

SYLLABUS OF ENERGY WORK

Level III



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Initiating Potentiality

By
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LEVEL III

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)

Relax the body and mind; feel the heart beat slowing down by 3rd eye and tan tien breath. Now as inhale pull perineum, 3rd eye, and heart center to bindu visarga, and then exhale, slowly let the breath co-ordinate with the heartbeat. At each exhalation do inward tensing and stretching of the tendon in 7 different position as mentioned below for 36 counts:

- a. Embracing the tree posture, (9 times).
- b. Pushing the mountain, (9 times).
- c. Piercing the iron curtain, (9 times).
- d. Knife hand strike, (9 times).
- e. Slicing the cake, (9 times).
- f. Reverse slice, (9 times).
- g. Shrugging the shoulder. (9 times).

III. Holds and Locks (Grabbing Hand)

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

IV. Holds and Locks Revision (Grabbing Hand within the form)

- Wrist Lock - Partner
- Elbow Lock - Partner
- Shoulder Lock - Partner
- Chokes - Partner

V. 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

VI. 5 Animal Qigong (5 Animal X 5 Techniques = 25 techniques)

1. Tiger (Liver):
 - a) Tiger Searches for Food
 - b) Tiger Claws
 - c) Tiger Pounces
 - d) Tiger Pierces

- e) Tiger catches its tail
2. **Deer (Kidney):**
- Deer Stretch its Spine & Hip
 - Deer Twist its Spine
 - Deer Runs
 - Deer Scoops Down
 - Deer Entwining
3. **Bear (Spleen):**
- Bear Twists
 - Bear Pushes
 - Bear Bumps
 - Bear Stretches
 - Bear Hangs
4. **Monkey (Heart):**
- Monkey turns & rotate foot
 - Monkey Plucks Fruit
 - Monkey Rubs back
 - Monkey Scratches
 - Monkey Spits
5. **Crane (Lungs):**
- Crane Flaps its wings
 - Crane Gazes
 - Crane Takes off
 - Crane Soars
 - Crane Lands



VII. Qi/Chi Harnessing

- Sit in either Sukhsana (normal folded leg seated position),
- Padmasana (normal yogic meditation posture, with both ankle on the thighs) or
- Siddhasana (half yogic posture, with left heel touching the perineum, and the right leg on the left thigh, back straight, and hands on the knees.
- Long wave breathing:** (9 times).
 - Exhaling heart sound (Ha... ha... ha...)/Cleansing breath:** (36 times).
 - Rotate body (front, side & circle):** (9 times).
 - Salutation:**
 - Lotus breathing via the perineum:** (9 times).
 - Om Ahah Hum:** (27 times).
 - 9 times inaudible,
 - 9 times semi audible and
 - 9 times audible.
 - Inhalation of three channel breathing:** (27 times).
 - Right nostril,
 - Left nostril, and
 - Both nostrils.
 - Emptying the mind:** (For 3 to 20 minutes).
 - Om Ahah Hum:** (27 times).

- 9 times audible,
- 9 times semi audible and
- 9 times inaudible.

10. Salutation:

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

VIII. 10 Tai Chi Fan Techniques

1. Opening and closing the fan
2. Hiding and displaying fan
3. Poking/Stabbing with the fan
4. Striking with the butt end of the fan
5. Blocking with the fan
6. Feinting/Distracting with the fan
7. Slashing with the fan
8. Striking with the rib of the fan
9. Scooping with the fan
10. Hooking with the fan

IX. Tai Chi Fan Form (32 – Steps)

Routine I:

- | | | |
|---|------------|--------------|
| 1. Opening the form | | (12 o'clock) |
| 2. Grasping the bird's tail | | (3 o'clock) |
| 3. White Crane | (Open Fan) | (12 o'clock) |
| 4. Fair lady works at the shuttle | | (11 o'clock) |
| 5. Golden Rooster stretches its wings | (Open Fan) | (3 o'clock) |
| 6. Raise flag in cat stance | (Open Fan) | (3 o'clock) |
| 7. Wrap around head & elbow strike in front bow | | (3 o'clock) |
| 8. Step back in twist stance | (Open Fan) | (12 o'clock) |
| 9. Basic stance, close fan in front | | (12 o'clock) |

Routine II:

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|--|------------|--------------|
| 10. Grasping the bird's tail | | (3 o'clock) |
| 11. Feet together with open fan | (Open Fan) | (12 o'clock) |
| 12. Fair lady works at the shuttle | | (11 o'clock) |
| 13. Pull back & push the Kunlun mountain | | (11 o'clock) |
| 14. Fan in seven star | (Open Fan) | (11 o'clock) |
| 15. Front twist and turn | | (9 o'clock) |
| 16. Open fan in horse stance | (Open Fan) | (12 o'clock) |
| 17. Pull both elbow to flank in horse stance | | (12 o'clock) |
| 18. Circular both hand & double block in bow stance | | (12 o'clock) |
| 19. Sweep with right hand & right kick & strike with fan | | (9 o'clock) |
| 20. Leap and land in flowery stance | (Open Fan) | (9 o'clock) |
| 21. Bow stance, fan covered head | (Open Fan) | (9 o'clock) |
| 22. Squat low in twist stance with fan open | (Open Fan) | (12 o'clock) |
| 23. 180° turn and poke with fan at 270° | (Open Fan) | (6 o'clock) |
| 24. Walk in twist stance for six steps | (Open Fan) | (12 o'clock) |
| 25. Basic stance and transition | | (12 o'clock) |

