



WHITE CRANE TAICHI Worksheets

3 DAY COURSE FOR HEALTH & RELAXATION at VILLA IPSA RESORT

with instructor Dave West TAI CHI BALI Taoist Healing Arts Centre www.taichibali.com

COURSE GUIDELINES & CODE OF CONDUCT

- ❖ **Community** – Practice together in friendship and harmony.
- ❖ **Noble Silence** – Be quiet in the practice room/area and respect the healing space.
- ❖ **Distractions** – No phones or electronic devices allowed in the practice room/area.
- ❖ **Proper Practice** – Qigong and Taichi training are based on the science of Nature, logic and experience.
- ❖ **The Tao of You** – Your lifestyle and practice should be well-structured and suitable for your needs.
- ❖ **Gongfu** – There are no short cuts. Work hard to improve your skills & over time you will attain health & wisdom.
- ❖ **Sensitivity** – Early detection of Yinyang excess and deficiency leads to balance and positive change.
- ❖ **Obstacles** – Your emotional mind is your biggest hinderance. Practice Meditation 1 every day for 20-30 minutes.
- ❖ **Depletion** – Conserve your Qi by avoiding stress, exhaustion and unhealthy environments, foods, activities, etc.
- ❖ **Tao Wisdom** – Look deeply into Nature and you will understand everything better.
- ❖ **Essential Reading** – *Tao Te Ching* trans. by Stephen Mitchell, *Taijiquan Classics* trans. by Babara Davis

DAY 1

- 1.00 pm – Check in
- 3.30 pm – Meet in the Restaurant
- 3.45 pm – Class 1 at Dharma Sunya
- 6.30 pm – Dinner

DAY 2

- 6.15 am – Sunrise Qigong (optional)
- 7.30 am – Breakfast
- 9.00 am – Class 2 at Dharma Sunya
- 12.00 pm – Lunch
- 3.30 pm – Class 3 at Dharma Sunya
- 6.30 pm – Dinner

DAY 3

- 6.15 am – Sunrise Qigong (optional)
- 7.30 am – Breakfast
- 9.00 am – Class 4 at Dharma Sunya
- 12.00 pm – Check out

TAI CHI THEORY & PHILOSOPHY

- ❖ **Tao Te Ching** – *Dao De Jing* – Ancient Taoist text based on the teachings of Lao Tzu 500BC the founder of Taoism
- ❖ **Taijiquan Classics** – Philosophical writings by Tai Chi masters offering insights into the art's wisdom and core principles for daily practice
- ❖ **Taoist Healing Arts** – Tao is the natural way to health & happiness based on Philosophical Taoism (not Religious Taoism) TCM, Taichichuan, Qigong, etc
- ❖ **Yin Yang** – Complementary polarities found throughout nature in constant change & reversal, help us to identify & avoid excess & deficiency
- ❖ **Wuji** – No polarities – When Yinyang equalize they unite & become One, returning to Wuji a state of harmony & limitless potential
- ❖ **Wuwei** – Non-resistance – Observing and uniting with natural energy patterns to create good habits and increased quality of life
- ❖ **Qi** – Chi – Life force healing energy found throughout nature combining bioelectricity, electromagnetism, light, heat, love, etc
- ❖ **Qi Gong** – Chi Kung – Energy Practice & daily self-renewal method to harmonize & revitalize the body, breath & mind
- ❖ **Wai Gong** – External Qigong emphasises stimulated muscles & less relaxation to build Qi in the arms, legs, skin and immune system
- ❖ **Nei Gong** – Internal Qigong emphasises relaxed muscles & more mind power to build Qi in the lower abdomen & internal organs
- ❖ **Tai Chi Chuan** – Taijiquan – Dynamically balanced expression of oppositional energies based on the Tao, Martial Arts & TCM
- ❖ **Wu Tiao** – 5 Regulators of the Energetic System – Body Breath Mind Qi Spirit – key components to balancing Kan & Li, Yinyang, health & longevity

THE TAO OF HEALTH, HAPPINESS & BEYOND...

- ❖ **Lifestyle Changes** – Your lifestyle should be in alignment with your life philosophy, including how you view and interact with your family, community and environment, seasons, food, exercise, employment, positivity, loving-kindness, etc
- ❖ **Proper Practice** – Your daily self-renewing practice should be well-structured and suitable for your level and limitations. Safe and effective training guidelines from an experienced instructor can save time and avoid injury
- ❖ **Building Qi** – Storing and maintaining high levels of qi by increasing relaxation, energy conservation, reducing physical, mental and emotional stress, and avoiding force, wasting energy, exhaustion and depletion
- ❖ **Unblocking Qi Channels** – Reducing toxins that pollute your body and cleansing your energetic system with movements and meditations that promote qi to flow more freely throughout your whole being
- ❖ **Circulating Qi** – An abundant and unobstructed qi pressure that can saturate and diffuse throughout your whole body, revitalizing every cell, includes equalizing qi excess and deficiency, flushing out old qi and replacing with the new

4 CATEGORIES OF QIGONG

- ❖ **Health Qigong** – maintaining health – prevention – restorative
- ❖ **Medical Qigong** – healing with acupuncture – herbs – massage
- ❖ **Martial Qigong** – energize the body for sports – martial arts
- ❖ **Spiritual Qigong** – energize the brain for higher consciousness

5 COMPONENTS OF TAI CHI CHUAN

- ❖ **Hand Form** – solo forms – basic skills
- ❖ **Internal Strength** – energy practice – Qigong skills
- ❖ **Pushing Hands** – partner forms – sparring skills
- ❖ **Self-Defence** – application – martial art skills
- ❖ **Energy Extension** – weapons – massage skills

