to remember:**

**Each Step of this exercise has the swaying hips and moving knees movement.**

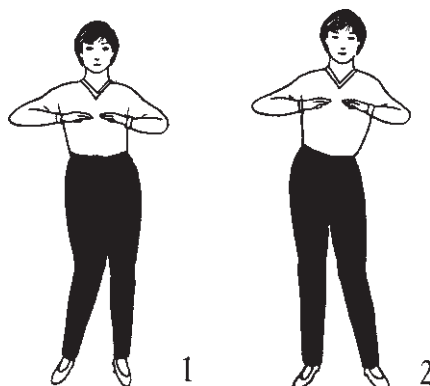
**Always keep one hand in the central part of your body.**

**Always allow your lower arm movement to initiate your upper arm movement.**

**Relax your body and mind, smile, your feet should be 20 cm apart.**

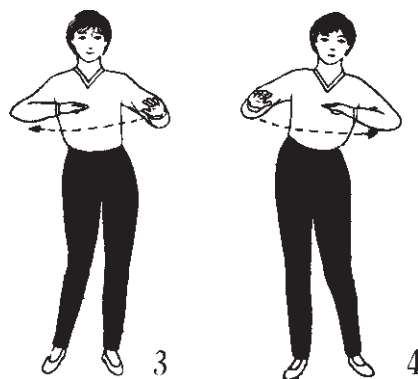
### Step 1 Wei Tuo Xian Chu

Palms facing downward, fingers facing each other at chest level, hands parallel, sway the hips with knees bending slightly, first left and then right. Repeat 36 to 54 times. (Fig. 1 and 2)



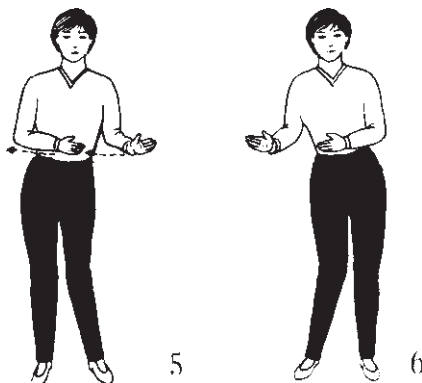
### Step 2 Jigong Yun Qi

Bend your knees slightly at first. Palms facing downward, fingers face each other at chest level. Arms between elbow and wrist (L to R), make triangle, open and close. Keep moving knees and swaying hips left and right with the arms coinciding in direction. 36 to 54 times. (Fig. 3 and 4)



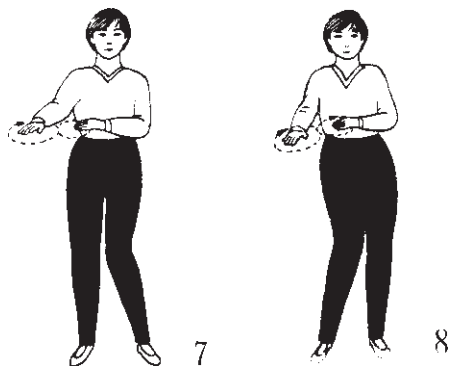
### Step 3 Moving Things

Palms facing each other, 20 cm apart, fingers pointing forward, stomach level. Move L to R, with hips swaying and knees moving at the same time. 36 to 54 times. (Fig. 5 and 6)



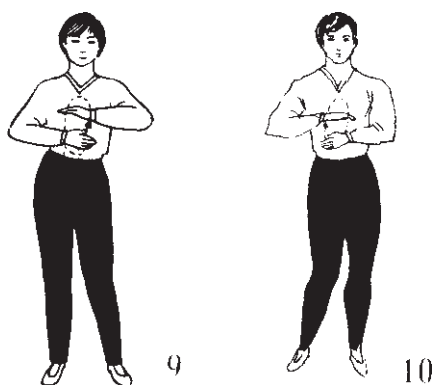
#### Step 4 Duo Luo Hua Hu

Hands to the right of the chest palms facing downward. R hand in front of L hand, both hands move at the same time, drawing circles. Right hand draw front-right-back-left, make the circles bigger, left hand draw a smaller circle, moving front-right-back-left. Move in an oval shape while moving knees and swaying your hips. 36 to 54 times. (Fig. 7 and 8)



