

SYLLABUS OF ENERGY WORK

Level IV



SEVANGEETM

Initiating Potentiality

BY

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LEVEL IV

I. Falls & Rolls:

1. Rolling forward and backwards.
2. Falling sideways on the side of the upper arm & side of the back.
3. Roll forwards on the shoulder.
4. Cart wheel
 - a. Two arm cart wheel.
 - b. One arm cart wheel.

II. Building Core (Planks):

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

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

III. Tendon Exercises:

To be taught only after teaching 2nd Level Qi Cultivation and Muscle tensing exercise and anus/perineum/urinary passage tensing exercises of 3rd Level Qi Cultivation.

1 Walk cycles:

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| ➤ Squat and stretch walk | 30 steps |
| ➤ Normal crawl | 30 steps |
| ➤ Crawling on wall | 20 times |
| ➤ Snake pushups | 30 steps |
| ➤ Crocodile walk | 30 steps |
| ➤ Flying pushups | 20 steps |

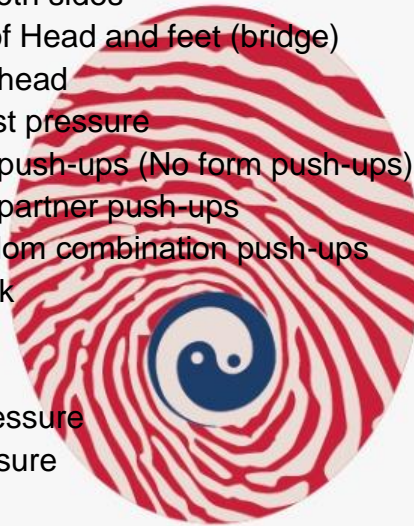
2 Finger-tips:

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| ➤ Clawing the air | 108 times. |
| ➤ Claw wall-walking | 20 times. |

3 Wrists:

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| ➤ Wrist rotation - (clockwise and anti-clockwise) | 108 times |
| ➤ Wrist-bends combined with wall-walking | 10 times. |

- 4 **Elbow:**
- Elbow straightening 10 times.
 - Elbow rotation 45° 20 times.
 - Elbow rotation "Salute" touching the wall 20 times.
- 5 **Shoulder:**
- Shoulder rotation
 - Shoulder stretches
 - Shoulder rotation on the wall 20 times.
 - Shoulder pressure exercises
- 6 **Neck:**
- Pulling down neck of partner 30 secs.
 - Lifting the back and waist 30 secs.
 - Twisting the neck to both sides 30 secs/side.
 - Balancing on Centre of Head and feet (bridge) 30 secs.
 - Rolling/turning on the head 20 times.
 - Lifting the head against pressure 30 secs.
 - Random combination push-ups (No form push-ups)
 - Random combination partner push-ups
 - Multiple partners' random combination push-ups
 - Reverse crocodile walk
 - Worms in a box
 - Turning on shoulders
 - Knee against knee pressure
 - Foot against foot pressure
 - Squat and rise
 - Single leg squat and rise



SEVANGEETM

IV. Poke/Attack/Evasion:

No. of persons - 1 on 1 and many on 1 – Using sticks/pointed objects

Aim - to learn how to evade attacks using the opponent's energy.

Things to be kept in mind for quality training -

The person being poked should:

- keep their eyes closed,
- remain relaxed & be aware & not tense as if anticipating an attack.
- breathe in when the attack is coming in & breathe out while evading the attack.

The person attacking should:

- attack any part of the body &
- should vary attacks & attack frequently
- occasional keep gaps in the attack that will help the person being attacked to break the pattern of anticipating attacks.

Method:

1. Attack from behind
2. Attack from in front
3. Attack from in 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

Variations - instead of sticks, the attacker can punch the opponent. Practice begins with slow attacks progressing to faster attacks, after practicing against a wall, move to an open space

