

At the core of Chi Life is Therapeutic Qi Gong (Chi-Kung), as taught by Master Helen Wu and imparted to Sifu* David Leopold and Sifu* Jill Heath. Containing 24 Postures, it is an expansion of Master Wu’s grandfather’s (Grandmaster Wang ZiPing) 20 Rehabilitative Postures of Qigong for Health and Longevity. This three-page handout is to help students develop their own practice between classes. This reference material has been published numerous times over the decades (first published in 1958 in China), in a variety of formats and languages. Sometimes the translation of phrases differs slightly from one version to another, but the core of the practice remains. In addition to Therapeutic Qi Gong, Chi Life also offers basic Taichi to help improve balance and coordination.

Interested in studying a little more deeply? Look for the textbook in your local Wellspring library (Chi-Kung, Tai-Chi and Fan: A Step-by-Step Training Course for Wellness and Personal Development by Helen Wu), currently available at Toronto Central (Westerkirk House—Sunnybrook) and Toronto West (Birmingham Gilgan House—Oakville). Want to see a copy on your local Wellspring library shelf? Just ask. Copies kindly donated by Master Wu.

More info about Master Wu: <https://www.helenwutaichi.com/>

Eight is a standard number of repetitions. Modify the number of repetitions for the time and energy you have available. Most importantly... Enjoy your practice!

**Sifu means ‘teacher’, and is a title of respect and courtesy, much like ‘professor’.*

#	NAME	DESCRIPTION
1	Absorbing the Pure Essence	Stand in WuJi (feet shoulder width), NAB (Normal Abdominal Breathing) Hands Left over Right on Lower DT (DanTian)
2	Searching the Sea	Hands to waist, Lean forward, Spine Straight Inhale, look left / Exhale to front Inhale, look Right / Exhale to Front
3	Looking at the Moon	Hands to waist, chin to chest Inhale, look up to left / Exhale chin to chest Inhale, look up to right / Exhale chin to chest
4	Lifting the Tripod	Fist shoulder height, on sides Inhale lifting, pushing palms up, looking up Exhale lowering down, looking down, re-forming loose fists
5	Drawing the Bow	Index fingers and thumb form triangle, palms facing forward Inhale, draw hands back to loose fists at shoulder height Exhale, push forward to form triangle again Inhale as shoulder blades draw together / Exhale as released
6	Falcon Flapping Its Wings	Hands back-to-back at lower DT Inhale, hands draw up centre, elbows pointing to sides Exhale, push palms down the centre line of the body
7	Plucking the Stars	L palm up at lower DT, Right hand on MingMen with palm facing out Inhale, L hand comes up centre line to overhead Rotating to palm facing in, down, out then up once more at overhead Exhale as hand sweeps down on side, following it with the eyes Repeat on the other side
8	Waving Arms	Inhale, raise and cross hands overhead

#	NAME	DESCRIPTION
		Exhale as you drop hands down to sides, striking thighs with palms Allow the momentum to carry hands forward and up Then hands drop again to strike thighs with backs of hands Bring hands to front of chest and push down to return to start
9	Summoning the Chi	Stand in Wuji (feet shoulder width) NAB (Normal Abdominal Breathing) Hands Left over Right on Lower DT (DanTian) Circle palms around entire abdominal area, counterclockwise Repeat in the other direction
10	Lotus Leaves Rustling in the Wind	Rub hands, massage kidneys Hands on back, palms facing in Circle hips, in one direction, then reverse directions
11	Pushing the Stone Tablet	Fists at waist, palms up Inhale and push forward with L outside edge of palm At the same time, turn at waist, draw R elbow back, look back Exhale as you return to starting position Repeat on other side Inhale as expanding / Exhale as returning to centre
12	Thrusting into the Mountain	Fists at waist Step into R bow stance and reach across to R side with L hand (thumb up) Inhale and sweep L hand across, palm out (thumb down), shift weight to L L hand returns to waist forming fist, exhale, thrust forward twice with R Repeat to other side Inhale as you sweep across / Exhale as you stretch the arm out
13	White Horse Parting Its Mane	Riding horse stance, bend at hips, cross hands (L on outside) Inhale and stand back up with crossed hands overhead, look up Exhale as hands circle out and down Look to L, and follow that hand down with the eyes Repeat to other side, changing outside hand Inhale while straightening up / Exhale while bending over
14	Willows in the Wind	R hand cradles back of head, L hand on waist Bend to L side, pointing R elbow towards the sky, inhale. Exhale, return to vertical Switch L and R hand position, repeat to other side
15	Phoenix Spreading Its Wings	Horse stance, right hand on left knee Inhale, turn at waist, raise left arm, look up, following hand with eyes Exhale as you return to starting position Switch sides, L hand on R knee, and repeat to other side
16	Green Dragon Dashing and Turning	Fists at waist Step into R bow stance and reach across to R side with L hand (thumb up) Inhale and sweep L hand across, palm out (thumb down), shift weight to L L hand returns to waist forming fist, exhale, thrust forward with R hand Hold the ball with both hands Inhale as you circle up and over to the R side Exhale as you circle down and back over to L side Inhale as you circle up and over to the R side again Exhale, sweep across with L hand palm out, bring R hand in fist to waist Repeat to other side

#	NAME	DESCRIPTION
17	Combining Yin and Yang into One	Cross hands left over right at lower DT Raise crossed hands overhead, palms facing forward Separate and circle hands out to sides and down Circle up centre line to shoulder height, crossed hands, palms facing you Extend arms, separating to palms down, then lower arms
18	White Crane Circling Its Knees	Warm hands by rubbing together and put on knees, massage knees Circle knees with hands over them (R on R, L on L), in one direction Repeat by reversing direction
19	Riding The Horse	Riding horse stance Inhale as you sink down, arm rise and hands hold ball out front Exhale as you rise up, arms lower
20	Taming the Tiger	Wide riding horse stance, hands on hips Exhale as you sink down on one side, weight mainly in L leg, facing front Inhale as you rise up, moving weight back to centre Repeat on other side
21	Sword Smith Turns to Stoke the Fire	Stand in Wuji (feet shoulder width) Fists on waist, palms up Inhale as you reach across to R side with L hand Sweep L hand across to L, palm out (thumb down), turning body to L Bring L hand to waist in a fist, lowering body into crossed-knee stance Exhale as you punch R fist forward Rise up, straightening the legs Repeat to other side, sweeping across with R hand
22	Supporting the Sky and Searching the Sea	Feet together, fists at waist, palms up Inhale, push L hand to palm up overhead, following motion with eyes Exhale as you push hand down R side of the body, bending at hips Sweep around feet, R side to L Inhale, as you straighten up, pulling L fist to waist Pass through starting position to repeat to other side
23	Lotus Swings in Four Directions	Feet together, hands at waist Kick forward and up with L leg Kick backwards with L leg, bending knee Kick inward with L leg, bending knee Kick outward with L leg, bending knee Repeat with R leg
24	Pacing Forward and Backwards	Feet together, hands at waist Step forward with L foot, then step forward R foot letting L heel rise Step backward with R foot and roll backward two steps Bring feet together Repeat on other side, starting with R foot stepping forward.

Jill Heath
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