

SYLLABUS OF MARTIAL QIGONG  
Level I



**SEVANGEE**  
Initiating Potentiality

*By*  
*CHRISTOPHER FERNANDES*

# SYLLABUS OF MARTIAL QIGONG

## LEVEL I

### I. Walk Cycles

- a. One step walk cycle
- b. Two step walk cycle
- c. Three step walk cycle
- d. Equal Breath walk cycle
- e. Lung Tonification walk
- f. Kidney Tonification walk
- g. Liver Tonification walk
- h. Heart Tonification walk
- i. Spleen Tonification Walk
- j. Immune system Tonification walk

### II. Basic of Tai Chi form

- a. Tai Chi Walk
- b. Tai Chi Kick
- c. Grasping the Bird's Tail
- d. Brush Knee, Twist, Step aside
- e. Repulse the Monkey
- f. Wave Hands like Clouds
- g. Snake creeps low

### III. Qigong/Chi-kung Walk

- a. Front
- b. Side
- c. Back
- d. Circular

### IV. Eight Pillars of Tai Chi

1. Ward
2. Roll
3. Press
4. Push
5. Split
6. Pull or Grab
7. Elbow Strike
8. Shoulder Strike

### V. 8 Principle of Tai chi boxing

- Listen
- Understand } with back palm

- Neutralize or yield } with wrist
- Leading } with wrist
- Control } with palm
- Hold or lock } with palm
- Destroy structure } with fingers/natural weapons
- Strike back } with fingers/natural weapons

## VI. Chi Sau (Sticky Hand)

- Vertical Roll - Single/Partner
- Horizontal Roll - Single/Partner
- Figure of '8' - Single/Partner

## VII. Yang Tensing Arm

- a) Front (Yin/Yang) - Linear/Circular
- b) Side (Yin/Yang) - Linear/Circular
- c) Up (Yin/Yang) - Linear/Circular
- d) Down (Yin/Yang) - Linear/Circular

## VIII. Lop Sau (Grabbing Hand)

- Vertical Plane - Partner
- Horizontal Plane - Partner
- Figure of '8' - Partner

## IX. Footworks

- Hopping
- Shuffling
- Half moon
- Side stepping
- Cross-stepping or twisting
- Circular

## X. 24 Steps Combined Beijing Short Form

1. Opening the form 12 o'clock
2. Grasping the Bird's Tail (1) 11 o'clock
  - Grasping the Bird's Tail (2) 1 o'clock
  - Grasping the Bird's Tail (3) 11 o'clock
3. White Crane Spreads its Wings 11 o'clock
4. Brush knee twist step aside (1) 11 o'clock
  - Brush knee twist step aside (2) 1 o'clock
  - Brush knee twist step aside (3) 11 o'clock
5. Hand strums the Lute 11 o'clock
6. Repulse the Monkey (4 times) 6.25/6.35/6.25/6.35
7. Grasping the Bird's Tail (left) 9 o'clock
8. Grasping the Bird's Tail (right) 2 o'clock

9. Single Whip		8 o'clock
10. Wave Hands like Clouds	(3 sets)	8 to 3 o'clock
11. Single Whip		9 o'clock
12. Parting the Wild Horse's Mane		9 o'clock
13. Right Heel Kick		9 o'clock
14. Punching the opponent's ear		9 o'clock
15. Left Heel Kick		5 o'clock
16. Snake creeps low & Golden Rooster	stand on one leg	Between 1 & 2 o'clock
17. Snake creeps low & Golden Rooster	stands on one leg	Between 4 & 5 o'clock
18. Fair lady works at the Shuttle	(Left side)	Between 4 & 5 o'clock
19. Fair lady works at the Shuttle	(Right side)	Between 1 & 2 o'clock
20. Needle at the bottom of the Sea		Between 1 & 2 o'clock
21. Oblique Fan		9 o'clock
22. Parry and Punch		9 o'clock
23. Pushing the Kun lun mountain		9 o'clock
24. Closing the Form		12 o'clock

**Note:**

- I. Do the form in High Frame.
- II. Do the form in Middle Frame.
- III. Do the form in Low Frame.
- IV. Do only the Leg Form.
- V. Do only the Hand Form.
- VI. Do the form with only Right Hand.
- VII. Do the form with only Left Hand.
- VIII. Do the form with only one hand, counting backwards.
- IX. Do the form with regular breathing
- X. Do the form very slowly focusing on the joints (should take about 20 minutes).
- XI. Do the form with Reverse Breathing.

