

10000 Victories routine

"qi is *everything*" – condensed (exoteric, apparent reality), non condensed (esoteric)

Relaxing Tendons Floating Bones/Opening Joints 20:54

- * Head – Vertical, Horizontal (Pitch, Yaw)
- * Head Side to Side (Roll), hold one side
- * Shrug Shoulders, touch shoulder to ear
- * Reach and roll- one hand up, one on lower back to separate ribs, always reach up in center, raise foot
- * Circles over the head, hands clasped
- * Twist, touch shoulder
- * large circles with hips
- * Bend forward, relax the back
- * Squat, hips forward, feet pointed out
- * Reach and twist, hips down, rotate spine from bottom up, reach over to the side, then reach back pressing toes down, grip the ground, gently keep head twisting beyond hip distance reached; 4-way stretch
- * Massage knees
- * Circle ankles
- * Circle Wrists

Yin Jin Jing

0. Opening
1. Caressing the Ball – 4:50
2. Fisherman Rows the Boat *3 – 6:33 turn in one foot, heel replaces toe, left/right brain thing. Awareness of feet.
3. Cloud Hands – 7:00
4. Striking the Tree
5. Scholar Opens the Scroll – 6:52 begins with qigong fist – palms facing, arms extend prior – intend qi to center
6. Butterfly
7. Swimming Snake ✓ - 5:02
8. Little Child Prays to Buddha x3
9. Extend the Wrist to View the Moon – 5:28
10. Clutching Eagle ✓
11. Squatting and Lifting x3 – 5:31 x3 (palms facing, above head, stretch ribs, turn hands as waterfall, qigong fists, to ground (as wag), next: elbows behind, prep for HA! (nb can bend legs)
12. Dog Wags its Tail - palms facing, above head, turn hands around like waterfall, good for incontinence/kidneys
13. Swallow Skims the Water ✓ - **5:15**
14. Cat Looks at the Moon ✓ - **15:07**
15. Parade the Banner ✓ - **4:12**
16. General Takes off his Boots ✓ - **4:27**
17. Monkey Lifts the Cauldren – 3:42
18. Twisting Dragon ✓ - **4:37**

Sundays

Pre-birth/primordial

5 elements: Metal; Water; Wood; Fire; Earth

Swimming Dragon

Tapping - at beginning; rub hands and face; gather qi – reverse – gods; protect qi – seal – like gather qi but with hands open, gradually close; grand circulation – commencement; 3 treasure stance – santi shen; Nourish the brain – gather qi, cross arms, ahn + lift