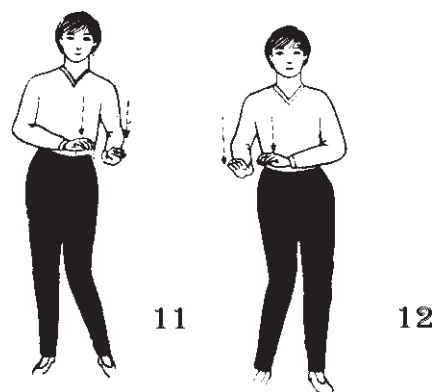
#### Step 5 Longnu Chan Si

Right palm on left hand, about 20 cm apart, both palms facing downward at chest level. Moving right hand out and down the left, at the same time left palm facing chest and then above the right, rotate hands as they move, but never allow the palms to face outward. Keep knees moving and hips swaying L to R at the same time. 36 to 54 times. Keep hands 5-10 cm away from stomach. (Fig. 9 and 10)



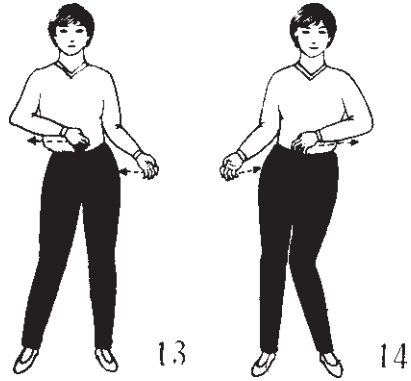
#### Step 6 Longnu Tsai Lian

Both hands face downward, hands 10 cm apart, fingers out in front of stomach. Push down palm-end alternately to L, then R, keeping one hand at middle of your body. Your knees and hips move at the same time. 36 to 54 times. (Fig. 11 and 12)



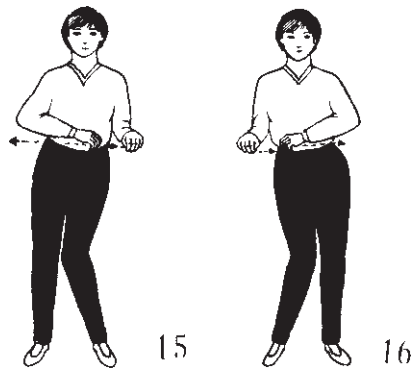
**Step 7 Luo Han Fu Hu**

Tiger hands, R. tiger hand over lower stomach, left tiger hand on the left side away from your body, move left to the middle of your body and your right move to the right side, repeat with your knees and hips moving in the same pattern. 36 to 54 times. (Fig. 13 and 14)



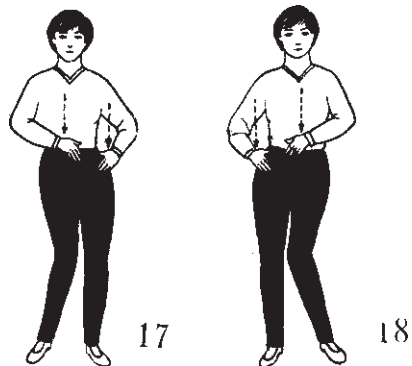
**Step 8 Gun Seng Xian Jie**

Empty fists like holding a pole, 10 cm apart in front of your lower stomach, thumbs and fingers do not touch. Move lower arms L to R and right to left, opposite of the knee and hips movement. Your elbows slightly bend. 36 to 54 times. (Fig. 15 and 16)



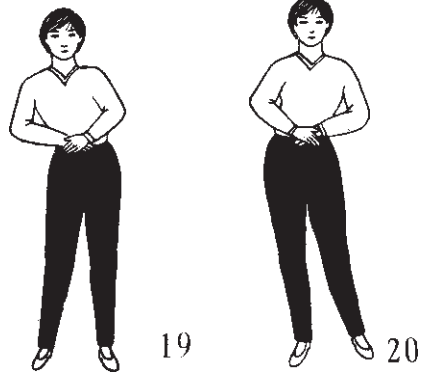
**Step 9 Tian Wang Cha Zhang**

Hands facing body 10 cm away and 20 cm apart, poking motion alternating hands to middle of body. Knees and hips move in opposite directions of hands. Keep one hand in the middle. 36 to 54 times. # 17-18



