

Dragon & Tiger Chi Kung

(Bruce Francis (3/49) Tiger & Dragon (Instructor 2 Week Retreat) (Like Cosmic Chi Kung)

Meridian Chi Kung: Realigns the energy pattern (channels) and nervous system. **7 Movements**

Homework 100x & Every Session (How we doing') 75 Students - 15 Women 20% - 60 Men 80%

Morning 9-12 pm Monday 7/14/03 (52.5) (NY Taoist)

Knife Hand (Two Fingers) projection from Tan Tien (Ethic Body <aura>). Energy channels move up from the sides out the armpits. Draw the energy up the side out the armpits. Feel your body. You cannot think and feel at the same time. Separate of mind and body. Feel, listen and do. Shoes make the feet dead. Open feet up with 4 movements & massage.

Movement #1* Draw Chi up inside of leg left of heel. Same time pull on armpit. Turn hand pull Chi down inside of left, exhale. Push out from armpit. Heel your down same time. Reverse to the side. We don't have to do it perfectly. We do it the best way you can for the most benefit for you.

Money Symbol – start small and keep adding to it same with the forms (\$10 \$100 \$1mm and if you want to be perfectly it only builds up tension and blockages (wanted production) Walk on heels to make Chi go down and on balls of feet to make Chi go up. Stress and destruction emotion, the most destruction to the body.

Afternoon 3-5pm Dragon & Tiger Movement with the transition of hands.

Up and Down (4 movements) key is the pushing one hand down that pushes other hand up. Second movement (knee movement –turning) 1-point shoulders and hips. Place all weight on one feel (stay together). Turn 4 points with other leg and place off the same toe.

Morning 9-12 pm Tuesday,

Foot Flick in Movement #2: Key-Flick out the release – speed is the key not power. Kick or feel it into the ground not out of the ground. Vibrate buttock or shake it to loosen the leg and foot muscles and tenders. Place the hand underneath knee of student resting their self on your knee and shake thigh while shaking buttock and lower back.

Bruce Frantzis – Child Genesis in boarding school 6-12 5% on physical scale from 100%. Physical body started from 0% - Kung Fu – He put his mind into his body and patiently steps by step over years developed his body movement. Knees and legs first. Net energy moving in their legs forward leg forward right. One hand forcing shoulder nest another hand pointing to food. Turning to side peak hand another hand to heart. Flick turn hand down pointing to feet hand to shoulder next to student 3 hrs/ morning – 2 hrs / afternoon.

7-8:00 am Leading and follow form and **7-8:00 pm** Flick and exhale then all the way as the hand goes down then inhale (Flick releases the nerves). Soft Projection from your eyes of your mind and intention.

Wednesday 9-12 pm Knee directly in center of the foot front and back – Smile. Some will elbow in center of hand front and back to side and side-to-side.

3rd Movement Tiger Crouches and Waits. Study 50% of women will not have an orgasm because they will not let go our just relax (not one). Not the read to life, it is the read to death. Just let go and go with the flow and enjoyed the ride.

Fist for Humankind for the hugest stress conditions because of the computer age (Unfortunate) Age of stress and tension on the nervous system. Feeling Chi on the body and the Ethic body should 6" – 12" from the physical body or you short circuit the energy feeling Dai Mai: Just feel and it is the strongest spot in the mind and the pubic bone (Chi Belt) Energy from navel arouses both rides to (Ming Mea) Kidney into the creator (Wu Chi) Bruce: the Jackie Gleason of Chi Kung

Wednesday, Afternoon 3:30 – 5:30 pm Speed all movements is determine by feeling the Chi which varies from day today. 3rd Movement exhale down leg – inhale up leg and around tradition from 2 to 3 is down the side or flanks of the side and then activate Dai Mai (Great Meridian). Seen forward or backward and follow the energy down the leg exhaling and inhaling up and around the Dai Mai (10 reps) and change leg (10x).

