

# Qigong Secrets

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

## Week Twenty One

### Big Windmill Hand

*This first of this weeks two patterns is introduced. Brilliant for internal force development and challenge yourself as to just how relaxed you can do it!*

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

### Lift Heels Bend Knees

*The 2nd of this weeks patterns is introduced. Gives a great Qi flow!*



Page 6

### Form

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

Page 8

### Homework & Coming Up Next Week....

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

Page 10

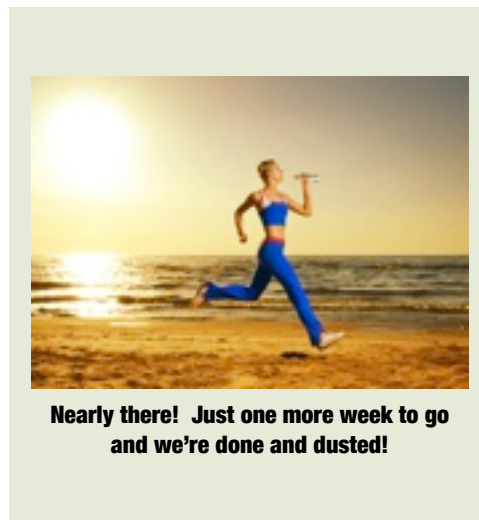


## Welcome!



Welcome to week 21 of the home study course. Our penultimate lesson together!

Originally this course was designed to last 6 months but after careful consideration I decided 5 was better. And as a result it means that this week only we're going to be looking at,



**Nearly there! Just one more week to go and we're done and dusted!**

learning and practicing 2 patterns.

Pattern 16 is called Big Windmill Hand, a nice easy pattern deserving a 3 on the TOM scale. But don't let it's simplicity put you off, this pattern brings some heavyweight benefits.

Pattern 17 is called Lift Heels Bend Knees, which is a brilliant explanation of what's involved with this pattern. It gets a 7 on the TOM scale as it involves performing full squats on your tip toes!

It's been a while since I practiced this pattern and, as you'll see in the video, I'd forgotten just how lovely it is. It gives a great Qi flow when practiced as Qigong and has many worthwhile benefits.

No theory this week...

...Now let's get started....

## Big Windmill Hand

大風車手

Chinese: Da Feng Che Shou



Also Known As: Windmill Hand

At A Glance:

Beneficial for the Liver and Spleen systems  
Beneficial for those with Diabetes  
Develops Internal Force for Martial Artists



### Form “Big Windmill Hand”:

1. Start from Wuji stance (fig. 1 shows the front view and fig. 8 shows side profile).
2. Turn your right hand so that your palm faces behind you. Keeping your arm straight raise your right hand in a big circle, upwards and forwards, all the way above your head. Keep watching your hand (fig. 2 shows the front view, fig. 9 shows the side profile).
3. Now lower your arm behind you, keep your eyes gently focused upon your hand (fig 3 shows the front and fig. 10 shows the side profile).
4. Return to the ready position and pause for a few seconds (fig. 4 – front view and fig. 11 – side view).
5. Repeat steps two, three and four for 10-15 repetitions before repeating the process for the left arm (figs. 5-7).
6. End.

### Important notes:

Keep your movements smooth, relaxed and gentle. Straining, tensing, gritting of teeth are a clear indicator that your performance of this and any pattern is incorrect.

The pause in step four (figs 4 and 7) is of great importance. So make sure you pause before starting each repetition.

Be certain to maintain a gentle focus on the hand as it rotates.

## Big Windmill Hand

大風車手

Chinese: Da Feng Che Shou





## Breathing

1. Breathe gently in through your nose as you raise your arm.
2. Breathe gently out through your mouth as you lower your arm.
3. When your arms are at your side gently PAUSE your breathing (i.e. no breathing in or out).

## Why you may choose to practise Big Windmill Hand

This pattern favours the pancreas, liver, spleen and side meridians. Those with diabetes will find this pattern of benefit. It may be surprising to learn that this pattern is also very useful for developing strong arms or “bridges” for martial arts and enough internal force to break bricks, without any other conditioning. If you are surprised that many of the patterns from the Shaolin 18 Lohan Hands are so useful to martial artists it may interest you to know that the Lohan Hands (hands here referring to techniques or patterns) later evolved into the 18 Lohan Fist, a Kung Fu set that was the prototype of Shaolin Kung Fu.

Remember that internal force is not just desirable for martial artists. Even if you have no interest in martial arts, you will still benefit from developing internal force. An abundance of internal force will allow you to work harder (whilst producing better results), play longer and enjoy your life more.