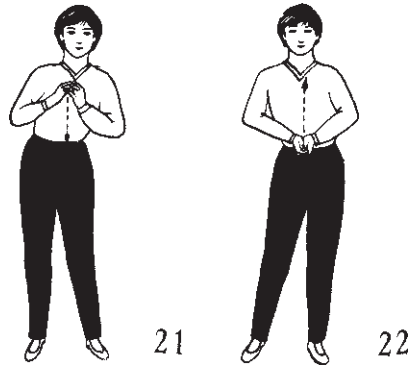
**Step 10 Lao Seng Bai Zhang**

Hands overlapped, 5 cm apart, palms facing navel. Women R hand inside, men L hand inside (don't touch the body). Move at a slow rate now, swaying L to R with knees moving at the same time but not bend. 36 to 54 times. (Fig. 19 and 20)



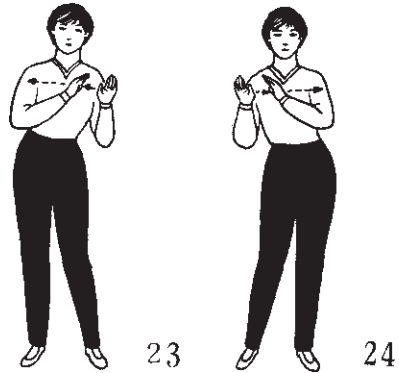
**Step 11 Luo Han Li Fo**

Lace fingers with the heel of the hands, moving up first to your throat level, then to lower Dan Tian and then hands up to throat area again. When the arms are raised the hips move to R, when the arms are lowered the hips are L. Sway your hips slowly. 36 to 54 times. (Fig. 21 and 22)



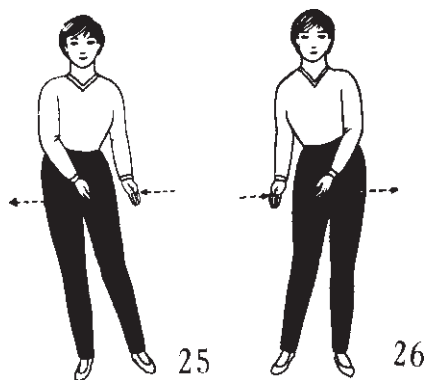
**Step 12 Tiannu Xian Hua**

Palms facing each other 15 cm. apart in front of your throat, fingers upward. Move from L to R. and keep palms facing each other, then the opposite. Always keep one hand in the middle. Your hips will move opposite direction of the hands. 36 to 54 times. (Fig. 23 and 24)



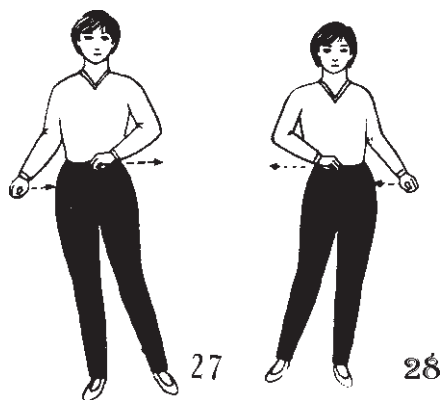
### Step 13 Tiannu San Hua

Continue with the above movement move both hands down lowered over lower Dan Tian, one hand in the middle. Keep palms facing 15 cm, repeat movement from above. 36 to 54 times. (Fig. 25 and 26)



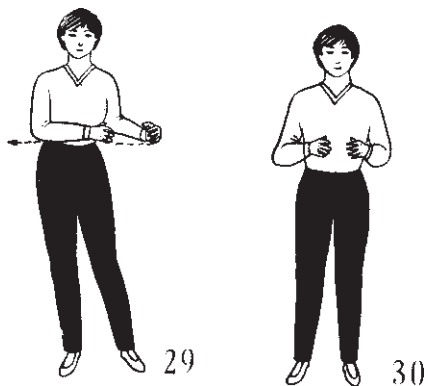
### Step 14 Jin Gang Yun Qi

Duck-mouth hand shape for both hands. Move them L to R slightly touch your lower Dan Tian area. When left duck-mouth hand touching your lower Dan Tian area, your right hand is on the right outside your body. Keep your elbow slightly bending. Hands are opposite to hip movement. 36 to 54 times. (Fig. 27 and 28)



### Step 15 San Sheng Da Zuo

Preparation: Hands like holding a ball in front of stomach, tips of fingers facing each other about 10 cm apart, moving hands to L, with your left knee bending slightly, then R, with right knee bending slightly, then move back to the middle both knees bending slightly. Stand this way for 3 minutes, knees relaxed. (Fig. 29 and 30)



Ending form: Same ending form as Level I.