



Tanigawa Lineage Qigong Exercises

Principle Qigong form

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| Standing on a stone | (Infinite Ultimate stance – Wu Ji) |
| 1. Tide rolls in and out | (Lifting Water) |
| 2. Silk Reeling | (Wave Hands like Clouds) |
| 3. Playing with the ball | |
| 4. Lifting the Sky | |
| 5. In and Out | (Separating water) |
| 6. Settling the heavens | (Plucking stars) |
| 7. Two hands turn the wheel | |
| 8. Harmonious link to heaven, man and earth | |
| 9. White Crane Spreads its wings | |
| 10. Gentle small universe | (Rolling Hands / Wheel of energy) |
| Standing on a stone | (Natural stance – Wu Ji) |

Additional Qigong Exercises

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| 1. Carrying the moon | |
| 2. One Finger shooting Zen | |
| 3. Holding the tree | (Three circle stance) |
| 4. Holding the rock | |