## Quote from a student about this pattern

*“This is my favourite pattern because whenever I practise this exercise I experience an extremely pleasant and powerful flow from my shoulders to my fingers. I find that the simplicity of the form allows me to focus on relaxing and enjoying the exercise, which because of this has triggered some profound spiritual realisations. On completing the exercise my fingers are always left gently throbbing; a wonderful reminder of the bliss I have just been experiencing that continues throughout the day.” - Nick, UK.*



## Lift Heels Bend Knees

提踵弯膝

Chinese: Qi Zheng Wan Zuo



Also Known As: Deep Knee Bends

At A Glance:

Stimulates Flow of Energy to Hands and Feet

Useful for those with Rheumatism, Arthritis and Internal Injuries

Wonderful for the Lower Body

## Form Lift Heels Bend Knees”:

1. Start from Wuji Stance (fig. 1).
2. Raise your arms parallel to the floor (palms facing the floor) and at the same time raise your heels off the floor to stand on your tiptoes (fig. 2 – front view, figs. 7 and 8 – side view).
3. Maintain your balance as you gently lower yourself down as far as is comfortable. Make sure to stay on you tip toes and that your arms stay parallel to the floor (fig. 3 – front, fig. 9 – side).
4. Gently raise yourself back upright (fig. 4 – front, fig. 10 – side).
5. Lower your arms back to your sides and at the same time lower your feet so they are flat on the floor (fig. 5 – front, fig. 11 – side).
6. Repeat steps two, three, four and five 10-15 times.
7. End (fig. 6 – front, fig. 12 – side).

### Important notes:

Practice the form of this exercise many times so that you can easily maintain your balance as you lower and raise your body whilst standing on your tiptoes.

Make certain you are standing on your tiptoes as you raise up and down (see detail shot on next page.)

Keep your descent at a smooth steady pace; avoid cheating by “bouncing” as you reach the bottom and using the momentum to help you get back up. If you need to cheat, then it is a sign that you are going too low down for now. Only lower yourself as far as is comfortable and aim to lower a little further each day.

Keep your back upright and avoid leaning forwards as you lower your body.

### Breathing

1. Breathe gently in through your nose as you raise your arms parallel to the floor and stand on your tiptoes (fig. 2).
2. Breathe gently out through your mouth as you slowly lower your body (fig. 3).
3. Breathe gently in through your nose as you raise yourself back upright (fig. 4).
4. Breathe gently out through your mouth as you lower your arms and feet (fig. 5).
5. Repeat 10-15 times.

## Lift Heels Bend Knees

提踵弯膝

Chinese: Qi Zheng Wan Zuo



fig.1



fig.2



fig.3



fig.4



fig.5



fig.6



detail



fig.7



fig.8



fig.9



fig.10



fig.11



fig.12





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### **Why you may choose to practice Lift Heels Bend Knees**

This pattern is beneficial for the knees and encourages Qi to flow to the extremities of the body. It brings relief from arthritis and rheumatism and for those who are ready it promotes the Small Universal Qi flow, this is when Qi flows continuously through the Ren and the Du meridians of the body. It is said that: “An exponent of the Small Universe is a living example of radiant health: he is physically fit, emotionally stable, mentally alert and spiritually peaceful”.

This pattern also opens up the meridians in the legs which allow negative Qi within the body to be efficiently drained through the feet and down into the ground, where it is of great benefit to creatures that live in the earth. This is because energy which is negative to us is positive to them. Another example is the negative Qi we breathe out. To the trees this Qi is positive. Remember something is only negative or positive (yin or yang) when in relation to something else.



### Homework

1. Complete your progress tracker for Week 20
2. Last lesson you were practicing Green Dragon Separating Water when you came to the F (form) in PERFECT. This week choose from Big Windmill Hand or Lift Heels Bend Knees. Choose the one you like most and make it the focus of this weeks practice.

### Coming Up Next Week....

Wow! Next week is the last week of this course. 5 months of the next best thing to receiving personal tuition. Who'd have thought it would pass so quickly?

The final pattern we will be looking at, learning and practicing together is called Divine Crane Rotates Knees. It's an easy one to learn and gets a 3 on TOM scale.

Brilliant for the knees. Let me say that again, it is brilliant for the knees. And much to everyone's amazement it is also excellent for enhancing sexual performance and increasing sexual enjoyment - amazing!

We'll also be looking at what happens next with your practice and possible next steps that you might like to take.

Until then, enjoy your practice and bye for now.

Marcus James Santer

