

Qigong Secrets

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

Week Eighteen

Fierce Tiger Pushing Mountains

This weeks pattern is introduced. Outstanding for developing internal force for work and for play!

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

Science

Make sure you look at the 22 page bonus document with this weeks lesson. It gives a tiny snapshot of the scientific material available to back up the effectiveness of Qigong.

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Homework & Coming Up Next Week....

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

Page 7



Welcome!



Welcome to week 18 of the home study course.

This weeks pattern: Fierce Tiger Pushing Mountains is perhaps one of the most popular patterns of the 18. If you asked 100 students what their favourite pattern was I'd wager this would be in the top 3 - it's that good!



There is a mountain of scientific data on tests done on the effectiveness of Qigong. I've put together a 22 page report that gives a tiny snapshot of what's available.

I've given it a 4 on the TOM scale, it's really not that complicated, but many students find the hand movements a little tricky to start with. This pattern is most well known for it's internal force building properties. Think of internal force as the energy that

keeps you going all day and still ready for more at the end of it!

I've also put together a 22 page report. This report is a 'tip of the iceberg' sample of some of the scientific tests that have been performed on Qigong to check out its effectiveness as a tool for health and well being.

The results are pretty conclusive, but by now I'm certain you already know, from your own direct experience, just how beneficial Qigong is as a tool for living a long, healthy and happy life.

Let's get started....

Fierce Tiger Pushes Mountains

猛虎推山

Chinese: Meng Hu Tui Shan



Also Known As: Pushing Mountain

At A Glance:

- Develops Internal Force for Martial Artists
- Overcomes Rheumatism
- Promotes Mental Freshness



Form “Fierce Tiger Pushing Mountains”:

1. Start from Wuji Stance (fig. 1).
2. Open your palms to face outwards and raise up the sides of your body (figs. 2 and 2a).
3. Turn your hands so your palms face away from you (fig. 3).
4. Gently, effortlessly without using any tension push your arms out forwards in front of you until they are straight (fig. 4).
5. Raise your hands slightly and bring them back to your chest (fig. 5).
6. Lower your hands slightly and push effortlessly out in front of you again (fig. 6).
7. Repeat steps five and six for 15-30 repetitions.
8. On your last push outwards; turn your palms to face the sky (fig. 7).
9. Bring your arms with palms still facing upwards back to your chest (fig. 8).
10. Turn your palms to face the floor.
11. Lower your arms down the side of your body (fig. 9).
12. End (fig. 10).

Important notes:

The movement of the arms in steps five and six is not just in and out, nor is it circular. Imagine an elastic band stretched out between your index fingers, the movement is continuous. Raising and lowering the hands slightly allows this continuous cycle of movement. See detail photograph.

Avoid letting your elbows splay out to the sides, when you bring your arms back to your chest, your elbows should be close to the sides of your torso.