4th Movement – about the heart getting the energy across your body from left to right – the transfer of energy movement #3 need for movement #5 (harvest); movement #2 seed for movement #7 (harvest); movement #2 seed for the movement #4, Movement #7 seed for Movement #4 To continue throughout the day after the practice. When you practice it will make you healthier and reduce all stress. Transition from 4 to 5 draws up from flanks into armpits. Stuck up the energy into breaks and push it our from left and right booking forward. Then pull energy into the hand, waist, center of arm, elbow, armpit, shoulder nest, moving shoulder blades moving in same direction and eyes absorbing and sending energy out looking out there it is going from palm to palm through the body.

5th Movement can inhale twice around Da Mai will increase Chi and power and same for 3rd Movement. Letting go and relaxation, let you shoulder blades drop to open the armpits.

400 MM-8MM (25 yrs) 1.5 MM (20 yrs) 65 age and over 2015-25% (USA No medical assistance for 65 and over which is 10x the time to heal them. Same serious problem in US, which will go the same as China which went to Chi Kung and Tai Chi and saved Medical system. Chi Kung and Tai Chi increases the general health. For people over 65 why they do not like to do exercise?

1. Bodies can not do it
2. No groups (social issue) it together in all age and making new friends
3. No teacher

Morning, Thursday 9.00 –12.00 pm Class outside under the oak tree - Question and Answers - You rejuvenate and become young. **6th Movement** - (Lungs & Liver Release) relate and pushing difference, key is to release. Releasing the nervous system – 90% pull 10% push Steam Chi-push Chi and you will release by flicking will spreading and feel it the stagnant Chi release.

Key: Piece directly above head crown point Bui Hevei (bye way)(middle crown)

Key: Push balls of feet as you pierce the heavens and push on heels and pierce the earth with each foot

Key: Pulsing of Tan Tien-Sword Figure Connection. Pierce with sword figures is not a flick it is a projection. Stress is the disease of the modern age.

Afternoon: 3.30-5.30pm – you can do all movements sitting down.

6th Movement - Focus on crown pulling out energy there and piercing the sky. **Cancer Lecture Thursday 6.30-8.30pm**

Friday: 9-12 pm Teaching Voice Explanation: Where are students there and where are they are not and how to bring them back. First evaluate of level I, II and III within the class. Evaluation groups of 5 (3rd group) Need to be looser outwardly - More repetition–Up the correct line and hands away from body.

3 Sets Morning: Level I: None without thought focus on lines and breaths.

2 Set Afternoon: Level II: Lines and breath without thought focus on energy.

3 Sets Evening: Level III: Energy and push and pull without thought focus.

Linage teacher is trained how to teach - Practice, Practice and practice (Corporal Body: 5 Senses) (Discorporal Body: 2 Senses-Hearing and Sight). Start Dragon and Tiger: Move energy from ethic field bottom and top. Start at contact point, feet planted and for body to breath and contact with practice here and present in your body. Open armpits and start stirring the Chi with your hands circulating with the feet turning your chi using the breath to feel the body by running the energy in the body and you can jump start the energy anytime by activating the stagnant Chi and keep energy moving. Average Women: 70% of their body weight with their buttock and thigh areas. Perfect Women: 48% of their body weight is their buttock and thighs, and they carry everything with them.

Fri, afternoon 4-6 pm Evaluation (Friday) 4 Evaluators Bill-Craig-Paul-Steve

Key: Tracing-energy lines in the leg with the mind and touching your body with the hand energies 6-8" from the body.

Sat 9-12 pm-Bruce Kumar Francis-very articulate-5% of the vulgarity just only diminishes his stature and dignity. Chi Kung does not work on the muscle. It works on the nervous and stress as energy management. Yoga is about control and Chi Kung is about letting go. Yoga is great market for Chi Kung.

7th Movement: Move and awaking the energy in the Tan Tien into the heaven and earth. Function is the key, as you get older not your looks. **Evening Session: Business of Teaching.** Excess heat in the body damage the nerves movement. The purpose of the movements is not to do the movements, but to move the Chi, but if you move really slow you will open up the joints. Key is at what speed that we can feel the Chi to move it and release it. You want to get a flow of the Chi and the ethic body at the right speed for the movement. Move to soften the body and releasing the nerves. The distance the hand is from your body is the distance that you can feel the energy field (Ethic Body) and smoothing it over. **Level II:** Movement of the movements to push and pull the Chi (Level I is to feel and trace the energy) Release is to let it go from any position not to throw it down or pushing it down just to let down or let go.

