

## *Tan Tien Chi Kung*

### **Hands on Center (Tan Tien) for digesting Chi - open this space front & back**

- 1) **Qua:** feel empty space
- 2) **Rabbit Form** - Breathe in & exhale with hands-don't bend knees
- 3) **Iron Shirt Posture** - turn & exhale
- 4) **Sparrow Form** - Sink on front foot & then back foot
- 5) Open & Close the body with arm straight out
- 6) **Crank Form** - Scoop the Chi up forming beams & exhale on side expanding figures
- 7) **Wave hitting the Shore Form** - Open up the lung with discharge force from Tan Tien (Charge) (strike)  
Used in Tai Chi II - Nourishes the Chi & Open cavities -Abdomen – Lower Rib Cage – Hips & Sacrum
- 8) **Elephant Form** - Trunk movement - hands come up overhead

### **Seven Stars (Energy Points): Feet, Tan Tien, Hands, Solar Plexus, Crown, Perineum, and Mideye.**

**Tan Tein Chi Kung** - Maintain Chi Pressure (Original Force) in the Tan Tien. When you are angry, and stressful you release Chi and delete the Original Chi, so just release a little and breathe in a little more into the Tan Tien to maintain balance and Chi Pressure (Internal Power). So when you become depleted stop your activity, and rebuild Chi Pressure by breathing into the Tan Tien, which is the key to Internal Power & Strength.