GOALS OF PRACTICE

- ❖ To open your heart and mind to the beauty and healing power of nature with Taoist Healing Arts
- ❖ To improve your health and longevity by regulating the body, breath, mind, qi & spirit
- ❖ To feel your qi & use your mind to lead the qi efficiently
- ❖ To circulate your qi in the twelve primary qi channels and fill up the 4 main qi vessels
- ❖ To expand your qi to the surface of the skin & condense the qi to the bone marrow
- ❖ To use your qi to energize the muscles for jin (qi manifestation)
- ❖ To energize your brain and expand your consciousness
- ❖ To experience the domain of spiritual cultivation, practical Tao wisdom, becoming one with the spirit of Nature & beyond...

8 INTERNAL SKILLS OF YANG FAMILY TAI CHI CHUAN

“Tai Chi Chuan is the dynamically balanced expression of oppositional energies.” Master Yang Zhenduo

YIN		YANG
Jue		Peng
<i>Sensing/Listening/Internal Vision/Understanding</i>	←→	<i>Connecting/Outward Expanding/Elastic Strength</i>
Song		Kai
<i>Relaxing/Softening/Loosening</i>	←→	<i>Opening/Extending/Elongating</i>
Chen		Ding
<i>Sinking/Rooting/Stability/Pivot Point</i>	←→	<i>Upright/Upward/Uplifting</i>
Chong Ting		Chan Si
<i>Central Axis/Equilibrium/Balance</i>	←→	<i>Flowing/Circling/Spiralling</i>

3 PRINCIPLES OF YIN YANG

- ❖ **Interdependence** – one cannot exist without the other
- ❖ **Transmutation** – one is always transforming into the other
- ❖ **Conflict & Balance** – when they clash there is tension, harmony is health

5 REGULATORS OF THE ENERGETIC SYSTEM

- ❖ **Body** – Zishi – the battlefield – posture – structure – relaxation
- ❖ **Breath** – Xi – the strategy – abdominal breathing – thoracic diaphragm
- ❖ **Mind** – Yi – the General – wisdom – clear intention – calm – relaxed
- ❖ **Energy** – Qi – the army – life force – bioelectricity
- ❖ **Spirit** – Shen – the morale – confidence – positivity – vitality

10 PRINCIPLES OF TAI CHI MASTER YANG CHENGFU (1883-1936)

Arranging the Frame

1. Top of the head floats up to raise the spirit
2. Relax the shoulders & drop the elbows
3. Relax the chest & open the shoulder blades
4. Relax the waist & lower back

Coordinating the Body

5. Separate empty & full
6. Synchronize upper & lower body
7. Practice slowly continuously & without interruption

Harmonizing the Mind

8. Use intent rather than force
9. Match up inner & outer
10. Seek stillness within movement

1. **TAI CHI SITTING MEDITATION** – special Qigong for Taichi practitioners

- Meditation 1 – Lower Dantien Breathing** – Builds Qi, calms & centres the mind, neutralizes the emotional mind
- Meditation 2 – 3 Dantien, 2 Poles, Taoist Tree Breathing** – Heaven & Earth – Energizes & builds Qi in the central energy channel
- Meditation 3 – Small Circulation** – Builds Qi & promotes Qi circulation in Governing & Conception Vessels (Dumai & Renmai)
- Meditation 4 – Laogong Breathing** – PC8 promotes Qi circulation in the pericardium meridian from the upper body to the hands
- Meditation 5 – Yongchuan Breathing** – K1 promotes Qi circulation in the kidney meridian from the lower body to the feet
- Meditation 6 – Baihui Breathing** – GV20 promotes Qi circulation to the top of the head, brain and Yang points
- Meditation 7 – Deep Relaxation 14 Joints Meditation** – Builds Qi in the joints, unblocks energy channels, improves mobility
- Meditation 8 – Deep Relaxation Opening the Heart Meditation** – Promotes loving-kindness & emotional healing

1. **TAI CHI JOINTS WARMUP**

1. Twist the Spine
2. Rotate the Hips
3. Rotate the Knees
4. Rotate the Ankles
5. Rotate the Shoulders
6. Rotate the Elbows
7. Rotate the Wrists
8. Rotate the Neck & Shoulders
9. Rotate the Neck
10. Shaking the Body

4. **TAI CHI STANDING MEDITATION**

Preparation

1. Opening Form
 2. Lower Dantien Breathing
 3. 3 Dantiens
 4. 2 Poles
 5. Heaven & Earth
 6. Grand Circulation
 7. Small Circulation
 8. Closing Form
- Recovery

2. **WHITE CRANE TAI CHI STRETCHING WARMUP**

1. White Crane Flies to Heaven
2. White Crane Gliding
3. White Crane Embraces the Sun
4. White Crane Spreads its Wings
5. White Crane Stands on One Leg
6. White Crane Drinks from the River
7. White Crane Shakes its Feathers
8. White Crane Gazes Backwards
9. White Crane Returns to Earth
10. Bouncing on the Toes

5. **WHITE CRANE TAI CHI 9 FORM MOVING MEDITATION**

Preparation

1. Opening Form
 2. White Crane Flying
 3. White Crane Pushing
 4. White Crane Swimming
 5. White Crane Catches its Prey
 6. White Crane Double Punch
 7. White Crane Flying
 8. White Crane Landing
 9. Closing Form
- Recovery