5th Movement: Stir and gather in front and draw back and forward, and release. Blind people feel their ethic body, which is their sonar. Energy Gates is foundation of practice and used for strengthen. Healing crisis: people start damaging imbalances in your body: fever, emotional outbursts, something is being burnt out or releasing toxins and stagnant Chi. Women's feet were bounded in the Chinese so their sexual energy could be drawn in and build up, and not lost. When you move Chi, you move sexual energy and by tracing energy up you will start to know what is in them.

1 Day off (24 hours) Sun, 1.00-5.00 pm Question and Answers

Teaching (6 days) psychological landed to do the practice – 1-45 min and complete 1-15 minute. Start and finish (1-3 hrs) or weekend (1-1/2 hrs). 1st communicate who you are and why are they here and explain that you are on their side and maintain control of the class.

1. Tell them what you are going to tell them.

2. Tell them

3. Tell them what you told them for complete clarity.

Key to Chi Kung: It is information into the body through the nerves and molecules not just mental data. This aspect takes years to learn with the formulas because you are training the body and it takes a lot of time to absorb it physically. As a teacher you have to connect with the student and what they need and how they absorbing it. Chi Kung is to help people. People are not there to help Chi Kung. Students are not coming for information; they want answers to their lives from you. Do not let one person disrupt the class. It can happen and it will disrupt the whole class. Humor works with students and the public and keeps them loose and open. Put yourself in a foolish situation and that gives the students the opportunity to let go and relaxing. Make fun of yourself and they will be loose and trust you.

Afternoon, 3.00-5.00 Full Class – 22 New Students –Niece of Taoist Master taught to her) and taught 22 million people over twenty years. Buddhist Chi Kung – relax and let go – releases stagnant because Chi moves then gets cold and struck. This is not about training muscles, but your nerves to release stress. Chi like electricity needs to move through something to be effective and Chi move blood and fluids, then through the nerves removing stagnant Chi. Dragon & Tiger is Taoist Chi Kung that is a non impact exercise that moves the blood and energy through the nerves (physical) releasing stress and you trace your energy lines in

the body (Meridians). 22 new students picked instructor trainees and I was the only one not picked so I became an alternative. Taoist breath from the back of the lungs and the lower Tan Tien – Belly Breathing – B.K. Frantzes repeats the same course. 1st Movement student Walter –Tapping the energy line.

UTS: IT-25 (G) 50 MC Does not teach levels in the practices

EAS: IT-75 (G) 25 BK Teaches levels within the certification with the individual practices and they come back year after year. Instructor training works with one student ½ hr before 8.00 am 8 sets 2 hrs.- food 2 hrs. 2 hrs/day 7 hrs of instruction 1 hr walking 4 hrs resting.

Monday, 9-12 pm

1st Movement Relax your entire armpits/elbows and shoulder blade/armpits. Exercises shoulder blades. Grab buttocks and draw up muscles up the back and down chest with shoulder blade movement for better blood and nerve movement; if the nerves become stressed too much becomes stressed. All movement the energy goes out to your hands.

2. Exercise: shake out the armpits.

3. Stirring the Chi with hands

4. Hold and wiggle elbow and write to open armpits.

Taoist works on a circle no end or beginning – a spontaneous continuum. Yoga works on a line (linear), which are the branches of all systems of the yoga. (Chinese and Indian) Chi moves thru fluids, tendons, fasciae and joints. Start the Chi with hands circular movement under your feet. You feel the Chi from the feet move like a wave up inside of leg to kua to shoulders nest then push the wave down to kua over to and down outside leg to bottom of foot.

