

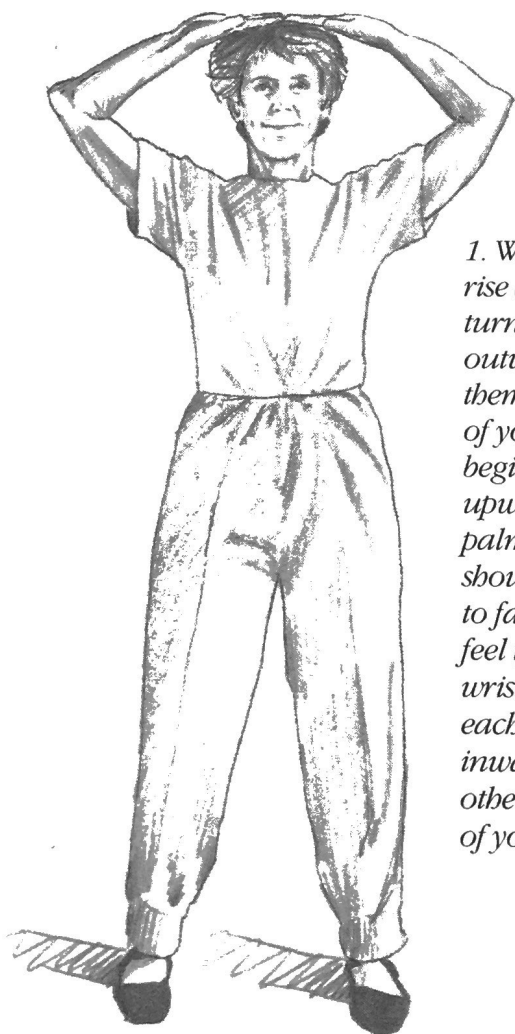
# 1. Supporting the Sky with Both Hands Regulates All Internal Organs

This opening exercise regulates all internal organs, from your heart and lungs in your upper torso through to your kidneys and intestines in your lower abdomen. It relieves fatigue, increases inhalation, and helps prepare your body for the exercises that follow. It also helps invigorate the muscles and bones of your back and waist and can help correct poor posture of the upper back and shoulders.

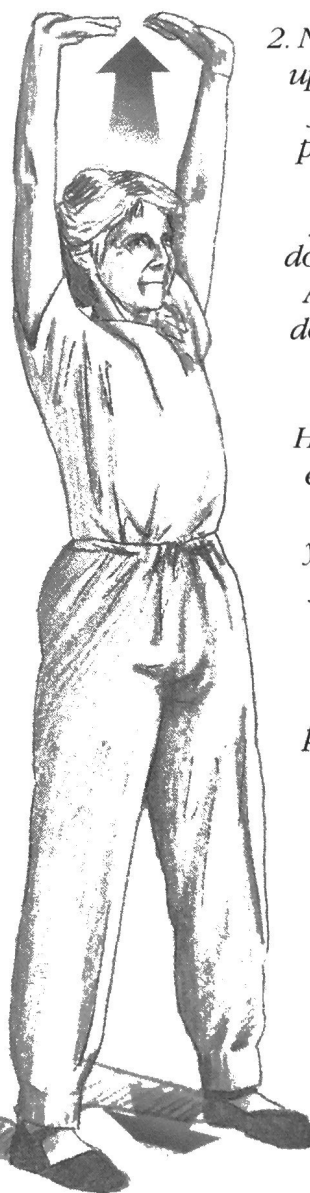
## STARTING THE EXERCISE

Start in the Wu Chi position: feet a shoulder-width apart, shoulders relaxed, arms hanging loosely at your sides (see p. 64). Face straight ahead. Then slowly

raise your arms, keeping your shoulders relaxed, as if you were lifting an invisible balloon in front of you. As you raise your arms, breathe in.



1. When your hands rise above your head, turn your palms outward and bring them above the crown of your head, ready to begin pressing straight upward. Your flat palms and fingers should be fully turned to face the sky (you will feel the stretch in your wrists). The fingers of each hand should face inward toward each other over the middle of your head.



