

The Ten Steps

Relax the Body; Relax the Breathing; Relax the Mind.

Stand with feet shoulder-width apart and with hands on waist or hanging at your sides.
Let your tongue rest behind your upper teeth, with your jaw slightly open.

Step 1 – Crane Neck and Dragon Head

Let your head rise up from your shoulders, and let jaw relax and open slightly.
Leading with the chin, make three circles going forward, using only the head and neck.
Then reverse, dropping chin to chest and making three backward circles.
When chin gets to top of circle, let head relax down to its original starting position.
While making these circles, do not bend your head backwards (do not extend neck).

Make lazy “8’s” with your head.

Turn head to right. Tilt left ear toward chest.

With head tilted in this way, rotate left ear toward left shoulder as far as is comfortable.

Then swing chin toward left shoulder. Head will be in upright position, facing left.

Tilt right ear toward chest. Rotate right ear to right shoulder. Swing chin to right.

Head will face right, in starting position. Repeat a total of three times.

Step 2

Start with arms at sides. Raise palms in front of face to eye level.

Turn palms outward. Rotate arms out to sides. Straighten arms with palms facing down.

Bend elbows to 90 degrees, then straighten arms, three times.

With arms out to sides, rotate wrists forward three times, then backward three times.

Quickly pull arms in toward chest, palms relaxed, and pull up abdomen at the same time.

Relax abdomen, and straighten arms out to sides. Three times.

“Fly.” Pull left hand straight in toward body, letting elbow drop.

Let left hand drop slightly, and straighten left arm out to original position.

While left arm is straightening, pull right hand in toward body, letting elbow drop.

Let right hand drop slightly, and straighten right arm out to original position.

Alternate arms in this manner, completing three repetitions.

End with both arms stretched out straight to sides

Step 3

Overstretch arms straight out to sides.

Pull arms back in, without squeezing shoulder blades. Three times

End with arms straight out to sides in relaxed position (not overstretched).

Stand up palms. Open outer fingers (#1 & #5). Open inner fingers (#2 & #4).

Overstretch arms by pushing out with heels of hands. Relax arms to unstretched position.

Close inner fingers. Close outer fingers. Three times.

With arms straight out to sides, keep wrists straight, and stretch fingers down into “claw.”

Fingers should be straight, and the tips of the fingers and the thumb should meet.

Keeping tips of fingers and thumb together, bend fingers into “paw.”

Keeping fingers in “paw” position, bend hand upward at wrist.

Straighten fingers slowly in spread position. Three times.

“Fly” three times. End with arms straight out at sides.

Step 4

Bring arms down in front of you so that fingers point toward the floor.

Interlace fingers. Turn palms toward the floor.

Slowly raise arms until hands are at the level of Third Eye. Arms form a circle.

Rotate upper body toward left, letting left elbow dip and right elbow rise.

Hold this position. Gather qi in abdomen. Let it shoot out the right elbow with a jerk.

Rotate upper body toward right, and let qi shoot out the left elbow. Three times.

End with body facing forward and hands at level of Third Eye.

Step 5

With fingers still interlaced and palms facing outward, straighten elbows overhead.

Rotate shoulder blades three times. Wrists will make lazy “8’s.” Separate fingers.

Keeping arms straight and elbows by ears at all times, roll down one vertebra at a time.

When bent down as far as is comfortable, stand up palms and stretch spine toward floor.

Relax the stretch and straighten the wrists. Repeat this stretch three times.

While still bent down, rotate left. Repeat the same stretch and relax three times.

Rotate slowly right. Repeat the same stretch and relax three times.

Face forward, and hold on to ankles or the backs of the legs.

Bend your elbows, and try to touch your forehead to your knees.

While still holding on to your ankles, straighten your elbows and spine. Three times.

Release ankles. Keep elbows by ears, and roll up one vertebra at a time.

When all the way up, with arms still by ears, wave like a willow in the wind.

Repeat three times from “Keeping arms straight and elbows by ears . . .”

End by turning palms toward face and bringing qi down slowly. Place hands on hips.

Step 6

Stand with feet shoulder-width apart. Keep back straight. Bend knees as though sitting. Rotate hips at waist only, starting with hips to the left and back. Three times.
Reverse direction. Three times.
Face forward with knees still bent. Tilt pelvis forward and backward three times. Stand.

Step 7a

Rotate feet outward 45 degrees.
Raise palms in front of face to eye level. Turn palms outward.
Rotate arms out to sides. Straighten arms with palms down.

“Fly” with the whole body. Use the same arm movements as previously.
As you bring in your left arm, bend the right knee and straighten the left knee.
As you bring in your right arm, bend the left knee and straighten the right knee.
Three times.