**XI. Qi/Chi Cultivation**

- |  |               |
|--|---------------|
| a) Long Wave Breathing                       | 9 breaths     |
| b) Ear Breathing                             | 9 X 3 breaths |
| c) Tai Yin Breathing                         |               |
| ➤ Palms at shoulder level in front           | 9 breaths     |
| ➤ Palms at shoulder level at side            | 9 breaths     |
| ➤ Palms behind the back                      | 9 breaths     |
| d) Reverse Breathing<br>(Embracing the tree) | 9 breaths     |
| e) Fire Breathing                            | 36 breaths    |
| f) Wood Cutter Breathing                     | 9 breaths     |
| g) Heel Banging                              | 9 breaths     |

**XII. Qi/Chi Harnessing**

- |  |   |            |
|--|---|------------|
| 1. Opening the form – up/down with knee movement | – | (36 times) |
|--|---|------------|

2. Chi gathering with knee movement – (36 times)
3. Figure of eight – (36 times)
4. Circling the chi
  - a. right leg in front right hand on top – clockwise rotations – (36 times)
  - b. right leg back left hand on top – anticlockwise rotations – (24 times)
5. Pressing down the ball in front – (36 times)
6. Raven flapping its wings – bird breath
  - a. throat level (Front to side) – (9 times)
  - b. solar plexus level (angular) – (9 times)
7. Collecting the chi – circle palms around up to down – right hand inside for women – body movement up & down – (36 times)
8. Harnessing the Chi field – ball breath
  - a. down to up on right & left side (tilling the land) – (9 & 9 times)
  - b. up to down on right & left side (ploughing the land) – (9 & 9 times)
9. Storing the chi – rotate the tantien (36 clockwise & 24 anticlockwise)
10. Belt channel breathing – (9 times)
11. Parting the wild horse's mane - sweeping or wiping the glass – (36 times)
12. Circling the leg – outward movement (18 with right leg & 18 with left leg)
13. Fair lady works the shuttle – right & left with leg movement – (36 times)
14. Eagle swooping down – hands poking down with leg movement – (36 times)
15. Expand & compress chi at tantien – (36 times)
16. Open up the thymus – phoenix opens its wings (front & back bending) – (36 times)
17. Golden goose walk on clouds – (36 times)
18. Rainbow dance – (36 times)
19. Repulse the monkey – (36 times)
20. Dance of the spine
  - a. Upward (vertebrae to vertebrae) – (9 times)
  - b. swinging (vertebrae side to side - right & left) – (9 times)
  - c. spiral vertebrae (clockwise and anticlockwise) – (9 times)
21. Reaching for the moon – left & right – (36 times)
22. Pushing the Kunlun mountain – (18 & 18 times)
23. Propping up the sky – circular movement – (36 times)
24. Yin yang breath – rotate energy in the form of yin yang symbol
  - a. 9 times at tantien, ming men, right side, left side, perineum, navel
  - b. Micro cosmic orbit breathing – (9 times)

**Note:** Shake & vibrate the excess energy out, before coming out of the training scheduled.

### **XIII. Basic Locks (Grabbing Hand within the form)**

- Wrist Lock (first, second, third, fourth, & fifth locks) - Partner
- Elbow Lock {basic arm, straight arm (side, down, up)} - Partner

### **XIV. Falls & Rolls**

1. Rolling sideward.
2. Rolling forward and backwards.

3. Falling sideways on the side of the upper arm & side of the back.
4. Roll forwards on the shoulder.
5. Falling forward on palms.

## **XV. Building Core (Planks)**

1. Normal Plank – front
2. One leg on top of the other
3. One leg balancing
4. One hand balancing
5. Alternate hand and leg balancing
6. Alternate Knee to elbow
7. Normal Plank – side
8. One leg balancing
9. Inner leg balancing
10. Top knee to opposite thumb
11. Normal Plank – Back
12. One leg on top of the other
13. One leg balancing

**Note:** Hold each position for minimum 30 secs., do normal breathing & be calm & relaxed.

## **XVI. Flexibility (Static/Ballistic)**

### **1. Neck**

- Neck side to side
- Neck up and down
- Neck touching shoulder
- Full rotation
- Turtle Neck
- Turtle neck with twisting