2. Now press both hands upward, straightening your arms as fully as possible – your hands need not touch. Let your feet press firmly down into the ground. As you stretch up and down simultaneously, breathe out.

Hold your arms in the extended position for one second. Then, as you breathe in, lower your arms so that the backs of your hands are just above your head, and ease the pressure on your feet. Pause for a second. Then repeat the cycle, moving your hands up and down over your head until you have done this eight times.

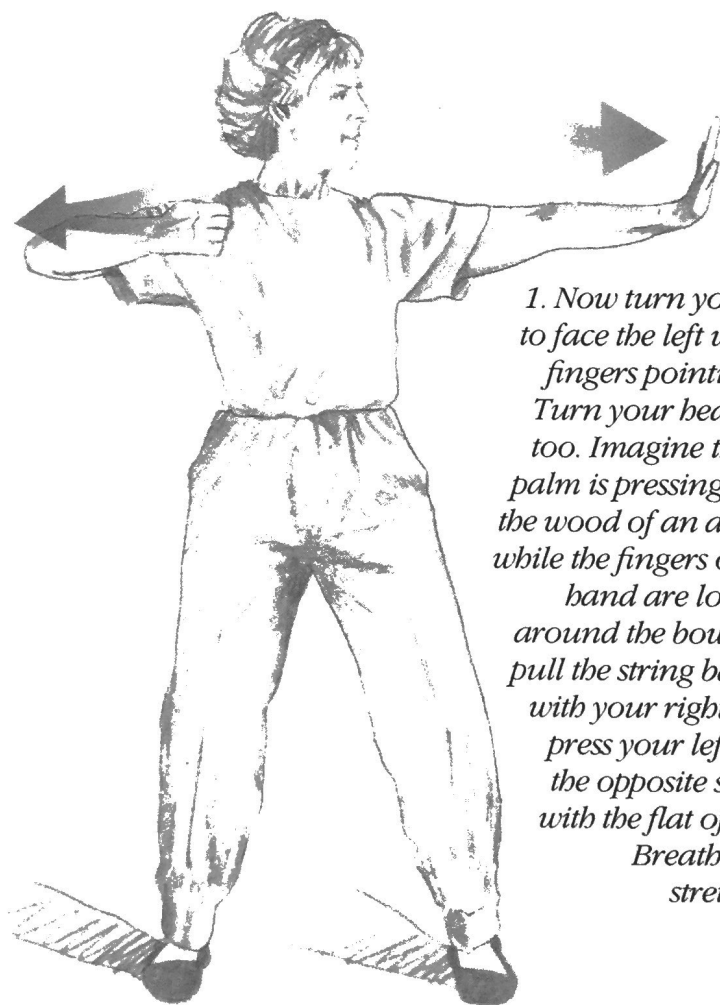
## 2. Drawing a Bow to Each Side Resembles Shooting an Eagle

This exercise places the emphasis on your thorax – the home of your heart and lungs – thus greatly improving the circulation of blood and oxygen. It also improves the flow of energy in your small intestine.

### STARTING THE EXERCISE

Starting in the Wu Chi position, unlock your knees (see p. 64). Then gently raise your hands so that they face your chest. Imagine that you are holding an invisible balloon between your arms and your chest.

*2. Then, while breathing in, slowly bring your arms back round to the front of your chest. Repeat the exercise to the right side. Complete a total of eight drawings of the bow, four to each side, alternately.*



*1. Now turn your left palm to face the left with all your fingers pointing upward. Turn your head to the left, too. Imagine that your left palm is pressing flat against the wood of an archer's bow, while the fingers of your right hand are loosely curled around the bowstring. Now pull the string back, leading with your right elbow, and press your left arm out to the opposite side, leading with the flat of your hand.*

*Breathe out as you stretch. Hold the position for one second.*



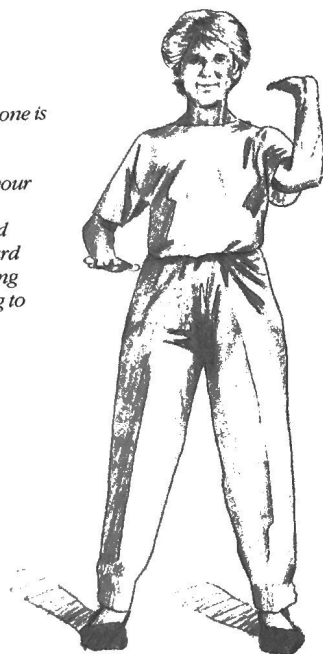
### 3. Holding Up a Single Hand Regulates the Spleen and Stomach

The movements of this exercise increase the flow of energy along both sides of your body, and benefit your liver, gall bladder, spleen, and stomach. They help to prevent diseases of the gastro-intestinal tract.

