



Four Seasons Chi Kung

Winter (Kidneys) – Releasing Sound – Chui (*ch-way*)

Tip : *Intentionally exhale (expand) more than inhale to offset the cold, contracting nature of Winter.*

1. Two Hands Hold the Toes (Shuang Shou Pan Zu)

- Hands above head – fingers interlaced then bow or bend at the hips.
 - Back muscles gently compress kidneys – *maintain stretch as you bend.*
- Feet/stance can be separated for more stability or placed together to develop center/balance.
 - Less flexible beginners can hold back of calves. Over time with more flexibility reach & hold toes.
- **Part 2** - Rock side to side – alternately compressing sides of kidneys.
- **Part 3** – twist to 1 side with both hands on 1 foot or calf – this changes compression angle on Kidneys.
- **Important!** When finishing movement rise up SLOWLY and *release on exhale – chui (ch-way)*.
 - If continuing to the next movement (#2) stay in the bowing position and release later when rising up.

2. Phoenix Spreads Its Wings (Feng Huang Zhan Chi)

- Continue to bow / remain bent over.
- Twisting to compress kidneys from the sides.
- Left hand on right knee; right arm extends above; fingers point up; palm is open to left side; eyes look up. – Left kidney is stretched; right kidney is compressed.
- Upon completion rise up slowly & *release on exhale – chui (ch-way)*.

3. Turn the Head to See the Moon (Hui Tou Wang Yue)

- In an upright posture; turn or twist spine & look towards the back.
- Twisting right - hold left hand high; palm open & positioned outward; right hand low; palm open & positioned outward behind back - palm out (*switch to opposite side and repeat*)
- **Posture:** can stand tall with feet *shoulders-width* apart and then progress to a lower stance with wider separation of the feet over time as your legs get stronger.

4. Large Bear Softens the Waist (Da Xiong Ruan Yao)

- Standing upright; back of right hand on left kidney; gently arch the back towards the hand several times.
 - Switch - left hand on right kidney.
- Inhale when arching (flexing thoracic spine); exhale when straightening spine; release on exhale (*chui*).
- Spinal movement is slightly higher than “Regulating the Lower Burner” in Extended Summer set.
- Movement provides another angle of stimulation allowing Qi to soften, harmonize & sink into the kidneys.

Massage Techniques / Rooting the Kidney Qi

- **Massage & stimulate the ears** (ears correspond to the kidney system in TCM).
 - **Rub ears** with fingers & thumbs.
 - **Brush ears** back and forth with open palms – let ears flap back and forth with movement.
- **Tap the kidneys** (*mid to low back region*).
- **Press paraspinal muscles** of the low back region (*the sides of the spine*) with fingers or thumb.
- **Massage right kidney with left hand** (*switch*); penetration is deeper if you keep right side loose by shifting weight to left leg.



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- **Circle hands** over kidney region - smooth out energy. Use back of hand, palms or thumb & index side of hand.
 - **Circle Inward** = **tonify** / warm (do in Winter - warm & guard against winter cold).
 - **Outward** = **reduce** / cool down (do in Summer - cool down & guard against summer heat).
- **Place & hold open palms** on kidney region of back to warm kidneys.
- Once energy is moving & region is stimulated **tap to move kidney qi downward**.
 - Tap from kidney/lumbar down to sacrum.
 - Tap down to buttock region.
- Brush back of legs several times and rock back & forth on feet - lead Kidney qi down through legs & feet.
- Massage acupoint San Yin Jiao - 1 hands width above inner ankle (*medial malleolus*) in the soft tissue just behind leg bone (*tibia*).
- Massage bottom of Foot – acupoint Yong Quan.