V. Building the Structure (Tai Chi chi Gong):

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

VI. 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.*

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| 1. Long wave breathing – | 9 times |
| 2. Cleansing breath – | 36 times |
| 3. Rocking body back and forth – | 9 times |
| 4. Rotate body – clockwise & anti clockwise | 9 times |
| 5. Side to side body movement – | 9 times |
| 6. Figure of 8 body movement – | 9 times |
| 7. Om Aha Hum – | 9 (3 loud, 3 medium, 3 soft) |
| 8. Salutation | |
| 9. Anulom vilom - | (3 times each) |
| a. Inhale right nostril, exhale left nostril | |
| b. Inhale right nostril, exhale left nostril | |
| c. Inhale right nostril, exhale left nostril | |
| d. Inhale left nostril, exhale right nostril | |
| e. Inhale left nostril, exhale right nostril | |
| f. Inhale left nostril, exhale right nostril | |
| g. Inhale both, exhale both | |
| h. Inhale both, exhale both | |
| i. Inhale both, exhale both | |
| 10. Anulom vilom - | (3 times each) |
| a. Inhale right nostril, exhale left nostril | |
| b. Inhale left nostril, exhale right nostril | |
| c. Inhale both, exhale both | |
| d. Inhale left nostril, exhale right nostril | |
| e. Inhale right nostril, exhale left nostril | |

- f. Inhale both, exhale both
- g. Inhale both, exhale both
- h. Inhale right nostril, exhale left nostril
- i. Inhale left nostril, exhale right nostril
- j. Inhale both, exhale both

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| 11. Nauli breath – | 9 times |
| 12. Breath Arrow breathing – | 9 times |
| 13. Sun breath – | 9 times |
| 14. Shunya meditation | |
| 15. Inhale to tan tien, exhale from tantien to hands and out –
Embracing the tree – | 9 times |
| 16. Inhale to tan tien, exhale from tantien to hands and out –
Hands near kidneys (Gorilla posture) – | 9 times |
| 17. Inhale to tan tien, exhale from tantien to hands and out –
holding hands upward palm facing up – | 9 times |
| 18. Inhale to tan tien, exhale from tantien to hands and out –
holding hands at tan tien – | 9 times |
| 19. Om Aha Hum – | 9 (3 loud, 3 medium, 3 soft) |
| 20. Salutation | |
| 21. Simple channel massage | |

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

VII. Zhao Bao Stick Form (108 – Steps):

1st Routine:

1. Opening the form, step with left leg forward & do an overhead strike with left hand leading (12 o'clock)
2. Step forward, strike to knee with right hand & right leg forward (12 o'clock)
3. Strike with left hand to knee level with left leg forward (9 o'clock)
 - Strike with right hand to knee level with right leg forward (9 o'clock)
 - From same position strike the ear at 11 o'clock (9 o'clock)
 - From same position strike the ankle at 7 o'clock (9 o'clock)
4. Step back with right leg & scoop down opponent ankle (12 o'clock)
5. Cover the stick to block left leg (12 o'clock)
6. Leap forward and do an overhead strike (9 o'clock)
7. Turn body and do poking strike (3 o'clock)
8. Step forward and do an overhead strike with right hand leading (3 o'clock)
 - From same position recoil staff and do an ear strike at rear (3 o'clock)
 - From same position strike opponent ankle at 2 o'clock (3 o'clock)
9. Step back and scoop opponent ankle (9 o'clock)
10. Step back & cover left foot (9 o'clock)
11. Leap up feet together & strike at 3 with body facing 12 (3 o'clock)
12. Step forward & poke at 9 (9 o'clock)
13. Step forward at 9 & overhead strike (9 o'clock)

