



Tiger Mountain Qigong

Created by Master Tung Kai Ying 1994

To begin

Stand quietly, breathing deeply and focus your mind and attention to your body, mind and spirit

Take a small step to the left and pause

Start

1. Open the door
2. As you lift your right arm, palm facing take a larger step to the right for a horse stance. Toes forward, knees over the toes, push outward like riding a horse. Hold this position throughout the routine. Do not shift your weight but rather bend your knees and hold that position throughout this routine. Use your waist

The Poem Begins by Emilio Gonzalez

From Clouds

Cloud hands start to the right (4x) alternating right and left

She Wove

Push Hands-On the 5th time of cloud hands right arm circles to ear on right, left hand circles up to left ear, leading hand pushes, and alternate

Linda Tai Chi May 2021 from Master Tung Kai Ying

Heaven and Earth

Come to center, left hand open flat palm to heaven, right hand flat palm to earth and alternate

Upper arm lowers inside next to your heart

Then the Tiger

Strike the tiger with left arm high and right arm low and alternate

Brings the horses

Separating wild horses' mane- come to center, right arm under left elbow to separate and alternate

To its Knees

On the 5th time, Brush knee left and right

Between Twin Mountain Peaks

Open palms, float downward, hold the teacup and come up to double wind in the ears repeat 4x

That cross

Push outward and cross of wings alternating right and left on the outside

And, push to the end

Helium and push 4x

Ending

Cross of wings and float to ending position