Routine III:

- | | | |
|-----------------|------------|--------------|
| 26. White Crane | (Open Fan) | (12 o'clock) |
|-----------------|------------|--------------|

27. Grasping the bird's tail, Recoil, Press	(Open Fan)	(3 o'clock)
28. Fan to shoulder and feet together stance	(Open Fan)	(12 o'clock)
29. Snake creeps low and poke fan		(3 o'clock)
30. Open fan & punch in front bow stance	(Open Fan)	(12 o'clock)
31. White Crane	(Open Fan)	(11 o'clock)
32. Closing the form		(12 o'clock)

X. Tai Chi Long Form (108 – Steps)

Routine I:

1. Opening the form		(12 o'clock)
2. Grasping bird's tail, recoil, press, push		(3 o'clock)
3. Sweep, Single whip		(8 o'clock)
4. Hands Strumming the Lute, Left heel		(12 o'clock)
5. White Crane Spreads its Wings		(8 o'clock)
6. Block (Right & Left)		(8 & 10 o'clock)
7. Brush Knee (Left)		(8 o'clock)
8. Seven Stars		(9 o'clock)
9. Brush Knee Left/Right/Left		(8, 10, & 8 o'clock)
10. Seven Stars (with fist)		(9 o'clock)
11. Block Left		(8 o'clock)
12. Brush Knee Left		(8 o'clock)
13. Scrape Punch		(9 o'clock)
14. Block, Punch		(9 o'clock)
15. Press, Push		(9 o'clock)
16. Lift Kunlun Mountain		(12 o'clock)
17. Transition		(3 o'clock)



Routine II:

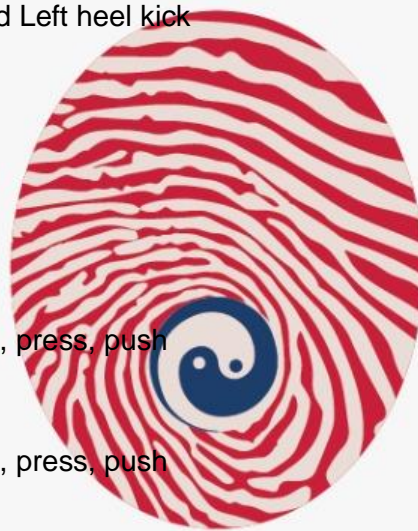
18. Grasping bird's tail, recoil, press, push		(3 o'clock)
19. Sweep, Single whip		(8 o'clock)
20. Gather energy, Sink it down		(9 o'clock)
21. Repulse the monkey Left/Right/Left		(9 o'clock)
22. Hammer Fist		(12 o'clock)
23. Hands Strums the Lute on (L heel)		(11 o'clock)
24. White Crane Spreads its Wings		(8 o'clock)
25. Half Block (Right)		(8 o'clock)
26. Brush knee (Left)		(8 o'clock)
27. Half Double Block		(8 o'clock)
28. Needle at the bottom of the sea		(8 o'clock)
29. Full Double Block		(8 o'clock)
30. Transfer body weight & hand to right, then to left		(8 to 1 o'clock)
31. Block, Punch		(2 o'clock)
32. Grasping bird's tail, recoil, press, push		(3 o'clock)
33. Sweep, Single whip		(8 o'clock)
34. Wave hands like Clouds (3 set)		(12 o'clock)
35. Single Whip		(9 o'clock)
36. Half double block in left cat stance		(9 o'clock)
37. Circle right palm over left and Kick & tap Right leg		(9 o'clock)

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| 38. then circle left palm over right and kick and tap Left leg | (9 o'clock) |
| 39. Turn body without placing left leg down Kick & Tap Left leg | (5 o'clock) |
| 40. Brush Knee, Twist, Step aside with left, pull back, then repeat on right | (5 o'clock) |
| 41. Then repeat brush knee, but Punch down with fist, (Left) | (5 o'clock) |
| 42. Turn around and Hammer fist with right | (12 o'clock) |
| 43. Left Block | (12 o'clock) |
| 44. Punch with right | (12 o'clock) |
| 45. Right heel kick | (12 o'clock) |
| 46. Tiger strike with double fist on left | (9 o'clock) |
| 47. Tiger strike with double fist on right | (9 o'clock) |
| 48. Circle right palm over left palm and kick with right heel | (10 o'clock) |
| 49. Strike down with Double Hammer fist | (9 o'clock) |
| 50. Pull back and punch opponents temple | (9 o'clock) |
| 51. Circle and cross hand and Left heel kick | (9 o'clock) |
| 52. Turn 270° right heel kick | (8 o'clock) |
| 53. Scrape punch | (9 o'clock) |
| 54. Block, Punch | (9 o'clock) |
| 55. Press, Push | (9 o'clock) |
| 56. Lift Kunlun Mountain | (12 o'clock) |
| 57. Transition | (3 o'clock) |

