

# CHI DYNAMICS QIGONG & MEDITATION SYSTEM



## THE SYSTEM OF 5 ESSENTIALS

The foundations of Chi Dynamics Qigong and Meditation are the 5-Essentials which comprises the following:

### The 5 Breathing Methods:

Fu · Chui · Tu · Pi · Xi

### The 5 Internal Organs Exercises:

- Lungs
- Heart
- Liver & Spleen
- Kidneys
- Digestive Organs

### The 5 Elements Vital Energy Techniques:

- Metal—Contracting Chi
- Wood—Expanding Chi
- Water—Descending Chi
- Fire—Rising Chi
- Earth—Stablising Chi

### The 5 Chi Flows:

- Blood Flow (Oxygen)
- Heat Flow
- Electro-magnetic Flow
- Vibratory Flow
- Neuro-Chemical Flow

### The 5 Compulsory Basic Exercises:

- Loosening—Hand Flicking
- Loosening—Shoulder Roll
- Stretching—Butterfly Stretch
- Swinging—Mao Swing
- Chi Meditation—10 Postures

## 1. BASIC LEVEL

**Qualifying Period:** Minimum 6 months

### Hand Flicking

- Sideways, palms facing upwards and downwards

### Shoulder Roll

- Snake Form (Yang and Yin version)
- Turtle Form

### Anti-Osteoporosis

### Sword Stretch

### Butterfly/Lymphatic Stretch

### Chi Ball Exercise

### Crane Walk

- Small Crane
- Big Crane

### Fong Yang Swing

### Mao Swing

## 3. ADVANCED LEVEL

**Qualifying Period:** 12 months after Intermediate Grading

### Yi Chi Kung

### Chi Massage

### Cross Clap Swing

### Water Crane Walk

### Magnetic Dance

### Gathering Chi or Chai Chi

### Fa Chi—Transmitting Chi

## 4. INSTRUCTOR LEVEL

**Qualifying Period:** 6 months after Advance Grading

### Loh Han So

### Tiger Claw

### Iron Shirt

### Chi Kung Chan Fa

## 2. INTERMEDIATE LEVEL

**Qualifying Period:** 9 months after Basic Grading

### Internal Organ Exercises

- Lungs
- Heart
- Liver and Spleen
- Kidneys
- Digestive Organs

### Lymphatic Drainage

- Hands
- Body/Head
- Legs

### Five Elements

- Metal
- Wood
- Water
- Fire
- Earth

### Meditation

10 Postures Standing Meditation (10 Points Charging)

- Earth Position
- Magnetic Ball
- Chi to Lower Dan Tian
- Standing Zen
- Sky Position
- Chi to Bai Hai
- Chi to Upper Dan Tian/Third Eye
- Chi to Middle Dan Tian
- Storing Chi at Lower Dan Tian
- Earth Position

Inner Orbit Meditation

*This leaflet is produced by Grandmaster Anthony Wee, Founder of Chi Dynamics (International). For more details, please refer to Grandmaster Wee's "The Free Flow of Qi" and Training Manual which are available to all instructors.*