

CHENJIAGOU TAI CHI CHUAN BASICS

**Reverse Breathing 18 Set Qigong Exercises
(Daoyin Tuna Shi Ban Gong Fa)**

PART I

- 1. Wuji Standing Pole
(with belly breathing)**

PART II – Qigong Exercises

- 2. Supporting the Sky**
- 3. Downward Pressing Palms**
- 4. Grasping Qi**
- 5. Spread Wings**
- 6. Embrace the Ball (Rotate a Ball)**
- 7. Opening & Closing**
- 8. Turning the Waist**
- 9. Beginning & Ending**

PART III – Silk Reeling Exercises

- 10. Right Arm Silk Reeling**
- 11. Left Arm Silk Reeling**
- 12. Cross Arm Silk Reeling**
- 13. Neutralizing Silk Reeling**
- 14. Opening & Closing Silk Reeling**
- 15. Left Side Neutralizing Silk Reeling**
- 16. Right Side Neutralizing Silk Reeling**
- 17. Right Empty Stance Vertical Silk Reeling**
- 18. Left Empty Stance Vertical Silk Reeling**