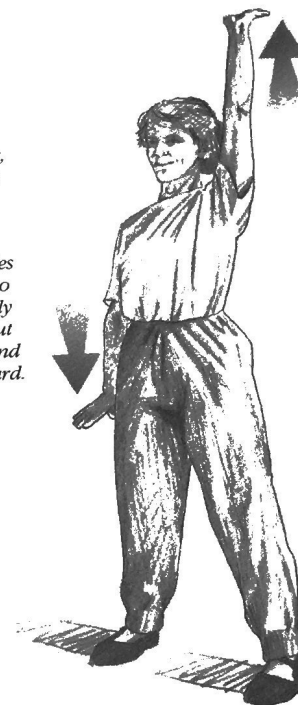
#### STARTING THE EXERCISE

Begin by raising your hands from the Wu Chi position (see p. 64) so that you hold an invisible balloon between them. Then turn your right palm upward and your left palm downward.

1. Now extend your two hands so that your right one is poised above your right shoulder, palm facing upward, turned so that your fingers are pointing backward. Your left hand extends downward toward your left thigh, palm facing the floor, fingers pointing to the front.



2. Now straighten your arms, pressing both hands apart at the same time – the right upward and the left downward – keeping the palms flat and at right-angles to your arms. Move your two arms so that they extend fully at the same time. Breathe out as your arms move apart and press upward and downward. Hold for one second.



#### COMPLETING THE EXERCISE

Relax and breathe in as you bring both hands back in front of your body, both palms turned gently upward, as if you were carrying something in front of you.

Then turn your palms and repeat the exercise in the opposite directions, left hand moving up and right hand moving down, as you exhale. Complete four full cycles of both movements – eight extensions of the arms in all.

#### Advanced level

After regular practice of the basic level of this exercise for about a year, you can advance to the next level.

After you extend your palms fully (see step 2, above), leave your hands in that position, breathe out, and imagine that you are using 20 per cent of your power to press apart two huge blocks of stone. As you do so, twist slightly to the side with your hand facing down, and

breathe out. Keeping your hands in place, relax and breathe in. Then, on the next breath out, imagine pressing the blocks apart with 40 per cent of your strength and twist a little further to the side, as if you were turning like a screw. Then, without moving, relax and breathe in.

Continue the exercise increasing your twist each time using 50, 60, 70, 80, 90, and 100 per cent of your

power each time you breathe out, increasing your twist each time until you are turned fully to the side. After that, slowly unwind as you breathe in. Change sides and repeat.

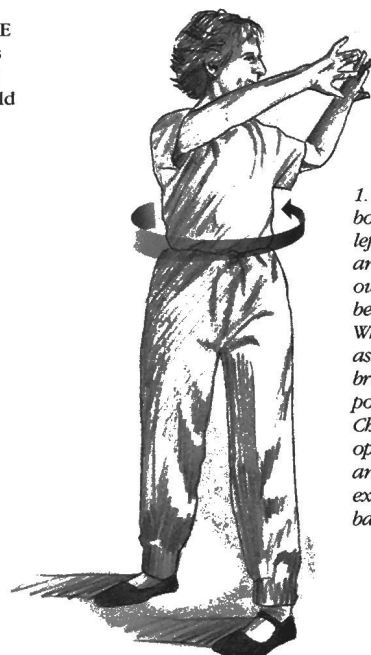
## 4. Looking Back Like a Cow Gazing at the Moon

This is one of the most potent of the eight exercises. It has a powerful effect on your central nervous system and the circulation of both blood and Chi to your head. It stimulates the vital power of your kidneys. It also strengthens the activity of your eyeballs, your neck and shoulder muscles, and your nerves, and is excellent for alleviating high blood pressure and hardening of the arteries.