### **2. Shoulder**

- Straight arm flings
- Incline arm flings
- Arms up and down
- Full rotation
- Alternate full rotation
- Arms stretch (front, up and back)

### **3. Elbows**

- Holding wrist behind the back
- Joining palm behind the back
- Cross elbow twisting (front & side)

### **4. Wrist**

- Opening and closing palm
- Wrist twisting
- Wrist rotation

### **5. Fingers**

- Finger stretching
- Finger twisting
- **Finger tensing**

## 6. Waist

- Waist twisting
- Waist bending and twisting
- Touching alternate toes
- Front bending (standing & sitting)
- Front incline bending
- Cross leg bending
- Side bending
- Incline bending
- Back bending
- Angular bending
- Full body rotation
- Waist rotation (horizontal & vertical)

## 7. Hips

- Spread leg touch forehead to floor
- Spread leg touch forehead to knees alternatively
- Repeat the above two exercises sitting down
- Sitting down touch alternate elbow to knees
- Sitting down twist waist to sides
- Sitting down touching forehead to toes
- Sitting down stretch gluteus muscles
- One leg stretch (sitting & standing)
- Leg swinging (Front, side, back, circular & reverse circular)
- Circling Knees (inside & outside)

## 8. Knee

- Knee rotation (clockwise & anticlockwise)
- Opening and closing knees

## 9. Ankle

- Calves stretches
- Ankle stretch
- Ankle rotation (clockwise & anticlockwise)

## 10. Toes

- Toes & Heel stretch
- Toes rotation (clockwise & anticlockwise)

## XVII. Tendon Exercises

- **Walk cycles – aligned with the core:**
  - ❖ Squat and stretch walk 30 steps
  - ❖ Normal crawl 30 steps
  - ❖ Crawling on wall 20 times
  - ❖ Snake pushups 30 steps
  - ❖ Crocodile walk 30 steps

- ❖ Reverse crocodile walk 20 steps
- ❖ Random combination push-ups (No form push-ups) 3 minutes
- **Finger-tips:**
  - ❖ Clawing the air 108 times.
  - ❖ Claw wall-walking 20 times.
- **Wrists:**
  - ❖ Wrist rotation - (clockwise and anti-clockwise) 108 times
  - ❖ Wrist-bends combined with wall-walking 10 times.
- **Squats:**
  - ❖ Half squat 50 times.
  - ❖ Feet together squat 50 times.
  - ❖ One leg stretch squat 50 times.
  - ❖ Squat and rise (with partner) 50 times.

### XVIII. Qi/Chi Cultivation

- 1) (YIN Breath) Long wave breathing (9 times).
- 2) (YANG Breath) Reverse Breathing (9 times).
- 3) (YIN Breath) Mini Microcosmic Orbit (9 times).
- 4) (YANG Breath) Fire Breathing (36 times).
- 5) (YIN Breath) Chi Expansion
  - a. Horizontal: (9 times).
  - b. Chi Expansion vertical: (9 times).
- 6) (YANG Breath) Ming Men Breathing (9 times).
- 7) (YIN Breath) Testicles/Ovarian Breathing (9 times).
- 8) (YANG Breath) Tan-tien breathing (9 times).
- 9) (YIN Breath) Silver Straw Breathing (9 times).
- 10) (YANG Breath) Chi Chung breathing (9 times).
- 11) (YIN Breath) Sole/blue water breathing (9 times).
- 12) (YANG Breath) Governor Channel Breathing (9 times).
- 13) (YANG Breath) Functional Channel Breathing (9 times).
- 14) (YIN Breath) Union of Heaven & Earth (9 times).
- 15) (YANG Breath) Chi Compression (Scrotal Breathing) (3 times).
- 16) (YIN Breath) Spacious Breathing (9 times).
- 17) (YANG Breath) Water Buffalo Breathing (3 times).
- 18) (YIN Breath) Tao-in breathing (9 times).

#### Note:

- Complete the exercises by circling the energy in the tan tien, 36 clockwise and 24 anticlockwise, (for ladies place your right palm first, then place left palm on top of right palm).
- Then do the microcosmic orbit breathing maximum for 36 counts,
- Then finish the exercises by tapping the whole body and,
- Then do banging the heel. Inhale as you stand on your toes & then exhale as you bang your heels on the floor. Do this for minimum 9 times.

