

Easy to Learn — Easy to Perform — For all Ages



Relieve Stress and Develop Chi in Just 20 Minutes a Day
with the 'Chi' Secrets to Tai Chi and Qigong!

The beginners guide to

Go Chi i

Tai Chi Qigong

Some benefits of Go Chi i

- * Enables you to practise on your own
- * Assists control of Weight gain/loss
- * Reduces Stress
- * Improves Concentration and Intuitive Abilities
- * Improves overall Health
- * Increases Energy, Agility and Flexibility
- * Loosens and Strengthen Joints and Muscles
- * Helps balance the emotions



Boz Odusanya



You Are Cordially Invited To Visit: www.tai-chi-world.com

CAUTION

The techniques, ideas and suggestions in this e-book are not intended as a substitute for proper medical advice. Any applications of the techniques, ideas and suggestions in this e-book are at the reader's sole discretion and risk.

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Please note....

This e-book is best used as a study aid with the Online Tai Chi course or my workshops. However, it can also be used independently as a brief introductory guide to Go Chi-i.

For information of the Online Tai Chi Course please visit:

www.taichi-tuition.com/taichi

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Please read first the sections on:

- 1) The Body Posture Shapes
- 2) The Centre
- 3) Even weight distribution
- 4) Alignment of the knee
- 5) Floating and Releasing

Now you have read the above articles, start learning and practising the Go Chi i (Tai Chi Qi Gong)

WHERE TO PRACTISE:

This type of qigong can be practised indoors and outdoors. A quiet and peaceful environment should be chosen with good air circulation. Avoid practising outside at times of severe weather such as thunderstorms or days with high smog alerts and strong winds.

BREATHING:

We will be doing a variety of three types of breathing throughout these qigong exercises:

- 1) Natural breathing
- 2) Buddhist breathing (abdominal)
- 3) Taoist breathing (abdominal)



The best breathing to use with all these exercises is the **natural breathing** which is your normal cycle of breathing. You inhale through your nose and exhale through your mouth, however, if you have a cold or blocked nose, breathe through the mouth as the breathing must always feel comfortable for you. Never strain the breathing by breathing in or out too much or holding the breath. If you force the breathing it will cause your chest to hurt, make you dizzy and make the exercises feel unpleasant. Over time the breathing will naturally extend its duration in length. Abdominal breathing is breathing using your diaphragm.

CAUTION: Both the Buddhist and Taoist breathing are advanced techniques and should not be attempted unless supervised by a competent instructor. *Abdominal breathing (Buddhist) is the movement of your diaphragm which will expand your lower abdomen during the inhale and deflate your lower abdomen during the exhale. The Taoist way is the reverse technique: the movement of your diaphragm which will expand your upper abdomen during the inhale and deflate your upper abdomen during the exhale.*

MENTAL ATTITUDE:

Come to the session with a positive attitude. Before you begin the session try to close the mind down, as if going to sleep. This is to help you feel relaxed and with a calm mind. When practising the qigong use concentration on making the movement smooth and continuous, listening to the sensations produced by the movements, such as joint alignment, and pressures created in and around the body. However, over-concentration can lead to headaches. Remember you are in control of your own development within the practice.

Remember the 70% rule. This is that you only put 70% of your overall physical exertion into the training. This is because if you physically exert yourself to the maximum your muscles will become tensed (contracted), you will distort the alignments of the body and also reduce efficient blood flow circulating around the body. Also, the required sensations produced from the qigong will be masked with the tension of the body.

DISCOMFORT AND PAIN:

At first you might feel a bit of discomfort when doing the exercises if you are not used to exercising. However if the discomfort is too much then build up the exercises slowly (such as 3-4 repetitions, or shorten the practice session). A session lasts for approx 10 -25 minutes. If you feel pain while doing any of the exercises **STOP** doing it. The exercises are very gentle and should not produce any pain. **THINK:** are you overdoing the exercise; such as wrong alignment of posture/joint, over stretching, over breathing, tensing the muscles too much?

GETTING STARTED:

This qigong is very effective and easy to learn. Practise each exercise in succession; add a new exercise at least every 2-3 sessions. Over time you will refine the exercises and feel and understand them more clearly. You can repeat the amount of repetitions of each exercise as much as you want, time permitting.

If you are able to practise on a daily basis or every other day you will see good results over time. If you are a busy person, then try and fit some of the qigong in whenever you can. When practised regularly, most people will be able to do the exercises with a basic understanding of all 10 movements within three weeks. You should start to see some results if you practice this qigong exercise on a daily basis for three months.

After finishing a session you should feel relaxed and ready to take on the day.