**CAUTION** Do not practise this Ba Duan Jin exercise when pregnant.

### STARTING THE EXERCISE

Begin by lifting your arms from the Wu Chi position (see p. 64) so that you hold a large imaginary balloon between your arms and your chest.



1. Turn your entire upper body from your hips, to the left. Breathe out as you move, and turn your palms outward as if pushing a large beach ball away from you. When you have turned as far as your hips will allow, finish breathing out and hold the position for one second. Check that your hands are still opposite the front of your chest and not skewed sideways by excessive twisting of your upper back and shoulders.

2. Turn back toward the front as you breathe in. As you move, turn your hands back inward to their original position, embracing the invisible balloon between your arms and chest. Relax and stay in this position for one second and finish breathing in.



### COMPLETING THE EXERCISE

Turn to the right, performing the same twist. Do this exercise four times to each side alternately.

Be sure to keep both feet flat on the floor throughout. This is essential to help draw the energy of the earth in through your feet as you do this exercise. Many of the vital energy meridians in your body stretch to your feet or have their origins there and it is essential to keep the contact from the soles of your feet and the ends of your toes right up through your back, neck, palms, and fingers.

### Advanced level

Practise this exercise regularly at the basic level for one or two years and then advance to the next stage.

When you turn to the left, imagine that your hands are pressing against an enormous ball of stone. As you breathe out imagine that you are pressing up from the floor and through your hands, initially with 20 per cent of your strength. Hold the position for one second.

Then, keeping your hands in place, breathe in and relax. This will cause your whole body to turn naturally ever so slightly back toward the front. Allow this to happen and finish breathing in.

Then, as you breathe out again, twist from your hips a little further to the side and imagine that you are using 40 per cent of your strength to press against the stone ball. Hold for one second,

then relax and allow the slight natural recoil of your body to take place.

Repeat on the same side, progressively using 50, 60, 70, 80, 90, and ultimately 100 per cent of your power each time you twist and breathe out.

Then perform the same sequence to the other side.



## 5. Lowering the Head and Hips Removes Excess Heat from the Heart

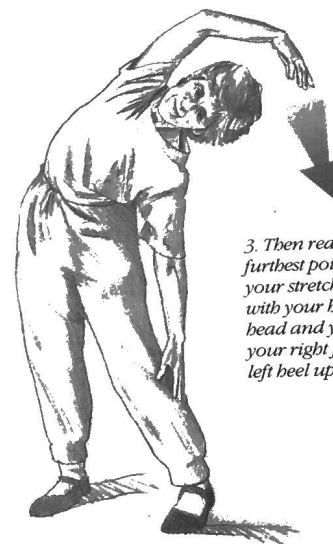
The explanations for the value of this exercise include prevention against fever and reduction of tension in the sympathetic nervous system. It certainly has a powerful relaxing effect and, as such, eases the flow of energy along a number of your body's meridians.

**CAUTION** Do not practise this Ba Duan Jin exercise when pregnant.

1. From the Wu Chi position (see p. 64), raise your right hand in an arc over your head with your hand held palm downward.



2. Breathe out as you bend over to your left. Keep your right arm curved above your head, letting your left arm hang naturally down by your side. Transfer all your weight to your right leg, allowing your left heel to rise slightly off the ground. Your body will arc outward naturally to the right, with both hands sinking loosely downward to the left. Stay there for one second. Stay relaxed.



3. Then reach over to the furthest point of comfort in your stretch. Hold the position with your hand over your head and your weight still on your right foot, keeping your left heel up.

### COMPLETING THE EXERCISE

Breathe in as you come up and repeat to the right side. Complete four stretches to each side alternately.

### Advanced level

After you have practised these stretches for a year or two, you can progress to the advanced levels.

First, instead of transferring your weight to the outer leg of the arc of your stretch, do the opposite. For example, when you bend over to the left, transfer your full weight to your left leg. Keep it straight as you bend over on that side, and allow your right heel to lift slightly off the ground. Do this for the sequence of eight stretches.

