

SYLLABUS OF MARTIAL QIGONG
Level II



SEVANGEE
Initiating Potentiality

By
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SYLLABUS OF MARTIAL QIGONG

LEVEL II

I. Chi Sau Revision (Sticky Hand – One & Two Hands)

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

II. Yin Tensing Method (Subtle tensing of Hands)

1. Embracing the tree posture, (36 times).
2. Pushing the mountain, (36 times).
3. Piercing the iron curtain, (36 times).
4. Knife hand strike, (36 times).
5. Slicing the cake, (36 times).
6. Reverse slice, (36 times).
7. Shrugging the shoulder. (36 times).

III. Holds and Locks & Revision (Grabbing Hand)

- Wrist Lock (revision) - Partner
- Elbow Lock (revision) - Partner
- Shoulder Lock (front bend arm, back bend arm, under arm) - Partner
- Chokes (side of neck, with arm lever, lungs) - Partner

IV. Tensing (Eight Jewels of Tai Chi)

1. Propping up the sky
2. Drawing the Bow
3. Raising one arm
4. Twisting the neck
5. Swaying head & buttocks
6. Bending backward & forward
7. Punching the tiger's eye
8. Banging heels

V. Falls & Rolls

1. Rolling over obstacles.
2. Cart wheel
 - a. Two hand cart wheel.
 - b. One hand cart wheel.
3. Front flip (optional)
4. Back flip (optional)

VI. Crunches with Breath-work

- Simple crunches with co-ordination of breath.
- Butterfly crunches.
- Straddle crunches.
- Hurdle crunches.
- Shinbox crunches.
- Combination of all the above crunches.

VII. Basic Tendon Work

- Elbow crawl with hands on back of head.
- Body crawl with hands holding leg behind back – forward & sideward (dhanur asan).
- Limbering the body through hold and lock, by going with the flow.
- Flying pushups.

VIII. Dynamic Flexibility/Strengthening & Tendon Building

1. Fingers & Wrists

- Pushup position on fingers, knuckles, wrist, side of palm, etc. holding each position at various levels.
- Clenching fingers of partner from front, side, back, twisting, and bending.
- Stretching knuckles to side (fist wheel to fist heart, to fist eye) in pushup position.
- Moving fingers in all position from tip, side, palm, knuckles, etc. (floor & wall – similar to wall crawl).
- Moving from palm to wrist, back and forth, from either side in pushup position.
- Move body weight on knuckles to fist eye, to fist wheel, to fist heart, and then to elbows, and then roll around like the wrist.
- Knuckle crawl, in either pushup position, or asymmetric body position, keeping hands close, faraway, or angular - in front, side and back position.

2. Elbows

- Locking elbow behind knees, or straightening elbows.
- Rotating elbow in circles (horizontal & vertical keep elbow parallel to floor).
- Rotate elbow and forearm alternately, on ground, from kneeling to pushup position.
- Rotate wrist, elbow and forearm alternately, on ground, from kneeling to pushup position.
- Resisting work with partners.

3. Shoulder

- Moving shoulders up and down in vertical position.
- Moving shoulders forward and backward in horizontal position.
- Moving shoulders out to in, sideways.
- Stretching back shoulders with squats, leaps & jumps, partner's hold.
- Rotating shoulders in circles in front of the body (clockwise & anticlockwise).
- Pinching partners knife hand in between shoulder blades.
- Shoulder rotation on the wall.

- Shoulder pressure exercises
- Rotating shoulders on floor from side plank position.
- Rotate wrist, elbow, forearm and shoulder alternately, on ground, from kneeling to pushup position.
- Rotating full body on chest & shoulder with hand held behind (bridge posture).

