

<p>Energy Exercises for All [The Chinese name for energy exercise is <i>qigong</i> 氣功] [Credit: Professor Hou Qudong, Pingdong, Taiwan 侯秋東教授, 屏東, 台灣]</p> <p>1st: One Way Breathing:</p> <ol style="list-style-type: none"> 1) Through nose, breathe in as fully as you can; 2) Hold breath for at least 10 seconds; 3) When it is hard to hold, again breathe in while you count 1 to 3; 4) Do 3) three times. 5) Release and relax; then repeat 1) through 4) at least one more time. <p>Note: A) You should be looking forward, not downward, with chin retracted and not lowered. This will build up your neck muscles instead of weakening them. B) You will feel chest and shoulders naturally slightly raised. C) Also, you will</p>	<p>Feel your back of upper chest pressed against the spinal cord, and your upper body straightened either sitting or standing.</p> <p>2nd: Spinal Cord Stretching:</p> <ol style="list-style-type: none"> 1) Stand straight with feet shoulder-width apart; 2) Lock fingers; 3) Turn palms away from yourself and straighten your arms; 4) Now, slowly raise your arms overhead; 5) Slowly bend the upper body forward to as low as you can; 6) Do an in-and-out triple-three breathing; 7) Relax and return your arms to overhead position; 8) Now, repeat 5) through 7) except this time bend backward; 9) Now, repeat 5) through 7) except this time bend rightward 	<p>(sideway with face and upper-body facing forward) ;</p> <ol style="list-style-type: none"> 10) Now, repeat 5) through 7) except this time bend leftward (sideway with face and upper-body facing forward) ; 11) Release fingers and turn backward as much as you can from the right and then from the left, each time ending with a triple-three. 12) Repeat the whole process at least one more time. <p>Note: Always retract your chin.</p> <p>3rd: Oarless Dragon Boat:</p> <ol style="list-style-type: none"> 1) Lie down completely relaxed on your back; 2) Lock fingers; 3) Raise your upper body and lower body in straight lines so that they form a V (not considering the arms); 	<ol style="list-style-type: none"> 4) Hold in position for at least 10 seconds; 5) When feel sore to hold, do a triple-three and relax; 6) Repeat at least one more time. <p>Note: Always retract your chin.</p> <p>4th: the Chinese Inclining Pisa:</p> <ol style="list-style-type: none"> 1) Kneel down on the carpet or on a rug if on hard floor; 2) Lock fingers, straighten arms, and raise them overhead; 3) Make sure bottoms of toes are facing down, not the toe nails; 4) With the palms, arms, body, and the upper-legs in a straight line, slowly incline backward; 	<ol style="list-style-type: none"> 5) Keep inclining until you reach the limit; 6) Do a triple-three and relax; 7) Repeat at least one more time. <p>Note: Again, always retract your chin.</p> <p>5th: Swinging the Arms:</p> <ol style="list-style-type: none"> 1) With arms stretched forward and palms facing down, quickly swing them down and backward; 2) Swing them forward to return to original positions; 3) Repeat for at least 1 minute. <p>Note: Again, always retract your chin.</p> <p>6th: Positive and Negative Breathing:</p> <ol style="list-style-type: none"> 1) With upper-body straight and stomach retracted, slowly and fully breathe in and out [this is the negative breathing]; 2) Do 1) 10 times; 3) With stomach muscle fully 	<p>pushed forward, breath in and out [this is the positive breathing];</p> <ol style="list-style-type: none"> 4) Do 3) 10 times; 5) Repeat the whole process at least one more time. 6) This concludes the 6-part Energy Exercises for All. <p>Note: Retract your chin. You will feel your energy and power grow inside you in no time.</p> <p>[Translated and organized 1/6/2021; Kuocheng Ting in Texas] [In the evening I first do each item twice; then when I finish, do the whole thing again but this time only once. This way I can ‘do’, ‘learn’, and ‘improve’.]</p> <p>[***Important Final Note: Understand the movements and be your own teacher; you do not need to do exactly the same way as described above or before.]</p>
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