

10000 Victories routine

Standing Qigong – 2:24

Balance

Seated Exercise – Toe Pointers – 2:42

Seated Exercise 2 – Ankle Circles - 3:06

Standing Exercise

Toe Touches – 10:20 front; back; sides

Toe Heel Taps – 5:14 front, for walking; lift leg, toes pointed in, then out for opening hips

Thigh Hip Power – 6:32 leg raise and fall to strengthen standing leg thigh; knee lift; standing leg aligned and turned all the way to the corner, opposite leg behind, on balls of foot, lean back, soaz stretch.

Knees and Ankles – 6:34

Warmups – 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, always reach up in center

\*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

\*Massage knees

\*Circle ankles

\*Circle Wrists

**53 total minutes**

Yin Jin Jing

Caressing the Ball – 4:50

Fisherman Rows the Boat \*3 – 6:33

Cloud Hands – 7:00

Striking the Tree

Scholar Opens the Scroll – 6:52

Butterfly

Swimming Snake ✓ - 5:02

Little Child Prays to Buddha

Extend the Wrist to View the Moon – 5:28

Clutching Eagle ✓

Squatting and Lifting – 5:31

Dog Wags its Tail

Swallow Skims the Water ✓ - **5:15**

Cat Looks at the Moon ✓ - **15:07**

Parade the Banner ✓ - **4:12**

General Takes off his Boots ✓ - **4:27**

Monkey Lifts the Cauldren – 3:42  
Twisting Dragon ✓ - **4:37**

**1 hr 11 total minutes**

CoolingOff - 11 minutes

Massage the lower back and sides, lift the heels

Monkey reach and swing, lift the heels

Compress qi to kwa

Touch feet, qi to earth

Kick self in butt

Swing ✓

Total

2 hrs 15 minutes