Safe and happy training,

Boz Odusanya (Tai Chi Instructor)

The Body Posture Shapes - Upright stance

Most of the postures within Tai Chi Qigong are characterised by the use of the Posture shapes. These are the 1) the upright stance, 2) the bow, 3) the canoe, 4) the How

A - Feet approx shoulder width apart. The toes appear to be slanted inwards, feet parallel on the outside. The weight should feel evenly distributed over the whole feet area.

B - The knees are slightly bend. The knees should NEVER go beyond the front of the feet (toes).

C - The pelvis rotates under slightly.

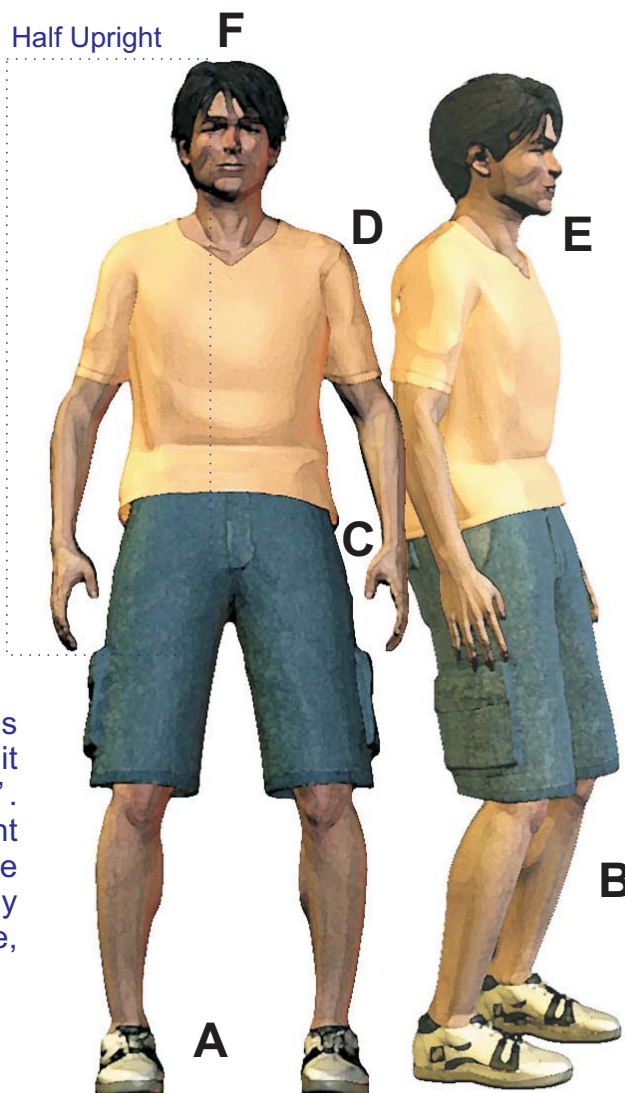
D - The shoulders relaxed naturally down the back.

E - The chin tucks in slightly. This is to help the neck to be straighten.

F - The head is upright. It is as though it is being suspended by a piece of string.

NOTE: Arms hang relaxed by the side of the body

The Upright Stance



When one of the sides is in this position we call it the 'Half Upright'. Therefore a half upright can be joined on the other side of the body with the Bow, Canoe, How etc.

G - When the pelvis rotates under fully the spine is opened (Therefore the back over time appears straight from the neck to the sacrum). When the pelvis rotates the knees will bend slightly forward (remember do not let the knees go beyond the toes). When the pelvis is rotated under, you should feel an increase of weight felt under the feet evenly distributed.

Please note: These posture alignments are guidelines for the beginner. In some parts of the Tai chi and Qigong the alignment appear not to be adhered to, this is because later in one's development the alignment works clearly and effectively in the background, so therefore the body starts to work with the stretches of the muscles (like a suspension bridge).