4. Neck

- Pressing neck from all six sides either alone, with wall support or with partner
- Pulling partner's back of the neck down from half squat to full squat
- Rotating full body on neck (bridge posture)
- Partner helping to strengthen neck while doing crunches, lying on his back.
- Throwing opponent with neck power (while choking)

5. Mid-section

- Moving chest in and out (Hollowing it).
- Moving sternum clockwise and anticlockwise.
- Striking with sternum.
- Balancing in cock posture.
- Balancing in boat posture.
- Random combination push-ups (No form push-ups)
- Random combination partner push-ups
- Multiple partners' random combination push-ups
- Flying pushups
- Partners walking and jumping on abdomen.
- Rotating torso, keeping lower body as dead weight, or with partner holding legs.
- Grabbing partner's ankle and lifting leg as straight as possible in straight form or angular form, in slow form.
- Resisting pressure from partner while doing crunches.

6. Hips

- Stretching one leg by keeping straight and stretching side, back and front of the stretched leg.
- Placing one foot to the wall and rotate body around it.
- Moving body forward, backward, sideward on hip with leg elevated.
- Cycling on one leg in standing posture.
- Lying down next to partner, clamp his hand & leg and stretch hamstring muscles.
- Lying down leg wrestling by pushing partner's leg down.
- Kneeling down posture, back bending posture, without touching hand to floor.
- Wriggling the back against wall with half squat position, moving up, down, sideward, etc.

7. Toes

- Rotate whole body on toes, side of foot, heels and the arch with alternate leg.
- Balance body weight on toes.
- Grabbing fingers or fine materials with toes.
- Foot against foot pressure.

8. Ankle

- Rotate whole body on toes, side of foot, heels and the arch with alternate leg, and stretching towards the ankle.

- Walking with the inside of the leg, or outside or blade of the foot, by jumping, either simple or spinning jump.

9. Knee

- Knee rotation (clockwise & anticlockwise) in sitting position either same leg or alternate leg.
- Walking on knees
- Leopard stance stretch on knees.
- Pushing knees inside and outside with partner while standing.

IX. Poke/Attack/Evasion

1. Attack from behind
2. Attack from front
3. Attack from front while stuck in a corner
4. Evasion and deflection using the body
5. 2 man attack
6. 5 point attack evasion - neck, shoulder, waist, knee, and ankle
7. Attack while in push-up position

X. Building the Structure (Tai Chi Chi Gong)

- Opening the joints of the body
- Opening the three dantian with Crane move
- Holding the ball in each posture for 3 minutes
- Yin & Yang tensing movement in the form
- Yin & Yang tensing movement with reverse breath in the form

XI. 12 Yi Jin Jing (Tensing)

1. Pressing the Pestle (9 times)
2. Vanquishing Pole across shoulders (9 times)
3. Holding the heavenly Gates (9 times)
4. Plucking & Resetting the Stars (9 times)
5. Pulling 9 Oxen by Tails (9 times)
6. Stretch Paw and spread wings (9 times)
7. 9 Ghosts pulling out Sabers (9 times)
8. Dishes falling to Ground (9 times)
9. Green Dragon stretch its paws (9 times)
10. Hungry Tiger Pounce its prey (9 times)
11. Bend waist and strike Heavenly drum (9 times)
12. Head & Tail wagging (9 times)
13. Closing Form
 - i. Channel Massage (9 times)
 - ii. Tapping (minimum 18 times)
 - iii. Heel Banging (9 times)

XII. Combine Beijing Competitive Form (42 – Steps)

Routine I:

1. Opening the form (12 o'clock)
2. Grasping the bird's tail (weight on left leg) (12 o'clock)
- Grasping the bird's tail (wt. on right leg – ward, roll, press, push) (3 o'clock)
3. Single whip (weight on left leg) (8 o'clock)
4. Hands strum the lute (place left heel) (12 o'clock)
5. White crane spreads its wings (8 o'clock)
6. Brush knee and twist step on both sides (8 & 10 o'clock)
7. Scrape Punch (10 o'clock)
8. Circle palm and push palm on both sides (10 & 8 o'clock)
9. Shoulder Block, Parry and punch (9 o'clock)
10. Apparent closing up (12 o'clock)