- C block with right hand leading (9 o'clock)
 - C block with left hand leading (9 o'clock)
 - C block with right leading (9 o'clock)
 - Overhead strike at 7 (9 o'clock)
14. Step back and scoop the ankle (9 o'clock)
 15. Cover & block left foot, body facing 12 (9 o'clock)
 16. Move forward by leaping up & strike in feet together, body facing 6 (9 o'clock)
 17. Step forward & poke at 3 (3 o'clock)
 18. Skip a step by lifting right leg, jump land on left foot & right hand overhead strike (3 o'clock)
 - Without moving strike to the rear with left hand. (3 o'clock)
 - Without moving do a C shaped strike with left hand (3 o'clock)
 19. Step forward at 5 & overhead strike with right hand (5 o'clock)
 20. Step forward with left foot at 5 & overhead with left hand (5 o'clock)
 21. Step back with left foot & strike with your right hand at 5 (5 o'clock)
 22. Step back with right foot & strike with left hand at 1 (1 o'clock)
 23. Step back with left foot strike with right hand at 5 (5 o'clock)
 24. Face at 12 scoop stick & lift right leg & block at 3 (3 o'clock)
 25. Scoop stick & lift left leg block at 9 (9 o'clock)
 26. Leap on right leg & land in horse stance & strike at waist at 12 (12 o'clock)
 - Scoop stick & lift right leg block at 3 (9 o'clock)
 - Scoop stick & lift left leg block at 9 (9 o'clock)
 - Scoop stick & lift right leg block at 3 (9 o'clock)
 27. Jump & step right foot in front lift left foot jump 360 degree in mid-air & stab at 2 with right hand (2 o'clock)
 28. Step with right foot at 9, & overhead strike with right hand leading (9 o'clock)
 29. Turn around & poke at 3, with left hand leading (3 o'clock)
 30. Step forward with right foot & do a pressing down strike with right hand leading (3 o'clock)
 31. Step forward with left foot & do an overhead block (3 o'clock)
 32. Step forward with right foot & do a pressing down strike with right hand leading (3 o'clock)
 33. Step forward with left foot & do an overhead block (3 o'clock)
 34. Step forward with right foot & do a pressing down strike with right hand leading (3 o'clock)
 35. Overhead block & heel kick with left foot (3 o'clock)
 36. Turn around, overhead block & heel kick with right foot (9 o'clock)
 37. Turn around, overhead block & heel kick with left foot (3 o'clock)
 38. Take the stick down & strike toward floor with butt end (12 o'clock)
 39. Step forwards with right foot at 9, while striking with right hand (9 o'clock)
 40. Without moving body facing 6 bend body behind, & twirl stick (6 o'clock)
 41. Step back towards 3 with left foot, continue twirling stick back to the armpit & lock stick with right elbow in basic stance. (12 o'clock)

2nd Routine:

42. From last position, left hand holding knife hand move from 9 towards 12, hold stick with both hands twirl it above head & do an overhead strike at 9, while stepping with left foot at 9, followed by right foot to form feet together stance. (9 o'clock)
43. Step back with right foot, pull right hand stick to extreme right, & shove the right hand to do a poking strike. (9 o'clock)
44. Pull right hand to extreme right, & do a C shaped attack at 9 & simultaneously do an outer crescent kick with right leg at 10 (9 o'clock)
- Without moving leg position pull right hand to extreme right & do a left hand overhead strike at 10 (9 o'clock)
45. Step forward with the left & strike with right hand overhead strike 8 (9 o'clock)
- Without moving leg position, pull right hand to extreme right & strike with the left hand at 9 (9 o'clock)
46. Step aside with right foot at 4, & strike with left hand at 4 (3 o'clock)
- Without moving strike with right hand at 2, (3 o'clock)
 - Without moving strike with left hand towards at 4 (3 o'clock)
47. Step forward with left foot to form cross leg stance, simultaneously take both hands in center, twirl stick once, (12 o'clock)
48. Step forward with right leg pull both hands to extreme right side of stick, lift left foot towards 3, & poke at 3, in left bow stance. (3 o'clock)
49. Step backward with left foot at 3, & overhead strike at 9 with right hand leading (9 o'clock)
- Without moving position, pull back stick & poke at 9 with right hand leading, (9 o'clock)
50. Step backward with right foot at 3, & overhead strike at 9 with left hand leading (9 o'clock)
- Without moving position, pull back stick & poke at 9 with left hand leading, (9 o'clock)
51. Step backward with left foot at 3, & overhead strike at 9 with right hand leading (9 o'clock)
- Without moving position, pull back stick & poke at 9 with right hand leading, (9 o'clock)
52. Pull back stick, step forward with right leg by going down, as snake creeps low at 12, with right hand leading and poke at 12 (12 o'clock)
53. Pull back right foot behind & strike towards ankle with left hand leading at 12 (12 o'clock)
54. Take half step forward with right foot & strike with right towards ankle at 12 (12 o'clock)
55. Bring left foot towards 12 & move towards 9 & simultaneously bring left hand down toward to move stick in curve towards 9, doing double hand block with left cat stance, with left hand down & right hand up (9 o'clock)
56. Without moving from previous position make outside 'C' shape cut with left hand, (9 o'clock)

57. Take half step forward with left foot & do overhead strike with right hand leading (9 o'clock)
- Without moving from previous position, do overhead strike with left hand leading (9 o'clock)
58. Pull back left foot closer to right, to form left cat stance & overhead strike with right hand leading (9 o'clock)
59. Half step with left foot at 8, & strike with left hand leading at 8 (8 o'clock)
60. Turn around towards 3, by moving right foot moves at 4 & strike with left hand leading at 3 (3 o'clock)
- Without moving from position strike with right hand leading (3 o'clock)
 - Without moving from position strike with right hand leading 'C' shape from out to in (3 o'clock)
61. Kick with right heel foot & place it in front & strike with left from out to inwards (3 o'clock)
62. Step forward with left foot & strike with right hand leading (2 o'clock)
63. Step forward with right foot & strike with left hand leading (3 o'clock)
64. Pull half step back with left foot to form basic stance & pull stick under right armpit, with left hand, facing 12 (12 o'clock)

