



Four Seasons Chi Kung

Spring Set (Liver) – Releasing Sound – Xu (*sh-ew*)

Alternative Pattern for Releasing Sound:

– release right side / **Liver** - Xu (*sh-ew*); release left side / **Spleen** - Fu (*foo*)

1. **Left-Right Single Lifting** (Zuo You Dan Ju)

- **Part I:** 1 arm extends up overhead – corresponding side opens; palm up; opposite arm extends down – compressing corresponding side; palm down. (*switch sides*)
- Movement stimulates **Liver** on the right side (Xu) & **Spleen** on the left side (Fu)
- **As arm overhead descends** - make the releasing sound that corresponds with that side / organ.
 - Left hand descends – make Spleen releasing sound – Fu like *foo*
 - Right hand descends – make Liver releasing sound – Xu like *shuh*
- Stretching opens liver system. *Avoid over-stretching - this can overheat the organ*
- **Part II: Lift & Twist**
 - Lift & extend one arm overhead & twist to open/stretch one side. Keep hand raised up while cycling the breath a 2nd time. Release twist & face forward & let hand lower back down along the center line in front of the body to waist level. (*switch sides*).
 - Perform the releasing sound on the last exhale as you untwist & return to center.
 - You can release on each untwisting repetition or on the very last repetition.

2. **White Ape Plucks the Peach** (Bai Yuan Zhai Tao)

- Similar to “**Left-Right Single Lifting**” but after lifting arm, turn torso toward the opened side & reach back.
- Begin by gathering hands on one side – with both palms down; turn left in the waist & scope with right hand under left hand so right palm faces up; circle hand up & over head as you twist waist to the right, circle & let your right hand sink down behind; palm down & circle back toward left hand now positioned by right side; now twisted to the right side, scope with the left hand under right palm; lift hand overhead, as you twist to the left & reach back and down.
- Opposite hand to lifting hand is palm down – pressing downward closing and compressing the opposite side of the body as the lifting side opens.

3. **Lo Han Bows** (Lo Han Da Gong) / *Bow to lower level Buddha*

- Bend elbow & place forearm on your side where your ribs meet your abdomen; lift & extend opposite arm over head as you bend; Bend (*deep bow*) toward left front corner & fold body over forearm.
 - Elevated arm stretches open the corresponding side; use opposite forearm to create gentle compression & guide local muscles to massage & squeeze the spleen or liver.
- When straightening let arms descend & return to the sides of your body.
- *This movement stretches but also more strongly compresses & excites the liver system.*

4. **Zhong Wan (middle cavity) Up & Down** (Zhong Wan Qi Fu)

- **Press both palms** on the abdomen inward & draw & contract abdominal muscles inward – similar to the spinal wave in “Regulating the Middle & Lower Burners” of the Extended Summer Set. It’s important to move the abdominal muscles. Use **normal abdominal breathing or reverse abdominal breathing**. Energy sinks & nourishes abdominal organs & glands.



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- **Circle palms** along surface of abdomen in a clock-wise direction following the path of the colon to smooth out Qi.
- After energizing **release** excess Qi on exhale (Xu - *sh-ew*) by brushing hands down abdomen & out the inguinal fold (kua) where the lower abdomen meets the legs.

Massage Techniques

- Massage acupoint San Yin Jiao - 1 hands-width above inner ankle (medial malleolus) in the soft tissue just behind leg bone (*tibia*).
- Massage top of foot between metatarsal bones aligned with the big toe & 2nd toe – acupoint Liv-3 Tai Chong.
- Massage bottom of foot – acupoint KI-1 Yong Quan.

Note:

- The first & second movements open and disperses Qi.
- Third movement condenses & excites Qi.
- Fourth movement squeezes & then smooths out Qi.
- Some Four Season Chi Kung movements are based on “8 Pieces of Brocade”, typical set of repetitions are 24 times but beginners are advised to start with 6 repetitions. Do Form 1/Part I - 6 times and Form 1/Part 2 - 6 times, & Form 2 – 12 times to equal 24 times.
- Don't over-stretch to avoid overheating the liver organ & surrounding muscles.