



Chan Si Gong

The foundation and core of all arts is in learning the basics, drilling the basics to the point where they become habits and are natural. Forgotten by the conscious mind but integrated into our muscle memory. The ground level and foundation of all internal arts come from our practice and study of Standing Meditation (Zhan Zhuang), Energy Work (Qi Gong), Spiraling Power (Chan Si Gong), and releasing exercises (Fa Sung Gong).

These methods focus our mind and senses on our body movements, coordination, and structure in order to strengthen and improve our ability to remain safe and solid in all movements and be able to generate full body power anytime without having to prepare or wind up to issue strength in any and all directions.

Zhan Zhuang:

- Wuji - Standing
- Hou Bao Sho - Monkey Holds Cauldron
- Bao Sho - Holding the Ball
- Peng - Universal Post
- Chi Shih - Opening
- Tui Shan - Push Mountain

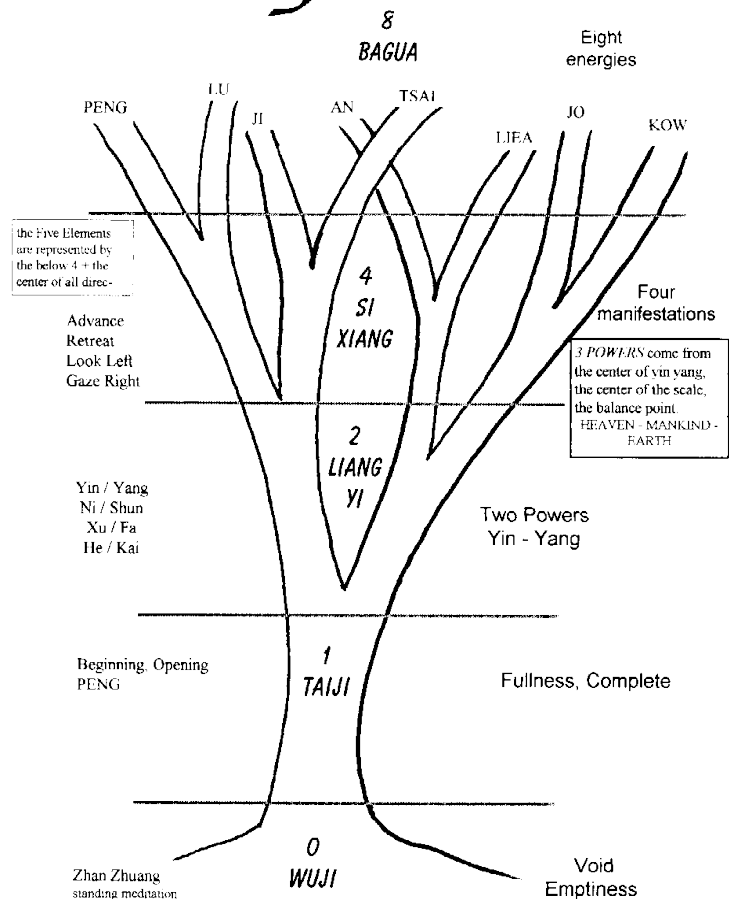
Chan Si Gong:

- Dantian circle - waist to feet loop
- Body Circle - shoulder to feet loop
- Elbow Circle - Elbow to shoulder loop
- Arm Circle - Hand tracing a circle
- Wrist Circle
- Fountain - Two Hands Up Centerline
- Eagle Pierces Sky - One Hand Pokes up
- Yin Yang Palms - Pushing Downward
- Peng, Lu, An, Ji - Front circle
- Crane Spreads Wings - Two Hands
- Clear Shoulder - Reverse of Crane
- Whirl Arms - Pushing Away
- Knee Circle in/out - One leg

Fa Sung Gong

- Reaching Down - Poke the ground
- Lifting Paws - Look under hands L & R
- Monkey Looks To Rear
- Walking Square Monkey Looks to Rear
- Swing to tree - Reaching side to side
- Swinging Arms - Around head and swing

Taiji Tree



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