3rd Routine:

65. From last position, circle the stick overhead & strike at 9 in left bow & arrow stance (9 o'clock)
66. Sweep the stick in front from 9 to 3, with left hand leading (12 o'clock)
67. Do vertical block at 3, with right hand up & body weight on right foot (3 o'clock)
68. Transfer body weight to left & poke at 9, (9 o'clock)
69. Skip a step, jump up & circle the stick overhead (9 o'clock)
70. Leap in front, take the stick from 12 & sweep it till 9 (9 o'clock)
71. Leap backward, reverse sweep from 9 to 12 (9 o'clock)
72. Hop on left foot, lift right foot up, right hand down left hand up, vertical block at 12 (9 o'clock)
73. Hop & stand in horse stance strike at 9 with right hand leading (9 o'clock)
74. Scoop from down lift up right leg & do vertical block at 12, right hand down, left hand up, (9 o'clock)
75. Step back, & scoop from down lift up left leg & block at 6, left hand down, right hand up, (9 o'clock)
76. Step back, & scoop from down lift up right leg & do vertical block at 12, right hand down, left hand up, (9 o'clock)
77. Leap forward, turn 180 degree & poke at 9, body facing 6 (9 o'clock)
- Turn around towards 3, & overhead strike with right hand leading (3 o'clock)
 - Turn around towards 9, & poke at 10 with body weight on left foot (9 o'clock)
78. Take the stick at the waist & right front heel kick at 10 (10 o'clock)
79. Place right foot down face 8, left front heel kick at 8 with left foot & overhead block with the stick (8 o'clock)
80. Land with left foot & overhead strike to the floor with left hand

- leading at 8 (8 o'clock)
81. Turn around towards 2 & step forward with left foot & do are reverse c or half crescent strike at 2, from inside to outside (2 o'clock)
82. Step forward with right foot do a half crescent strike at 4, from inside to outside, (4 o'clock)
83. Stretch out your stick at 4 form a circle in mid-air at 4, from outside to inside (4 o'clock)
84. Do a right heel kick at 4, (4 o'clock)
85. Jump turn 270 degree & poke at 3 (3 o'clock)
86. Vertical block at 3 with right hand up & body weight on right foot, (3 o'clock)
87. Turn around & poke at 9, body weight on left foot (9 o'clock)
88. Skip a step & jump & rotate the stick overhead & land on left foot at 9 slash thru from up to down at 9, body weight on left (9 o'clock)
89. Withdraw left foot back, into left cat stance, slash & strike with right side of stick from up to down, (9 o'clock)
90. Step forward with left foot at 12 strike with the right butt end at 12 & continue the movement to do an overhead block, while squatting on right foot, stick parallel to the floor, body facing 3, (12 o'clock)
- From same squatting position on right leg, stretch deep & slash at 6 (6 o'clock)
 - From the same position shift body weight on left foot & hook stick & poke at 12 (12 o'clock)
91. Pull back right foot to form basic stance, & strike with right side to opponents ankle (12 o'clock)
92. From same position, strike with left side to opponents ankle (12 o'clock)
93. Swirl stick and take stick under the right arm. (12 o'clock)



4th Routine

94. From last position, circle the stick overhead & strike at 9 in left Bow & arrow stance (9 o'clock)
95. Sweep the stick in front of you from 9 to 3, with left hand leading (12 o'clock)
96. Do vertical block at 3, with right hand up & body weight on right foot (3 o'clock)
97. Transfer body weight to left & poke at 9, (9 o'clock)
- Sweep the stick in front of you from 9 to 3 o'clock, & do vertical block at 3, with right hand up, & body weight on right foot (3 o'clock)
 - Transfer body weight to left & poke at 9, (9 o'clock)
 - Sweep the stick in front of you from 9 to 3 o'clock, & do vertical block at 3, with right hand up, & body weight on right foot (3 o'clock)
 - Transfer body weight to left & poke at 9, (9 o'clock)
98. Step forward with right foot & do an overhead strike at 9, with body facing 6, (9 o'clock)
- From same position strike the ear at 11 o'clock (9 o'clock)
 - From same position strike the ankle at 7 o'clock (9 o'clock)
99. Step back with right leg & scoop down opponent ankle (12 o'clock)
100. Cover the stick to block left leg (12 o'clock)