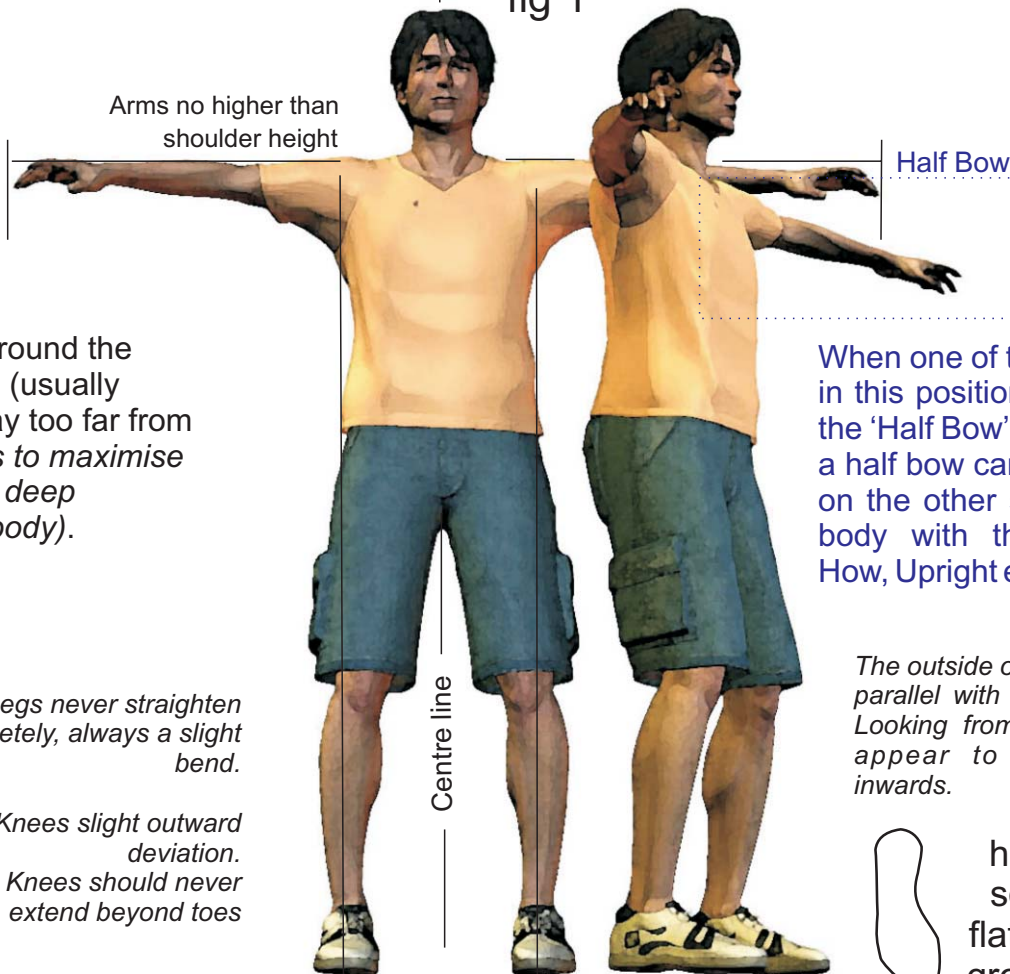
The Body Posture Shapes - The Bow

The body is upright as if being suspended by a piece of string, chin tucked in slightly.

The Bow Stance

Centre Line

fig 1



All movement is around the vertical central line (usually spirals). Never stray too far from centre line. *(This is to maximise the intensity of the deep sensations of the body).*

When one of the sides is in this position we call it the 'Half Bow'. Therefore a half bow can be joined on the other side of the body with the Canoe, How, Upright etc.

Legs never straighten completely, always a slight bend.

The outside of each foot is parallel with each other. Looking from above feet appear to be turned inwards.

*Knees slight outward deviation.
Knees should never extend beyond toes*

measured from the centre of each foot

Feet flat on the ground

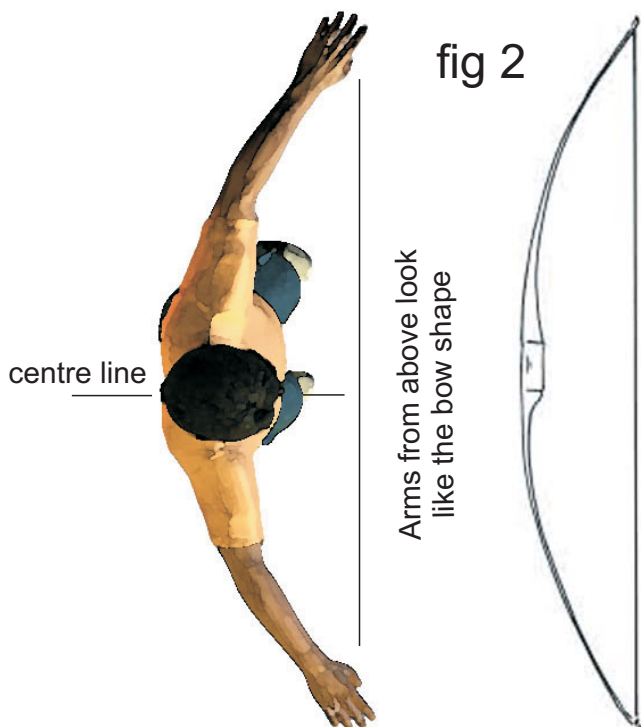
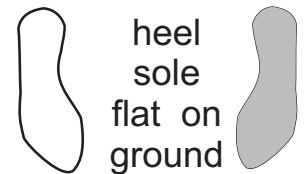


fig 2

The arms are no higher than the shoulder height of the body (**fig 1**), the arms always have a slight bend at the elbows. Ideally, both of the hands should be at the same height.

