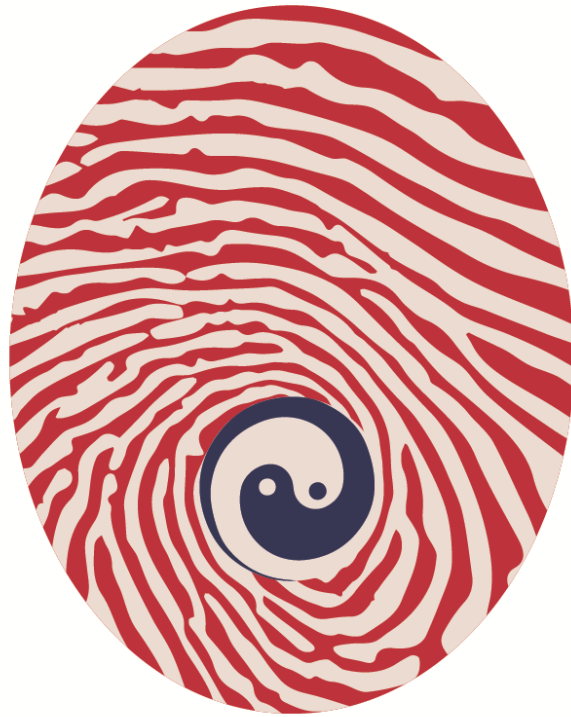


# SYLLABUS OF ENERGY WORK

## Level II



**SEVANGEE<sup>TM</sup>**  
Initiating Potentiality

*By*  
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## LEVEL II

### I. 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

### II. Chi Sau (Sticky Hand)

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

### III. 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 |

### IV. Lop Sau (Grabbing Hand)

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

### V. 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)                        |



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12. Circling the leg – outward movement – hold ball on opposite side – (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 – Surrender to the order/phoenix opens its wings (front & back bending) – (36 times)
17. Golden goose/walk on clouds – with leg movements to the right & left – (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, solar plexus
  - b. Micro cosmic orbit breathing – (9 times)

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

## VI. Combine Beijing Long 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 - 360°)           | (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)  |
| 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 form  | (12 o'clock) |

#### VII. 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 |

#### VIII. 13 Tai Chi Straight Sword Techniques

- |     |      |   |   |
|-----|------|---|---|
| 1.  | Ji   | - | Strike, hit, attack                                   |
| 2.  | Ci   | - | Stab, Pierce, thrust                                  |
| 3.  | Ge   | - | Cut off, divide, block, obstruct                      |
| 4.  | Xi   | - | Brush off, clean off, twirling                        |
| 5.  | Chou | - | Pull out, slash across or cut out                     |
| 6.  | Dai  | - | Deflect, slicing, to circle                           |
| 7.  | Ti   | - | Upward stroke, lifting up                             |
| 8.  | Dian | - | Point, Direct, poke                                   |
| 9.  | Peng | - | Bursting, gush out, split open                        |
| 10. | Pi   | - | Split, hack, chop, cut apart                          |
| 11. | Jie  | - | Intercept, Obstruct, downward cut                     |
| 12. | Jiao | - | Stir, mix, to agitate, to annoy                       |
| 13. | Ya   | - | Press, push down, crush, pressure, keep under control |

#### IX. 32 Tai Chi Sword Form

##### Routine I:

- |    |                              |              |
|----|------------------------------|--------------|
| 1. | Opening the Form             | (12 o'clock) |
| ➤  | Hide the Pearl in the Sleeve |              |
| 2. | Transfer sword and chop down | (9 o'clock)  |

3. Swallow touches the water (squat low) (12 o'clock)
4. Big Dipper playing with the North Star (stand on one leg) (12 o'clock)
5. Sweep to the left (8 o'clock)
6. Sweep to the right & left (10 & 8 o'clock)
7. Spirit of the night explores the sea (one leg) (9 o'clock)
8. Embrace the moon (one leg) (9 o'clock)
9. Tired Bird returns to its nest (9 o'clock)

**Routine II:**

10. Black Dragon waves its tail (cat & white crane) (11 o'clock)
11. Hornet enters the nest (cut to right and left) (11 & 8 o'clock)
12. Turn body to restrain the horse (cut diagonally) (3 o'clock)
13. Wait for the fish (withdraw sword & body in cat) (3 o'clock)
14. Holding the sword (one leg) (3 o'clock)
15. Wild Horse jumps over the stream (3 o'clock)
16. Little Dipper (right cat) (3 o'clock)
17. Scoop up the moon from the sea bottom (twist stance) (3 o'clock)
18. Rhino looks at the moon (3 o'clock)

**Routine III:**

19. South pointing needle (feet together) (9 o'clock)
20. Blow the dust against the wind left (8 o'clock)
21. Blow the dust against the wind right (10 o'clock)
22. Blow the dust against the wind left (8 o'clock)
23. Push the boat down the river (twist stand) (3 o'clock)
24. Comet chases the moon (overhead strike) (9 o'clock)
25. Spread the grass to look for the snake (3 o'clock)

**Routine IV:**

26. Pick up the curtain (Cat stance) (12 o'clock)
27. Cartwheel the sword (twist to bow) (3 o'clock)
28. Phoenix spreads its wings (twist stance with elegant sword) (9 o'clock)
29. Wind blows the lotus leaves (one leg to bow) (3 o'clock)
30. Wait for the fish (cat) (3 o'clock)
31. Wind blows over the plum flower (rotate body 270° & cut horizontally) (12 o'clock)
32. Spiritual cat catches the mouse (poke & close form) (12 o'clock)

**X. 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.



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