

SYLLABUS OF MARTIAL QIGONG  
Level III



SEVANGEE<sup>TM</sup>  
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. Holds and Locks Revision (Grabbing Hand within the form)

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

### IX. Tai Chi Long Form (108 – Steps)

#### Routine I:

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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)

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| 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)      |
| 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)      |



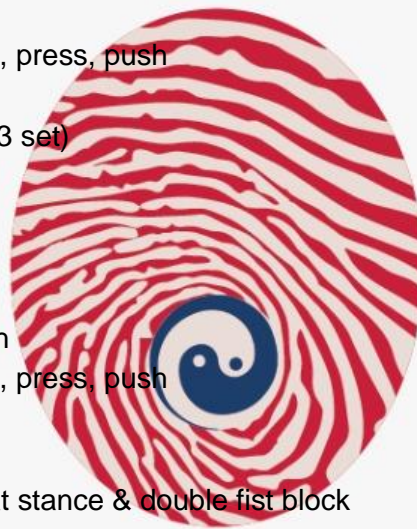
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**Routine III:**

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|---|-----------------|
| 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)
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)



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### VIII. 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)

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|---|--------------------|
| 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)          |



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