The bow seen from above looks like the shape of a bow (**fig 2**).

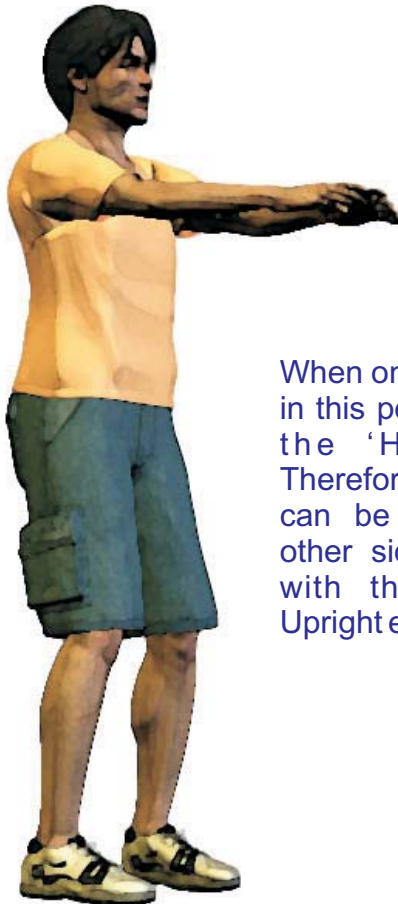
Several reasons for perfecting the posture shapes:

- Minimise the contraction of certain muscle groups.
- Maximise relaxation/ stretch of certain muscles.
- Detect by sensation certain muscles to benefit the postures.
- Minimise the possibilities of injuries due to over stretching.

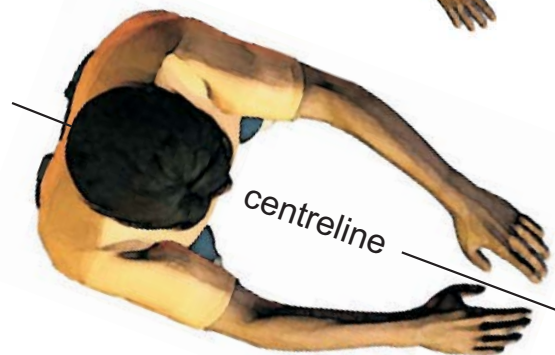
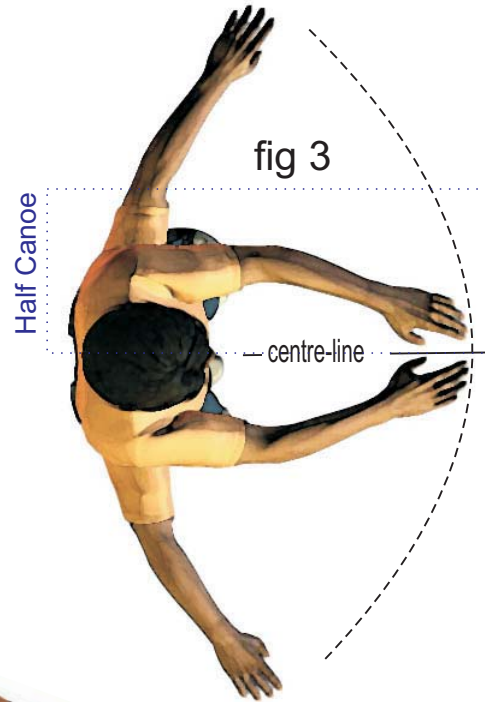
The Body Posture Shapes - The Canoe

The Canoe

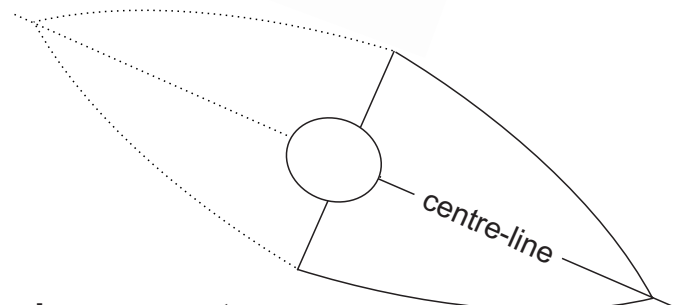
Range of movement (**fig.3**). This range is all that is needed when doing the Taiji Qigong or Tai chi form. This maximises the active stretches.



When one of the sides is in this position we call it the 'Half Canoe'. Therefore a half canoe can be joined on the other side of the body with the Bow, How, Upright etc.



We are only interested in the front part of the canoe



Several reasons for the posture shapes are to:

- Minimise the contraction of certain muscle groups.
- Maximise relaxation/ stretch of certain muscles.
- Detect by sensation certain muscles to benefit the postures.
- Minimise the possibilities of injuries due to over stretching.

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