

Therapeutic Qi Gong

NOTES:

- ALL STRETCHES SHOULD BE AT A COMFORTABLE LEVEL
- BREATHING SHOULD BE DEEP AND SLOW

SECTION I

Group A

Helps to relieve and prevent neck and shoulder problems (including arthritis, bursitis, stiff neck, frozen shoulder, tendinitis, ligament and other soft tissue degeneration, and cervical spondylosis)

1. Slow neck motion
2. Horizontal arm stretch
3. Vertical arm stretch
4. Rotational arm stretch
5. Angel wings
6. Arm back stretch

Group B

To prevent and help relieve back problems (including: chronic back injury, contusion, arthritis of spine, soft tissue degeneration, disc problems, and muscle spasms).

7. Holding sky and side swing
8. Tea pot push
9. Hip rotation
10. Arm raise, fly down
11. Lunge position and cut to side
12. Reach up and touch feet

Group C

Prevent and help to relieve hip, lower back and leg problems (disc problems, lower back muscle degeneration, hip joint and muscle degeneration or chronic injuries, arthritis).

13. Knee rotation
14. Side lunge, turn body 45 degrees
15. Cover knees, squat, stretch legs
16. Cover opposite knee and raise arm
17. Arm raise and knee hug
18. Slow walking forward and backward

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SECTION II

Group D

Helps to relieve and prevent arm and leg ailments (arthritis, bursitis, tendinitis, muscle injury, or degeneration)

19. Horse ride and push palms forward
20. Turn back squat and out hand out
21. Go through up and down
22. Lunge, turn body, and look back
23. Alternate leg kick
24. Feet joggling

Group E

Help to relieve and prevent illness in area of hands, wrist, elbow (tendinitis in wrist, elbows and hands).

25. Three-direction push hands out
26. Shooting arrow
27. Arm stretch and wrist rotation
28. Forward and backward stretching
29. Horse ride boxing
30. Swing arm and upper body

Group F

Helps to relieve and prevent illness in internal organs, strengthens internal organs, and promotes energy circulation. Prevents aging. Alleviates hypertension, heart disease, gastrointestinal diseases, stress, anxiety, low energy, headache, and nasal congestion.

31. Massage: face, head, hand
32. Abdominal massage
33. Hair combing and scalp massage
34. Raising arm and leg
35. Four-direction movements
36. Arm raise and deep breathing