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| 101. Leap forward and do an overhead strike | (9 o'clock) |
| 102. Sweep the stick at 6 & kick with right foot at 6 (front kick) | (6 o'clock) |
| 103. Turn around 180 degrees, sweep the stick from 6 to 2, in a reverse fashion, by moving right leg, | (12 o'clock) |
| 104. Sweep the stick from 2 to 12, & front kick with right foot at 12 | (12 o'clock) |
| 105. Step backward with right foot at 6 strike with the right butt end at 6, & continue the movement to do an overhead block, while squatting on right foot, stick parallel to the floor, body facing 3, | (12 o'clock) |
| ➤ From same squatting position on right leg, stretch deep & slash at 6 | (6 o'clock) |
| ➤ From the same position shift body weight on left foot & hook stick & poke at 12 | (12 o'clock) |
| 106. Pull back right foot to form basic stance, & strike with right side to opponents ankle | (12 o'clock) |
| 107. From same position, strike with left side to opponents ankle | (12 o'clock) |
| 108. Swirl stick and take stick in front of the right shoulder & Close the form. | (12 o'clock) |

VIII. Tai chi Broadsword Form (32 – Steps):

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| 1. Opening the form | (12 o'clock) |
| 2. Step forward for 7 star (left) | (12 o'clock) |
| 3. Turn left for 7 Star (right) | (9 o'clock) |
| 4. White Crane Spread its Wings | (8 o'clock) |
| 5. Turn body & deflect Saber | (9 o'clock) |
| 6. Slide saber to right & left | (10 & 8 o'clock) |
| 7. Slide saber to right & left | (10 & 8 o'clock) |
| 8. Slide saber to right | (10 o'clock) |
| 9. Turn, Pull & push the saber forward with left foot leading | (9 o'clock) |
| 10. Hide saber and fair lady weaves the shuttle | (3 o'clock) |
| 11. Slash horizontally with left & push saber diagonally with right leg | (1 & 3 o'clock) |
| 12. Pull and push saber forward with left leg | (2 o'clock) |
| 13. Turn body, circle the head, and hide saber with right foot leading | (9 o'clock) |
| 14. Turn upward to the left and cut with right horizontal | (8 & 10 o'clock) |
| 15. Turn upward to the left and cut with right horizontal | (8 & 10 o'clock) |
| 16. Pull and push saber forward with left | (8 o'clock) |
| 17. Turn body with right foot forward | (3 o'clock) |
| 18. Slide the saber upward with left | (2 o'clock) |
| 19. Twirl the saber back with right foot and pull back saber | (3 o'clock) |
| 20. Slide saber upward with left and transfer saber to left hand | (2 o'clock) |
| 21. Double kick with left and right leg | (3 o'clock) |
| 22. Step back and beat the tiger | (12 o'clock) |
| 23. Mandarin Duck Kick | (3 o'clock) |
| ➤ Transfer saber to right, circle the saber overhead and deflect right foot | |
| ➤ Lift mountain and snap kick with right foot | |

- Step with right and kick with left and right in mid-air
- 24. Twirl saber, turn body, circle the head, & hide saber with left foot (2 o'clock)
- 25. Push boat to follow the stream
 - Turn upward cut at 9.00 with left foot leading
 - Step right and left press saber at 9.00
 - Without moving, overhead chop at 3.00 with both hand stretch at side in horse stance
 - Turn upward cut at 3.00 with left foot leading
 - Step right and left press saber at 3.00
 - Without moving, overhead chop at 9.00 with both hand stretch at side in horse stance
 - Turn upward cut at 9.00 with left foot leading
 - Step right and left press saber at 9.00
- 26. Turn body to pull saber back with right foot (3 o'clock)
- 27. Step forward and slide saber upward with left foot (3 o'clock)
- 28. Jump and chop with saber with left foot (3 o'clock)
- 29. Use the force to chop the Hua Mountain (9 o'clock)
- 30. Pull back in right Cat stance, poke the saber and kick with right with 'ha, ha,... sound (9 o'clock)
- 31. Turn body 180°, change steps to slash opponent leg (12 o'clock)
- 32. Close the form (12 o'clock)

