

Qigong Secrets

Secrets of the Ancient Energy Masters - 22 Week Home Study Course

Week Seventeen

Lohan Draws Sabre

This weeks pattern is introduced. Wonderful for unlocking tension from the shoulders and upper back.

Page 2

Form

Here are the written instructions for the form. Make sure you watch the video as well! Much easier.

Page 3



A Picture Paints A 1000 Words...

Visual instructions for practicing this weeks pattern

Page 4

Reasons why you'd choose to practice...

discover the benefits of practicing this weeks pattern...



Page 5

The 6 Qualities of a Great Qigong instructor

Be certain to read the bonus document in this weeks material. If you have decided it's now time to find an instructor, you'll find this information invaluable.

Page 6

Homework & Coming Up Next Week....

Whatever you do, make sure you complete your progress tracker!!

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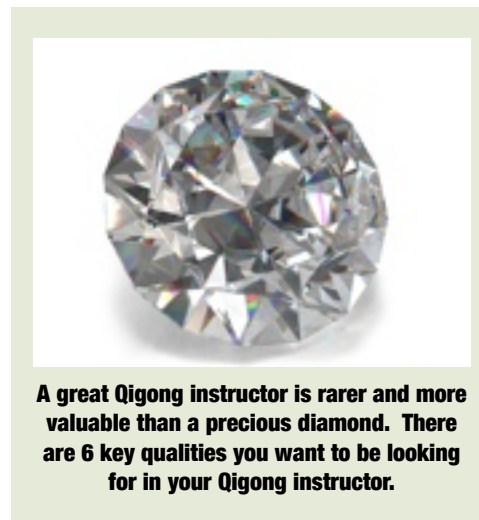


Welcome!



Welcome to week 17 of the home study course.

This weeks pattern: Lohan Draws Sabre is a wonderful pattern. Warranting an 6 of the TOM scale. Not so much because it is technically difficult, but because it might take you a while to be able to clasp your hands together



A great Qigong instructor is rarer and more valuable than a precious diamond. There are 6 key qualities you want to be looking for in your Qigong instructor.

comfortably behind your back. You'll see what I mean shortly.

It is brilliant for aching shoulders releasing tension and energetically opening the meridians in that area. It also stimulates all of the 8 Secondary or Wondrous meridians promoting harmonious energy

flow and as a result can improve longevity.

Theory wise I'll share 6 qualities you want to be looking for in your Qigong teacher (see the bonus document download in this weeks online material). As it is my great hope that this home study course will have inspired you to decide to learn this incredible art directly from a suitably qualified instructor.

As I've been saying all along, what you can learn directly from a good Qigong teacher is not comparable to what you can learn from a course like this. It's like comparing a diamond with a beautiful piece of glass.

Let's get started....

Lohan Draws Saber

羅漢拔刀

Chinese: Luohan Ba Dao



Also Known As: Drawing Knife

At A Glance:

Generates Energy Flow to the Eight Secondary Meridians
Releases Tension in the Neck and Shoulders



Form “Lohan Draws Sabre”:

1. Start from Wuji stance (fig. 1).
2. Reach up and over your back with your right hand. Reach under and up with your left. Clasp your hands together (fig. 2 and detail 1).
3. Turn your head and upper body, so that you are looking over your shoulder to your right heel (fig. 3 and detail 2. Fig. 3a shows you the back view).
4. Relax, and turn back to the centre (fig. 4)
5. Lower your arms back to your sides (fig. 5).
6. Repeat this procedure 5 to 10 times.
7. Then repeat to the other side.
8. End (fig. 6).

Important notes:

Turn your upper body as far as you can comfortably. Do not turn the neck.

Breathing

1. Breathe in as you clasp your hands behind your back (figs 2).
2. Breathe out as you turn your head and upper body to look at your opposite ankle (i.e. when you look over your right shoulder you are looking at your left ankle and visa versa (fig 3).
3. Breathe in as you turn back to the centre (fig 4).
4. Breathe out as you lower your arms back to your sides (fig 5).

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fig.1



fig.2



detail 1



fig.3



fig.3a



detail 2



fig.4



fig.5



fig.6



Important notes:

Aim to complete the same number of repetitions to the left as you do to the right

Do not worry if you are unable to clasp your hands together when you first try this pattern. Get your hands as close together as is comfortably possible for you. Try to stretch a little further each day and you will soon be clasping your hands together.

Why you may choose to practise Lohan Draws Sabre

As previously mentioned, the eight secondary meridians are like lakes where you can store reserves of energy. This pattern is excellent for generating energy flow to these Qi Jing Ba or “eight wondrous meridians”. Lohan Draws Sabre also helps to increase agility. If you suffer from stiff, aching shoulders this pattern will bring great relief.

Remember if you are unable to easily clasp your hands together, it doesn't matter, you will still benefit from this pattern. Each time you practise it push a little bit more. Be gentle; if it hurts you're trying too hard!

If you have to sit in class or at a desk in the office for long periods of time, practice the form of Lohan draws sabre whilst seated and it will really release the tension in your shoulders, neck and spine and get your energy flowing!



Homework

1. Complete your progress tracker for Week 16
2. Last lesson you were practicing Second Son Carrying Mountains when you came to the F (form) in PERFECT. This week substitute with Lohan Draws Sabre.

Remember: We don't learn Qigong, we practice Qigong so practice preferably twice a day, once in the morning and once in the evening. But at least once a day.

Coming Up Next Week....

Next week we'll be learning and practicing the pattern called Fierce Tiger Pushes Mountains. This pattern ranks as a 4 on the TOM scale.

It is excellent for developing internal force. Think of internal force as the energy that keeps you going all day long, feeling upbeat and alive. This pattern is perhaps the best of the 18 Lohan Hands for this.

I will also be presenting some of the scientific data available on the effectiveness of Qigong as a tool for helping you live a long and healthy life. Though, I am confident by now that you are convinced of this by your own direct experience with Qigong.

See you next lesson.

Marcus James Santer

