



Four Seasons Chi Kung

Extended Summer Set (*All Four Seasons*)

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

- Use the releasing sound corresponding to the organ system you want to influence
 - Spleen or Triple Burner.
- Practice this set throughout the year / every season; this set influences the whole body.

1. **Both Hands to Hold the Heavens** (Shuang Shou Tuo Tian)

- **Part 1:** Extend arms overhead; palms up (fingers interlaced or hands slight separated); inhale as you twist waist to turn to one side then exhale & hold position; cycle the breath again performing the releasing sound on the 2nd exhale and release twist and return to center; turn to opposite side & repeat.
- **Part 2:** inhale as you bend to the side; cycle the breath again performing the releasing sound on the 2nd exhale & release the stretch; return back to center & switch to the opposite side & repeat.
- **Notice** the twisting and bending create varying degrees of compression on one side and stretching and opening on the opposite site to stimulate Qi circulation; also notice the tension building in the upper body & arms. There is a buildup of Qi that will wash down the body at the end of the set as the arms slowly sink and settle and you exhale using the corresponding releasing sound.

2. **Buddha Explores the Sea** (Na Zha Tan Hai)

- **Part 1:** Pull shoulder back the shoulders; bend & stretch the neck to look downward; push forward gently with the top of the head to extend & open the neck. Breathe deeply & comfortably and allow the neck to open.
- **Part 2:** maintain stretching the neck but now increase the degree of stimulation by also twisting the neck to one side on the inhale, hold position as you exhale; cycle the breath again, on the 2nd exhale release twist back to center & switch sides.
- As always you can perform the releasing sound on every 2nd exhale as you release the twist/stretch or perform the releasing sound on the last set of exhales before moving to the next movement in the sequence.

3. **Large Dragon Loosens its Neck** (Da Long Shen Jing)

- **Part 1:** Stretch 4 corners of the neck starting with the front-left, then back-left, back-right and finishing on front-right before returning to center; movement is slow with focus on stretching every strain of muscle attached from the torso to the head; you can pause in the corners & hold the stretch longer; Why stretch the corners? It's where important blood vessels & nerves traverse to maintain optimal function & improve circulation
- **As you stretch**, inhale & focus your mind into the stretched muscles, allow the Qi to concentrate; on exhale expand your mind & release Qi using the corresponding releasing sound.
- **Part 2: After stretching** smooth out neck muscles (smooth qi) by gently circling head favoring a forward-leaning position to avoid hyperextending the neck which can cause discomfort or a grinding or crunchy sound in the neck; perform 9 or 10 circles clockwise & reverse counter clockwise; return to center & release on last exhale.

4. **Circle the Waist horizontally** (Ping Yuan Niu Yao) – 3 alignments: center, left-front-corner, right-front-corner

- Continuing from the last movement - sink the circular energy pattern lower & **circle the hips** clockwise; Start with a small circle & expand the circle to about 80% of your ability/range of motion; do about 10-20



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circles; change alignment: turn to the left-front-corner & repeat; turn to the right-front-corner & repeat; make circle smaller & reversing direction counter clockwise & repeat for all 3 alignments.

- **Tip: Anchor the head above & the feet below**; keep the head & feet still
 - Circling is focused on hip movement.
 - **Notice** the circular pattern influencing all the joints between the neck & ankles; observe any tension or unevenness in movement; make the circling smooth, consistent and even to promote anatomical symmetry.
5. **Regulate the Middle and Lower Burners** (Tiao Zhong Xia Jiao) - 3 alignments: center, left-front-corner, right-front-corner
- *Alternate name reference: Spinal wave*
 - Place 1 hand on your abdomen & 1 hand on your low back to guide the movement; draw in the abdominal muscles; bend & arch the lower back & spine as you inhale - mentally lead energy up the low back region & through to the front; exhale as you straighten & mental lead the energy down the front side & between the legs; continue this circular pattern & synchronize the breathing; inhale as you bend; exhale as you straighten.
 - **Change alignment**: turn to the left-front-corner & repeat; turn to the right-front-corner & repeat.
 - Alignment change influences the internal anatomical structures (spine / organs) from a different angle.
 - **Focus internally**, on a circular energy pattern, to influence the organs in the lower torso.
 - **Release** on every exhale or the final set of exhales with the corresponding releasing sound.
6. **Loosening the Upper Burner** (Song Chi Shang Jiao) - 3 alignments: center, left-front-corner, right-front-corner
- This movement is similar to “Regulating the Middle & Lower Burners #5” but the movement is more focused on the upper half of the torso influencing the lungs & heart organs.
 - With hands gently place on the front center line of the body to guide the movement - sink the chest, arch the upper back, roll the shoulders & inhale as your mind leads a path upward along the back side of the upper torso (internally) & over the top of the head; As you straighten – the mind leads Qi downward along the center line from the top of the head (internally) on exhalation.
 - Lead the movement with the elbows – try to draw circles with the elbows but remember the root of the movement is along the centerline internally.
 - Try to **make the movement circular** & use the mind to strongly imagine a circular path of energy up the back (on bending) & down the front (on straightening) (internally) to influence the heart & lungs in the upper burner / torso.
 - **Notice** all muscles between the upper torso (*spine & chest*) & the shoulders are activated.
 - **Release** on every exhale or the final set of exhales with the corresponding releasing sound.

7. **White Crane Loosens Wings** (Bai He Song Chi)

Most of the releasing of excess Qi occurs in these next 2 movements #9 & #10 to prevent overheating the internal organs.

- Hands move out forward in a circular pattern as the arms extend (exhale / release); as you draw back gather the hands along the center towards your waist / lower dan tian (inhale). Repeat.
- On exhale, release & extend arms. Lead, with your mind, excess Qi out of the torso & down the arms
- Tilt slightly back & forth with the movement.

Note: begin with a small circle & slowly extend to a larger circle; when ending reverse: large circle to small circle on the last few repetitions. Release based on intention – **Spleen**/Extended Summer/All Seasons-Hu (*who*) or Fu (*foo*); **Triple Burner**/All Seasons/Summer-Xi (*shee*)



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8. **White Crane Shakes Wings** (Bai He Dou Chi)

- This movement is similar to the previous movement (#7) except only 1 arm extends & circles at a time.
- Notice in this movement, the torso is able to twist as the arms extend, unlike the previous movement. This adds a deeper level of releasing from the torso out to the arms.