Afternoon 3.00-5.00 pm

1st Movement: Hands moving up and down from Tan Tien to outside of leg-fingers to heels-scoop fingers around foot up inside of leg to Tan Tien-Carry up Chi to Shoulder's Nest. Same: Dragon & Tiger (Liver & Lungs) can be done by itself all other Movements have to be done in progress. Properly done the benefit increase 10-20-30-50% more with the some practice and time.

No overhead –BKF communes, No staff, no bookstore and secretary shows up twice a week. Senior instructors pay for upgrade levels but instructor trainees do all the teaching with students. Rent housing and food from facility and simple advertising and mailing list.

Morning 10-12 pm 2nd Evaluation 30 students for Level I and 30 for Level II

Steve handles 4 at a time, one comment – 1st Movement: I need to trace around toes and up inside of leg. Key is to show it down and wait until I can tract it all.

Afternoon 3.00-6.00 pm

70% rule: only go to 70% as far as you can go in everything that you do (low-high-stretch etc.); we get the energy to work at about 100% efficiency and not strain. **2nd Movement:** Flick out feet and hands-toe and foot exercise. Hand motion draws out from chest and meridian lines of the shoulder, arm, forearm and palm, then form beak and flick. Fingers in the peak contact to all the meridian lines of the body. Wrist comes out, the elbow drops. Hips can take 700 lbs of press and feet 1,000 lbs, but knees only 36 lbs of press. The knee is a weight transfer joint not a weight bearing joint.

Tuesday, Evening 7.00pm B.K.(Showman) and goes on like MC. Chi Kung and emotions; Eight bodies: Physical, emotional (meditation practices), ethic (through dissolving), your ghost (memories of the past and future) release you in the present. Fire Method (Inner Alchemy). Water Method: is to release or dissolve everything and find the empty space in the middle. Emotions will run through meridian lines that are open and cleared by Chi Kung.

Wednesday, 9-12 pm 3/30-5.30 pm

2nd Movement. shift, turn, flick-a lot of practice and keep shoulders down. Use D&T on plane trips to open the channels-then no puff up legs or arms-Dai Mai-Tracing-**3rd Movement**-Qi Gong, Chi Kung (UTS) Chi Gong (BKF)

Thursday, 9-12 pm

4th Movement. Move energy through arms and physical heart-shift weight from one side to next lifting up opposite heel and form beak drawing it in body and releasing opposite hands by transferring the energy rotating upper shoulder blades. Movements and more the lines in (Flick – lightly first ask the person how it feel 2 Fundamental Practices Layers of Aura - Yin Meridians in the face (softer than your side back outside of legs).

Number of Channels you work on – 70 x 7 Movements (Thrusting Channels)

1st Movement – Tap inside of leg up sample line (Top and bottom of the layer)

2nd Movement – Tap outside of leg up center out to stretch out fingers.

BK does 3 teachings at the same time and moves around the groups (levels) and evaluates them all in the different groups – Tiger Cubs are pulled apart and separated from flight.

Sleeping: to sleep rotate ankles 100z in opposite directions. BK does a Chinese singing chant to transmit the Chi to the students as they do the practice for each movement. **4 & 5 Movements:** Practiced for referring and certification. All movements and whole class doing 20 sets of all 7 movements. Evaluation (P) tomorrow **6th, 7th Movement** for level 1.

Names of Movements:

1. *Dagon & Tiger*
2. *Dragon Looks into the Horizon*
3. *Tiger Crouches and Waits*
4. *Tiger Separates its Cubs*
5. *Tiger Pounces on its Prey*
6. *Dragon & Tiger Pierces Heaven & Earth*
7. *Dragon Soars to the Heaven and Returns over with a Pearl*

7th Movements – Pull and Push

BK has had 6 Chi Kung schools over 10 years from 100-300 students. Small place (low overhead) 30 students to start for the overhead with 50 student find a place that can fill up with 50 students and work with your students for leads on everything. Work out all the numbers.

Saturday 9-11.00 pm

Pass Level 1 Certified instruction in **Energy Arts, Inc.**

The Tao Water Linage with Bruce Frantzes - Funny & serious. Questions and Answers - **Class did whole set of 20 reps with all 7 Movements.**