Routine III:

- | | |
|---|-----------------|
| 58. Grasping bird's tail, recoil, press, push | (3 o'clock) |
| 59. Sweep, Single Whip | (8 o'clock) |
| 60. Grasping Birds Tail | (5 & 2 o'clock) |
| 61. Grasping bird's tail, recoil, press, push | (3 o'clock) |
| 62. Sweep, Single Whip | (8 o'clock) |
| 63. Fair lady works at shuttle | (12 o'clock) |
| 64. Fair lady works at shuttle | (9 o'clock) |
| 65. Fair lady works at shuttle | (6 o'clock) |
| 66. Fair lady works at shuttle | (3 o'clock) |
| 67. Grasping Birds Tail | (12 o'clock) |
| 68. Grasping bird's tail, recoil, press, push | (3 o'clock) |
| 69. Sweep, Single Whip | (8 o'clock) |
| 70. Wave hands like Clouds (3 set) | (12 o'clock) |
| 71. Single Whip | (9 o'clock) |
| 72. Snake creeps low | (9 o'clock) |
| 73. Golden rooster stands on Left Leg | (9 o'clock) |
| 74. Golden rooster stands on Right Leg | (9 o'clock) |
| 75. Repulse the monkey (Left leg) | (8 o'clock) |
| 76. Repulse the monkey (Right leg) | (10 o'clock) |
| 77. Repulse the monkey (Left leg) | (8 o'clock) |
| 78. Hammer Fist | (12 o'clock) |
| 79. Hands Strums the Lute | (12 o'clock) |
| 80. White Crane spreads its wings | (8 o'clock) |
| 81. Half Block (Right) | (8 o'clock) |
| 82. Brush knee (Left) | (8 o'clock) |
| 83. Half Double Block | (8 o'clock) |



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84. Needle at the bottom of the sea	(8 o'clock)
85. Full Double Block	(8 o'clock)
86. Turn around and Snake stab with left	(2 o'clock)
87. Reverse stab & punch	(2 & 4 o'clock)
88. Grasping bird's tail, recoil, press, push	(3 o'clock)
89. Sweep, Single whip	(8 o'clock)
90. Wave hands like clouds (3 set)	(12 o'clock)
91. Single whip	(9 o'clock)
92. Spear hand stab	(9 o'clock)
93. Turn and right heel kick	(3 o'clock)
94. Scrape Block with right	(4 o'clock)
95. Left block and right Punch	(3 o'clock)
96. Grasping bird's tail, recoil, press, push	(3 o'clock)
97. Sweep, Single whip	(9 o'clock)
98. Snake creeps low	(9 o'clock)
99. Step forward with right cat stance & double fist block	(9 o'clock)
100. Strike with double fists	(9 o'clock)
101. Step back & Beat the tiger with body weight on right	(9 o'clock)
102. Turn around 270°, kick with right leg	(6 o'clock)
103. Double block	(9 o'clock)
104. Scrape punch	(9 o'clock)
105. Block, Punch	(9 o'clock)
106. Press, Push	(9 o'clock)
107. Lift Kunlun Mountain	(12 o'clock)
108. Closing form	(12 o'clock)



XI. Qi/Chi Cultivation

1. Long wave Breathing: (9 times).
2. Long wave Breathing in three Vessels: (9 times).
3. Belt Channel Breathing: (9 times).
4. Lotus Breathing: (9 times).
5. Five Channels Reverse Breathing: (9 times).
- Third eye & tan tien Breathing: (After every 5 Channel breath) (9 times).
6. Lifting the Sky Posture Breathing:
 - inhale five channel reverse breathing,
 - perineum,
 - tan tien,
 - navel,
 - kidney,
 - solar plexus,
 - thymus,
 - thyroid,
 - shoulder,
 - elbow joint,
 - palms,
 - philtrum,
 - third eye,

- testicles/ovary to temple,
 - right testicles/ovary to the right temple,
 - center of the head,
 - exhale breath but do not leave energy pressure, slowly release energy pressure after twenty seconds.
 - Repeat the Third eye & tan tien breathing, (do this combination in multiples of three).
9. **Anus tensing breath:** (9 times).
10. **Perineum tensing breath:** (9 times).
11. **Urinary passage tensing breath:** (9 times).
12. **Tensing of Hands (Yang Method):**
- a. Forward hand stretch (Yin/Yang position)
 - b. Sideward hand stretch (Yin/Yang position)
 - c. Upward hand stretch (Yin/Yang position)
 - d. Down & Backward hand stretch (Yin/Yang position)
 - e. Shaking the body vigorously:
13. Do the 3rd eye & tan tien breathing for 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. Do this for minimum 9 times.



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