Fierce Tiger Pushes Mountains

猛虎推山

Chinese: Meng Hu Tui Shan



fig.1



fig.2



fig.2a



fig.3



fig.4



fig.5



fig.6



detail



fig.7



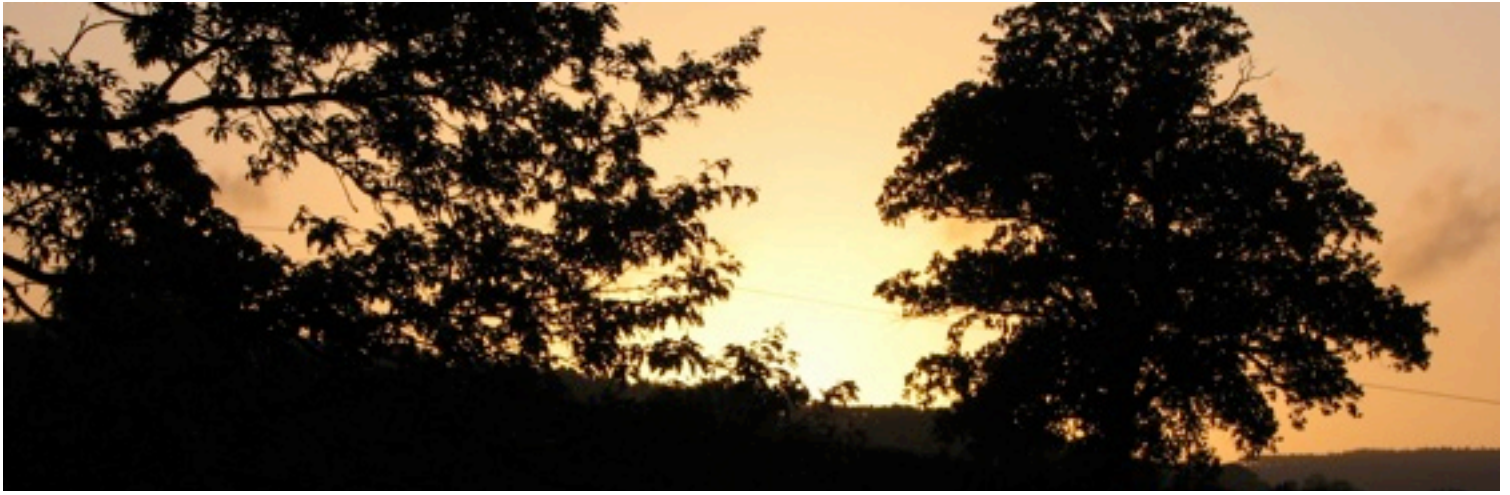
fig.8



fig.9



fig.10



Breathing

1. Breathe gently in through your nose as you raise your arms up the sides of your body (fig 2).
2. Breathe gently out through your mouth as you push your arms out in front of you (fig 4).
3. Breathe gently in through your nose as you bring your arms back to your chest (fig 5).
4. Breathe gently out through your mouth as you push your arms out in front of you (fig 6).
5. Repeat steps three and four for 15-30 repetitions.
6. On your last push outwards; turn your palms to face the sky (fig 7).
7. Breathe in gently through your nose as you bring your hands (palms facing towards the sky) back to your chest (fig 8).
8. Breathe out gently through your mouth as you lower your hands down the sides of your body (fig 9).

Why you may choose to practise Fierce Tiger Pushing Mountains

This pattern is a favourite with Shaolin Kung Fu students as it helps to develop internal force and strong arms. Shaolin Qigong students benefit from developing internal force as well. Internal force helps you to keep going all day long without feeling tired or fatigued. Pushing Mountains also brings benefits to those with backache, arthritis, rheumatism and kidney problems. It can do this because it stimulates the flow of energy through the network of meridians in the back to and from the arms. It is also good for the legs, nourishes the brain and enhances marrow.



Quotes from students about this pattern

“This is my favourite pattern because the energy I feel in my hands and arms is incredible, and it manifests in different ways. Sometimes I feel my hands becoming warmer with every repetition. Sometimes I feel like I have thick gloves on. This will usually result in a repulsion between my hands as well (like repelling magnets). Other times I feel ants crawling over my arms and rushing down to my hands with every repetition. This variety in feelings makes it worth practicing alone! Each practice brings a little wonder and excitement. And to top it all off, when I lower my hands, the Qi rushes to them and fills them up momentarily, then as I let go I feel it drift up my arms and back into my body to start the flow. Superb.” - Alex, UK.

“This is my favourite pattern because I really enjoy the tremendous energy flowing to my arms and palms. In return this energy nourishes my spirit, making me calm yet powerful, and during the hours following the exercise I can feel a vibrating flow of life making me cheerful. Along with other exercises, this pattern also helped me to cure a chronic back injury, clearing gradually the blockages in my spine area, reducing the pain until it disappeared completely. This injury made me suffer day and night for 18 months prior to practicing Pushing Mountains; it disappeared completely in six months of daily practice.” – Maxime, France

“This is my favourite pattern because I can feel the surge of energy circulating around my arms and body, and I absolutely love it as it feels like I'm swimming in the Cosmos. My palms feel charged with energy and it radiates outward, as if I am connecting myself with the Cosmic Sea to play with. Also, this pattern helped to cure my back problems and I have noticed that this pattern is the one where I fall most easily into a Qigong state of mind, improving my mental clarity and Shen.” - Lei, Malaysia.



Homework

1. Complete your progress tracker for Week 17
2. Last lesson you were practicing Lohan Draws Sabre when you came to the F (form) in PERFECT. This week substitute with Fierce Tiger Pushing Mountains. Be certain to keep the legs and shoulders relaxed!
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 Green Dragon Separating Water and I've given it a 7 on the TOM scale.

This pattern works most on the Heart and Lung meridians which means that it is perhaps the best pattern of the 18 for helping to overcome depression.

Theory wise I will share with you an important little exercise that I hope will help to shift your awareness in a very important part of your life.

Plus I'll introduce you to a simple technique that will really help you to speed up your results if you are practicing Qigong predominately to overcome illness.

See you next lesson.

Marcus James Santer

