



Four Seasons Chi Kung - Extended Summer Set (All Four Seasons)

Releasing Sound - **Spleen** - Hu (*who*) or Fu (*foo*); **Triple Burner** - Xi (*shee*)

<p>Open Form</p>	<p>1.p1. Both Hands to Hold the Heavens part 1 - Extend arms over head palms up</p>	<p>1.p2. Both Hands to Hold the Heavens part 2 - With arms over head bend to the side</p>	<p>2.p1. Buddha Explores the Sea part 1 - shoulders back, look down, extend neck</p>	<p>2.p2. Buddha Explores the Sea part 2 - shoulders back, look down, extend & twist neck side to side.</p>	<p>3.p1. Large Dragon Loosens its Neck - part 1 - stretch 4 corners of the neck</p>	<p>3.p2. Large Dragon Loosens its Neck - part 2 - circling head gently</p>
<p>4. Circle the Waist horizontally</p>	<p>5. Regulate the Middle & Lower Burners <u>3 alignments:</u> 1. Center 2. left-front-corner 3. right-front-corner</p>	<p>6. Loosening the Upper Burner <u>3 alignments:</u> 1. Center 2. left-front-corner 3. right-front-corner</p>	<p>7. White Crane Loosens Wings - both arms circle together</p>	<p>8. White Crane Shakes Wings - single arm circles then switch and circle opposite arm</p>	<p>Close Form</p>	<p>Close Form</p>