Bend knees. Bring arms down in front so that fingers point toward the floor.
Place palms together, and point fingers upward in praying position.
Rotate wrists three half circles left, pushing with right palm.
Rotate wrists three half circles right, pushing with left palm.

Stand up, raising palms overhead, still together.
Overstretch; separate palms; and bring arms out to sides with palms facing down.

Three times, from “Fly’ with the whole body.”
End standing up with palms together in prayer position. *Do not raise palms overhead.*

Step 7b

Rotate feet inward 45 degrees.
Lock knees, and bend forward 45 degrees from the waist.
Hold arms in loose circle with palms at level of and facing toward Third Eye.
Hold this position, and collect the qi from the Earth into Third Eye.

Unlock knees, and bend gently backward from the waist.
Hold arms out to the sides with palms up and elbows slightly bent.
Hold this position, and collect the qi from the Earth into Third Eye.

Repeat three times.

Step 8

Return feet to forward-facing position.

Place hands on waist with elbows pointing forward (*whatever is possible*).

Leaving feet and head in their current positions, bend knees and lean backward.

Hold this position for three minutes, then return to standing position with hands on hips.

When done correctly, the body is a straight line from knees to shoulders, and the neck is relaxed and completely comfortable.

Step 9

Focus on a spot on the floor slightly in front of you, or hold on to something for balance.

Raise right knee to 90 degrees.

Bend right foot up, overstretch, gently point down. (*Dorsiflex, overstretch, plantarflex.*)

Three times.

Rotate foot three half circles inward, then three half circles outward.

Stretch out right leg 45 degrees to the side.

Bend right foot up, overstretch, gently point down. Three times.

Rotate foot three half circles inward, then three half circles outward.

Return knee to 90 degree bent position. Then return foot to floor.

Repeat entire sequence with the left leg.

Step 10

Pick up a big ball of qi, and hug it to yourself with hands at the level of Third Eye.

Rotate from the waist to the left with the ball of qi. Bend your knees.

Rotate from the knees to the right with the ball of qi. Stand and return to center.

Make three rotations left, then three rotations right, and return to center, still holding ball.

Then make three large circles forward, using the spine, still holding the ball.

Make the large ball into a small ball, and bring it overhead.

Gently bring heels of hand together and fingers apart to make a lotus flower overhead.

Close the flower by bringing elbows straight out to the sides so that arms form a triangle.

Open and close the lotus flower three times, ending with an open flower.

Face the palms, and guide the qi down the front of the body to the feet.

Place palms on tops of feet. Squat and straighten, three times.

Collect the qi from the Earth. Bring it in cupped hands up front of body to chest.

Stand up the palms facing forward in front of the chest.

Push out with the right palm.

Make a hook with the wrist and sweep in front of you, collecting the qi.

Secure the qi with middle finger and thumb, and bring it to Qi Gate (middle of clavicle).

Push out with the left palm; hook, sweep, close finger and thumb, bring to Qi Gate.

Let the qi fill your body through Qi Gate.
Release fingers and thumbs from both Qi Gates and open them, leaving wrists crossed.
Bring your elbows together and line up your forearms against each other.
Open your palms to face each other, making a lotus flower.
Close the lotus flower, and bring your palms down in front of you to praying position.

Compact the qi, starting in front of the chest.
Separate palms as wide as your ears. Gently press palms together without closing them.
Feel the qi between your palms. Three times.
Raise palms to nose. Compact qi three times.
Raise palms to Third Eye. Compact qi three times.
Raise palms to widow's peak, tilting them back 45 degrees. Compact qi three times.
Raise palms over Hundred Meeting, fingers pointing upward. Compact qi three times.

Gently close palms over Hundred Meeting. Straighten elbows.
Overstretch arms and spine. Separate palms, and face palms forward.
Bring arms out to sides. Turn palms upward.
Bring arms out in front of you.
Point with the middle fingers to Third Eye, and turn palms upward.
Pull qi through armpits to the back, and point palms backward.
Bring arms out 45 degrees to the side.
Scoop the qi from behind you and bring it to the navel.
Women place right hand on navel and left hand on right hand.
Men place left hand on navel and right hand on left hand.

Make nine circles of increasing size around the navel, the largest over rib cage and pelvis.
Reverse direction, and make nine circles of decreasing size, ending on the navel.

Feel the qi fill the Tan Tien (*behind the navel*).
Feel more and more qi fill the Tan Tien.
Feel as much qi as possible filling the Tan Tien.
Think to yourself "Calm." "Calm." "Calm."

Remain in this meditation position as long as you wish.
Rest your arms at your sides, and take three breaths before coming out of the qi state.