

Qigong

The Five Animals

By Stanislaw Sieradzk

Preparation

Position yourself in a relaxed shoulder-width stance, arms to the side, keeping your knees slightly bent and soft.

Transition

Let your arms float up to shoulder height. Next, imagine rubbing a big ball in front of you as you lower your hands down and, at the same time, bend your knees. Then, move your arms to your side and raise them to shoulder level, unbending the knees without locking them. Draw a circle in front of your heart to bring the energy in, and finally, push the energy down as you lower your hands and bend your knees slightly. Now, you are ready for the next movement.

1. Tiger

Place your hands in front of your legs and make relaxed fists. Raise your fists above your head as you unbend the knees and lightly stretch your back. Open your fists so that your hands look like claws; at the same time, lower your arms and curl your spine as you bend your knees. Repeat.

Transition

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2. Deer

With your knees slightly bent, create the deer symbol with both hands (tuck in the middle and ring finger while stretching the other three). Move your arms up to shoulder height as you unbend the knees. Next, pull back and rotate the right arm, like a swim stroke. Once the arm comes back to the front, pull back and rotate the left arm. Repeat.

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Transition

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3. Bear

Place your hands on your hips. Turn your waist to the right corner, bend your back, and rotate to the left corner. Unbend your back and come back to the center. Now, turn your waist to the left corner, bend your back, and rotate to the right corner. Unbend your back and come back to the center. Repeat.

Transition

Let your arms float up to shoulder height. Next, imagine rubbing a big ball in front of you as you lower your hands down and, at the same time, bend your knees. Then, move your arms to your side and raise them to shoulder level, unbending the knees without locking them. Draw a circle in front of your heart to bring the energy in, and finally, push the energy down as you lower your hands and bend your knees slightly. Now, you are ready for the next movement.

4. Monkey

Bend your knees and curl your fingers to represent the monkey paws. Raise your hands to chest height, and at the same time, unbend your knees. Turn your head to the right and then to the left. Move your head back to the center. Lower your hands to the original position. Repeat.

*Note: If you feel stable enough, you can include getting on your tippy toes as you turn your head.

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5. Crane

This exercise includes two levels.

Level 1: Tap one foot in front.

Level 2: Raise one knee.

Part 1: Start in a shoulder-width stance with your feet slightly turned out, like an open “V” position. Next, raise your right knee as you lift your arms to shoulder height. Lower your knee and arms at the same time. Next, raise your left knee as you lift your arms to shoulder height. Lower both your knee and arms.

Part 2: Start in a shoulder-width stance with your feet slightly turned out, like an open “V” position. Next, raise your right knee as you lift your arms above your head, the back of the hands touch. Lower your knee and arms simultaneously. Next, raise your left knee as you lift your arms above your head, the back of the hands touch. Lower both your knee and arms.

Repeat starting with Part 1.

Final Transition

Let your arms float up to shoulder height. Next, imagine rubbing a big ball in front of you as you lower your hands down and, at the same time, bend your knees. Then, move your arms to your side and raise them to shoulder level, unbending the knees without locking them. Draw a circle in front of your heart to bring the energy in, and finally, push the energy down as you lower your hands and bend your knees slightly. Now, you are ready for the next movement.

Bow down and finish.