After practising the exercise in this new way for about a year — to increase the stretch and adjust your sense of balance — you can advance to a further level.

As you breathe out and bend over to the left, imagine a magnetic current running between your left foot (which is flat on the floor, bearing all your weight) and your two hands (which are forming an arc toward the ground). Imagine the magnetic force is pulling with 20 per cent of its strength. Finish breathing out. Stay relaxed, without

changing position, and take a small breath.

Breathe out again, this time imagining the force has increased to 40 per cent of its strength, pulling your hands closer to the ground. Then relax and breathe in, staying in that position. Complete eight pulls on that side, and progressively increase the power of the magnet to 100 per cent of its strength.

Then straighten up and repeat the same exercise stretching to the right side.

## 6. Touching the Feet with Both Hands Reinforces the Kidneys and Loins

This exercise is good for the muscles of your lower back and legs and for stretching your spine. It is also beneficial for the internal organs of your lower abdomen. The movements of your waist actually bring every tissue and organ of your abdomen into play. The whole exercise strengthens your kidneys, your adrenal glands, and the arteries, veins, and nerves associated with them. Since your kidneys play a vital role in regulating the water metabolism of your entire body, this exercise helps maintain a healthy balance in your internal environment.

**CAUTION** Do not practise this Ba Duan Jin exercise when pregnant.

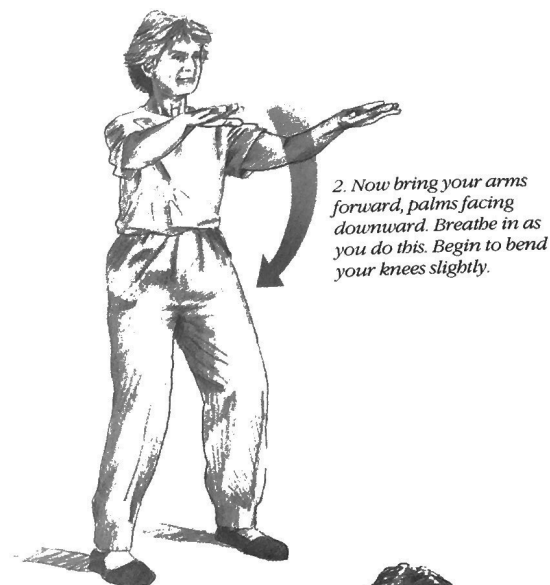
1. Starting in the Wu Chi position (see p. 64), raise your arms out to the sides to shoulder height.



### Advanced level

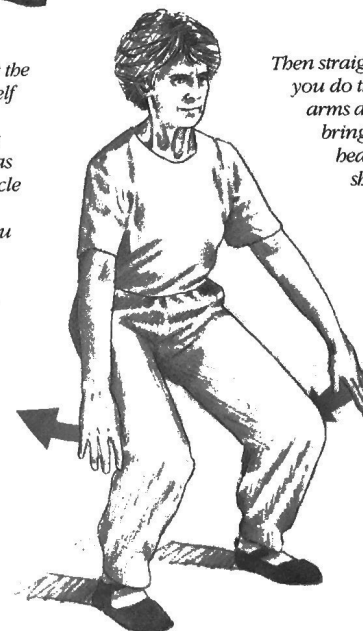
After a year or so of regular practice, you can move on to the next level.

Keeping your feet flat on the ground, lower yourself to a full squat. Remember to breathe out completely as you go down. This time your hands should brush over your toes as they circle down and around. Your circling arms will also help your balance. Look straight ahead. Try to keep your back vertical but not stiff. Don't crouch too far forward, but don't stiffen up so much that you lose your balance and fall backward. Resist the temptation to speed up; try to do this exercise calmly, slowly, and smoothly.



2. Now bring your arms forward, palms facing downward. Breathe in as you do this. Begin to bend your knees slightly.

3. Continue to bend at the knees, lowering yourself halfway down as if beginning a full squat position. Breathe out as you go down, and circle your arms down in front of you. When you reach the half squat position, hold it for one second. Imagine that you are resting your bottom on a very large, inflated balloon. Your hands will have come down to a point roughly level with your hips.



