

Energy Chi

P R O J E C T

Ten Gesture Chi-Kung

1. Look left / Gaze right
2. Working the bellows
3. The Great wheel
4. Raise the center
5. Touching Heaven
6. Mill Stone
7. Drawing water
8. Strike the flank
9. Polishing glass
10. Advance / Retreat

As a warmup to practice use 3-4 repetitions each.

As a separate exercise regimen use 9 repetitions each.