IX. Five Vayu's or Qi of Organ's (5 External & 5 Internal):

- i. Prana Vayu – Life Force – Liver (9 times)
- ii. Apana Vayu – Downward moving – Kidney (9 times)
- iii. Udanu Vayu – Upward moving – Spleen (9 times)
- iv. Samana Vayu – Metabolic Fire – Heart (9 times)
- v. Vyana Vayu – Pervasive movement – Lungs (9 times)

X. Tracing the Channel & Breathwork:

1. Inhale to Lower Dantian & exhale via Lung Channel
2. Inhale to Large Intestine Channel & exhale via Stomach Channel
3. Inhale to Spleen Channel & exhale via Heart Channel
4. Inhale to Small Intestine Channel & exhale via Urinary Bladder
5. Inhale to Kidney Channel & exhale via Pericardium Channel
6. Inhale to Triple Warmer Channel & exhale via Gall Bladder Channel
7. Inhale to Liver Channel & exhale to Lower Dantian.

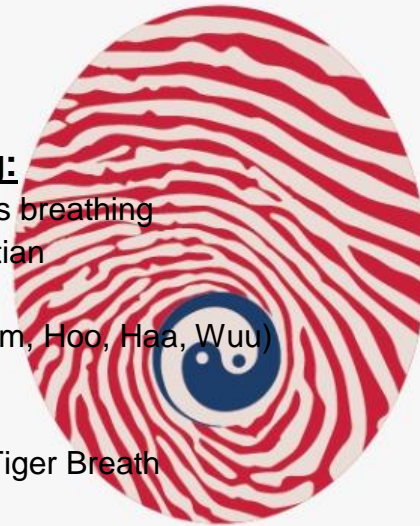
XI. 12 Yi Jin Jing (Tensing):

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)

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| 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 | |
| a. Microcosmic orbit breathing | (36 times) |
| b. Belt Channel breathing | (9 times) |
| c. Thrusting Channel breathing | (9 times) |
| d. Macrosmic orbit breathing | (9 times) |
| e. Channel Massage | (9 times) |
| f. Tapping | (minimum 18 times) |
| g. Heel Banging | (9 times) |

XII. Tan tien Qigong:

- Swallowing the Cosmos breathing
- Feeling the Lower Dantian
- Squatting Posture
- Beej Mantra (Hung, Hum, Hoo, Haa, Wu)
- Dragon Breath
- Tiger Breath
- Combine Dragon and Tiger Breath
- Empty Force:
 - a. Lower Dantian (Bladder)
 - b. Navel
 - c. Sides of Lower Dantian
 - d. Sides of Navel
 - e. Mingmen
 - f. Kidney
 - g. Solar Plexus
 - h. Combine all the above 7 areas
- Tan tien Qigong:
 - a. Rabbit (Front Dantian)
 - b. Crane (Both sides of Lower Dantian)
 - c. Bear (Back part of lower dantian)
 - d. Swallow (Left and right side of Dantian)
 - e. Dragon (Left, right and middle Lower Dantian)
 - f. Eagle (Lower Dantian)
 - g. Monkey (Lower and Upper Dantian)
 - h. Elephant (Left and right Kua and Lower Dantian)
 - i. Rhinoceros (Left side and right side dantian)
 - j. Horse (Upper Dantian and Solar Plexus)
 - k. Bull (Back side Lower Dantian)



SEVANGEETM
Initiating Potentiality

- Closing the Tan Tien Qigong form

XIII. Qi/Chi Cultivation:

- 1) Long wave Breathing: (9 times).
- 2) Long wave breathing in three Vessels: (9 times).
- 3) Third eye & tan-tien breathing: (9 times).
- 4) Belt Channel Breathing: (9 times).
- 5) Lotus Breathing: (9 times).
- 6) Iron Shirt I Breathing with five channels reverse breathing:
Then follow up with the third eye & tan tien breathing for 9 times, repeat this exercise initially for 3 times then gradually build it for 9 breath.
7. Sole (water) breathing: (9 times).
8. Yin & Yang Breathing: minimum 9 times. Then follow up with the third eye & tan-tien breathing for 9 times in embracing the tree posture.
9. Water Buffalo Breathing: (9 times).
10. Detoxification breath: This exercise will remove toxin from the body in form of sweat, burps, hiccups, yawning, running nose, tears, etc. Then follow up with the third eye & tan tien breathing for 9 times in embracing the tree posture.
11. Urinary passage breathing: (9 times).
12. Macro-cosmic breathing: (9 times).
13. Bone Marrow Packing breathing:

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.