Routine II:

11. Lift hand up, circle, open up and sweep (12 o'clock)
12. Block, gather energy (9 o'clock)
13. Sink down fist under the elbow (9 o'clock)
14. Turn body and push palm, drag leg (both sides) (8 & 10 o'clock)
15. Fair lady works at the shuttles (both sides) (6 & 3 o'clock)
16. Kick with heel (both sides) (6 o'clock)
17. Cover hands and strike with arm (6 o'clock)
18. Patting the wild horse mane (both sides) (Facing 6 & 12 o'clock)

Routine III:

19. Wave hands like clouds (Facing 12 o'clock)
20. Step backward and beat the tiger (12 o'clock)
21. Kick with right leg (12 o'clock)
22. Strike opponent's ears with both fists (12 o'clock)
23. Kick with left leg (12 o'clock)
24. Turn body and slap right foot (9 o'clock)
25. Punch downward (9 o'clock)
26. Shoulder Strike (9 o'clock)
27. Single whip (9 o'clock)
28. The golden rooster stands on one leg (12 o'clock)
29. Step Backward and thrust spear hand palm (12 o'clock)

Routine IV:

30. Needle at the bottom of the sea (5 o'clock)
31. Hold palm up and stand on one leg (5 o'clock)
32. Lean body in horse stance & press with left fist (6 o'clock)
33. Turn body for large deflecting (Oblique fan - 360⁰) (6 o'clock)
34. Double block and punch in low twist stance (6 o'clock)
35. Thread palm and push down (Spear hand) (3 o'clock)
36. Step forward with cat stance (3 o'clock)
37. Mount the tiger and stand on one leg (3 o'clock)
38. Turn body with lotus kick (10 o'clock)
39. Curved bow shoots tiger (9 o'clock)

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| 40. Grasping the bird's tail (left leg - ward, roll, press, push) | (9 o'clock) |
| 41. Turn and lift the mountain | (12 o'clock) |
| 42. Closing the form | (12 o'clock) |

XIII. Five Animal Qigong

1. Tiger Searches for Food
2. Tiger Claws
3. Tiger Pounces
4. Tiger Pierces
5. Tiger catches its tail
6. Deer Stretch its Spine & Hip
7. Deer Twist its Spine
8. Deer Runs
9. Deer Scoops Down
10. Deer Entwining
11. Bear Twists
12. Bear Pushes
13. Bear Bumps
14. Bear Stretches
15. Bear Hangs
16. Monkey turns & rotate foot
17. Monkey Plucks Fruit
18. Monkey Rubs back
19. Monkey Scratches
20. Monkey Spits
21. Crane Flaps its wings
22. Crane Gazes
23. Crane Takes off
24. Crane Soars
25. Crane Lands

XIV. Tan tien Qigong

- Swallowing the Cosmos breathing
- Feeling the Lower Dantian
- Squatting Posture
- Beej Mantra (Hung, Hum, Hoo, Haa, Wuu)
- Dragon Breath
- Tiger Breath
- Combine Dragon and Tiger Breath
- Empty Force:
 1. Lower Dantian (Bladder)
 2. Navel
 3. Sides of Lower Dantian
 4. Sides of Navel

5. Mingmen
 6. Kidney
 7. Solar Plexus
 8. Combine all the above 7 areas
- Tan tien Qigong:
 1. Rabbit (Front Dantian)
 2. Crane (Both sides of Lower Dantian)
 3. Bear (Back part of lower dantian)
 4. Swallow (Left and right side of Dantian)
 5. Dragon (Left, right and middle Lower Dantian)
 6. Eagle (Lower Dantian)
 7. Monkey (Lower and Upper Dantian)
 8. Elephant (Left and right Kua and Lower Dantian)
 9. Rhinoceros (Left side and right side dantian)
 10. Horse (Upper Dantian and Solar Plexus)
 11. Bull (Back side Lower Dantian)
 - Closing the Tan Tien Qigong form.



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