

The Eighteen Movements of Taiji Qigong

Starting Movement
 Creates harmony
 Balances blood pressure
 Strengthens the heart
 Eases arthritic conditions



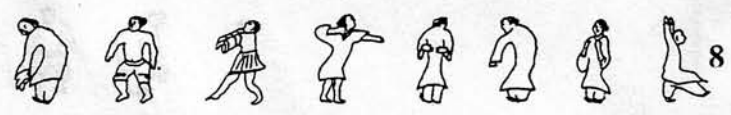
Opening The Chest
 Lungs, heart
 Eases depression
 Tranquillizes
 Eases hypertension



Rainbow Dance
 Spleen, stomach, liver, digestive system
 Strengthens digestive system
 Helps stomach problems



Separating The Clouds
 Lungs, Ren channel
 Balances energy field
 Strengthens legs



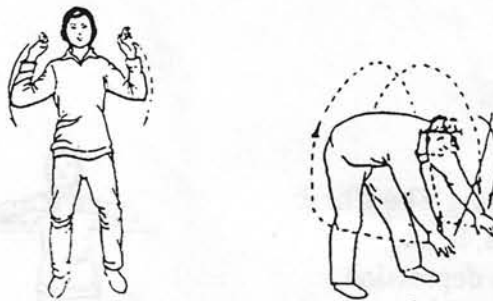
Rolling The Arms

Lungs, kidneys
Helps arthritis
Helps asthma
Good for backache



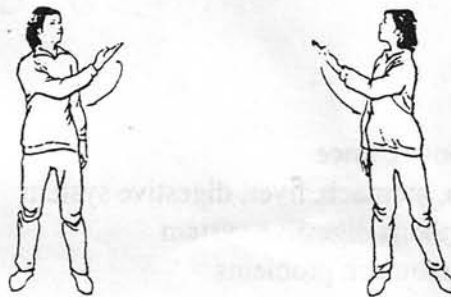
Rowing The Boat

Kidneys, digestive system
Helps backache
Helps headache
Stimulates digestive system



Lifting The Ball

Lungs, kidneys
Helps asthma
Regulates blood pressure
Improves shoulder mobility



Looking At The Moon

Lungs, kidneys, digestive system
Weight loss
Stomach problems
Spinal problems, backache



Pigeons Flying

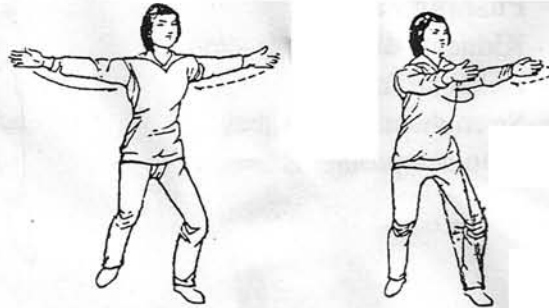
Jellyfish

Middle dan tian, digestive system, lungs

Improves digestion

Helps liver

Releases chest tension

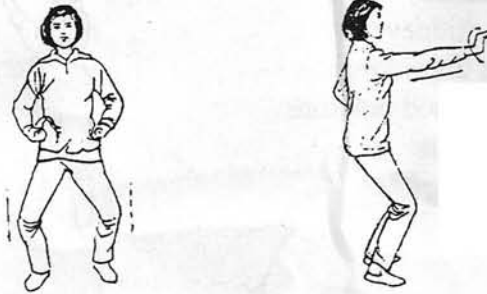


Punching

Legs, arms, lungs

Improves concentration

Stores Qi

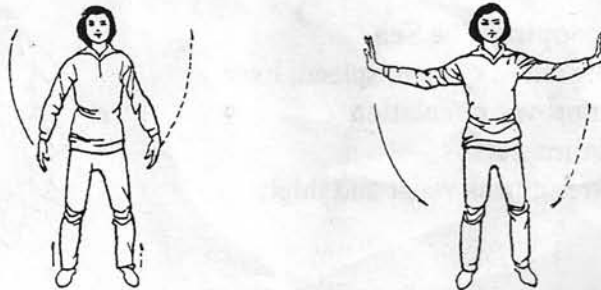


Flying Goose

Spleen, kidneys

Improves blood pressure

Aids balance



Rotating The Wheel in a Circle

Kidneys

Good for backache

Low blood pressure

Revitalises a tired body



Pushing Palms

Kidneys, digestive system
Helps arthritis
Strenghtens legs, knees
Stomach problems



Cloud Hands

Stomach, kidneys
Improves digestion
Regulates bood pressure
Helps arthritis



Scooping The Sea

Digestive system, spleen, liver
Improves circulation
Calms nerves
Strengthens waist and thighs



Pushing The Waves

Lungs, kidney foot point
Lowers high blood pressure
Calms nerves
Strengthens thighs, knees



Marching and Bouncing a Ball

Coordination

For developing vitality



Balancing Qi

For calming down

Returning Qi to the lower Dan Tian



These are the 18 movements of Taiji Qigong. Practise every day and your health will improve. When you do the exercises you will feel the Qi flowing inside the body. Eventually your Qi will be strong enough to keep you healthy and high spirited!

