













4 Four Seasons Chi Kung – Summer & Fall Set

Releasing Sound - **Fall Set** (Lungs) - Si (*s-uh*); **Summer Set** (Heart) – He (*h-er*)

 <p>Open Form</p>	 <p>1. Forward and Backward Swinging Arms</p>	 <p>2. Left Right Windlasses Turn - circle one direction. Then switch & reverse direction</p>	 <p>3. Feudal Lord Pulls the Bow</p>	 <p>4. Immortal Pushes the Stone Tablet</p>	 <p>5. Large Roc Arcs Its Wings - forwards</p>	 <p>6. Large Roc Spreads Its Wings - backwards</p>
 <p>7. Shake the Head and Swing the Tail</p>	 <p>8. Baby Bird Receives the Food</p>	 <p>9. White Crane Loosens Wings - both arms circle together</p>	 <p>10. White Crane Shakes Wings - single arm circles then switch and circle opposite arm</p>	 <p>Close Form</p>		