Then straighten up as you breathe in. As you do this, continue circling your arms around behind you (see left), bringing them up and over your head to rest in front of you at shoulder height where they began. Your hands should finish in this position by the time you are standing up.

Make eight full circles, moving slowly and steadily, letting your arms drop down as far as you can at the lowest point of the circles.

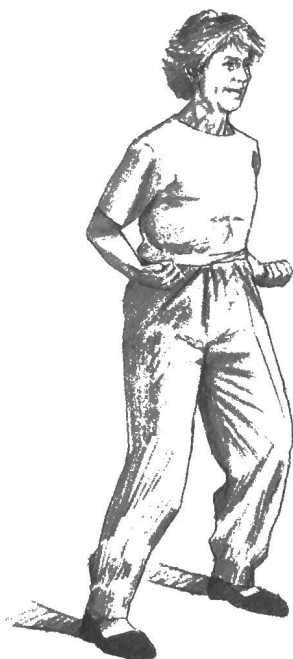
## 7. Clenching the Fists Increases Strength

This exercise develops the flow of Chi from your feet through your entire body and extends it through your hands and eyes. It excites your cerebral cortex and related nerves, and speeds the circulation of blood and oxygen in your cardiovascular system. This is not a punching exercise – it is designed to strengthen the flow of your internal power: it must be done slowly and calmly with great concentration. Each movement begins gently and the full power comes in only at the end of each extension.

**CAUTION** Do not practise this Ba Duan Jin exercise when pregnant.

### STARTING THE EXERCISE

Standing in the Wu Chi position (see p. 64), slightly bend your knees.



1. Fold your thumbs inside your fists (see right) and hold them beside your hips, palms facing upward. Breathe in.

*You may find it uncomfortable to hold your thumb inside your fist at first, but as you persevere it will become easier.*



2. As you breathe out, extend your left arm slowly forward at chest height, turning your fist over to finish palm down. At the same time, pull your right elbow back beside you. Look straight ahead and hold the position for one second.

*Repeat the exercise eight times, alternately extending your left and right arms.*

### Advanced level

Practise this level after a year or two of performing the basic exercise.

Start facing straight ahead, with your feet flat on the floor and your toes pointing forward. Then twist about 45 degrees to the left, without moving your feet.

Begin to extend your arms as in the basic exercise. Your fists will still move straight out from your shoulders,

but will be directed naturally toward the left.

As you extend your arms, it is very important at the advanced level to do the following four things at the same time.

First, breathe out fully through your nose.

Second, squeeze the fingers of both fists around the thumbs – so that your

thumbs are pressed tightly toward your palms.

Third, clench your teeth tightly.

Fourth, open your eyes as wide as you can and glare intently straight ahead.

The combination of these four movements greatly strengthens the power of this exercise.

## 8. Shaking the Body Wards off All Illnesses

This exercise aims to refresh and regenerate all your internal organs by enabling them to massage each other. It is also excellent for your spine, your nervous system, and your sense of balance.

**CAUTION** Do not practise this Ba Duan Jin exercise when pregnant.

### STARTING THE EXERCISE

Standing in the Wu Chi position (see p. 64), lower yourself slightly by bending your knees.

*Rest the backs of your hands on the flesh just above your hip bones on either side of your lower back. Shake your whole body by bouncing gently up and down from your knees. Your feet stay flat on the ground. Make sure your shoulders and elbows are completely relaxed so that their weight rests on the backs of your hands. You will feel your hands pleasantly massaging your lower back.*

*On each bounce, breathe out through your nose in little bursts, until you have exhaled completely. Keep bouncing as you inhale smoothly. Continue until you have completed eight exhalations and inhalations.*



### Advanced level

Although there is an advanced level for this exercise, it is not included in this book since there is a slight risk that some people might injure themselves if they attempt it without the guidance of an instructor. However, the benefit of the basic level of the exercise is considerable and it can be practised in combination with the advanced levels of the other exercises without causing any problem.



# THE WAY OF ENERGY

*Mastering the Chinese Art of Internal  
Strength with Chi Kung Exercise*



**Master Lam Kam Chuen**

