

Hidden Bird Nest Qigong

Tom Pittard, 4/10/2020

1. Bird Stretches Wings:

Standing feet together, centered in the pelvic bowl, arms by sides. Like the wings of a bird, the arms slowly stretch out from the sides and flap up over the top of the head, then down to the starting position. Repeat 20 times.

2. Galloping Wings:

Stand feet shoulder width, upper body slightly forward. The arms move forward and back in an alternate swinging motion. The head and eyes move from side to side following the arms as they swing toward the rear. One count for a single right & left cycle. Repeat 70 - 100 times.

3.1. Mother Lifts Chicks High To See Out:

Feet shoulder width, light dumbbells in the hands along the sides. In a curling action, lift the dumbbells from the sides up in front of the body about a foot in front of the chest and continue to lift up, stretching above the head and slightly backward to feel a little stretch in the lower back. Repeat 20 times.

3.2. Chicks Peek Out:

Segue from 3.1. Still holding the light dumbbells, the arms cross in front of the chest and the body sways from side to side as inside hand moves upward to the side and stretches up a bit. As the inside crossing hand moves up the outside hand moves down as the whole body sways and cycles back and forth. One count for each hand stretching up. Repeat 20 times.

3.3. First Chick Flies Out:

Segue from 3.2. Still holding the light dumbbells, the arms travel up from the sides in a slight curling movement and meet above the head, stretching lightly upward at the crest. Then the arms slowly return back down the sides to the initial position. Repeat in a slow flapping motion 10 times.

4. Intestine Flexing:

Standing with feet shoulder width, hands slightly crossed and gently cupping the lower abdomen at the under-curve just below the navel. Slowly pull the lower abdomen inward and slightly upward - not with the hands but with the lower abdomen muscles, then release the muscles back out. At the same time, as the lower abdomen muscles are pulling inward, also tighten the anus sphincter muscle. Pull in and tighten and release as one complete cycle. Repeat 100 times.

5. Wing Chun Sil Lim Tao:

Slowly perform one cycle of the Wing Chun "Minimal Thinking Way".

6. Bird Rolls Wigs:

Slowly, deeply do forward and backward shoulder rolls. Shake the head back and forth at the end of each shoulder roll. Do 20 each direction.

7. Free Bird Leaves Nest:

Free form slow, graceful, dance-like, whole body movements while visualizing birds in flight. Approximately 5 minutes.