

Qigong Secrets

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

Week Seven

Shoot Arrows Left Right

This weeks pattern is introduced. Excellent for the Heart and Lung systems, which means it's great for respiratory problems, sadness, depression and hypertension.

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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

Breathing



Written instructions for the breathing component of Shooting Arrows.

Page 5

Why Practice This Pattern...

Because this pattern directly works on certain meridians it brings known results. Find out what some of them are here.

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Homework & Coming Up Next Week....

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

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Welcome!



Welcome to week 7 of the home study course.

Less content this week as there is no theory. We are going to be focusing on the pattern Shooting Arrows Left Right. The second pattern from the Shaolin 18 Lohan Hands Qigong set.



**This week we'll be learning the pattern:
Shoot Arrows Left Right**

Now that we have PERFECT under our belts and in an effort to keep the instruction as simple as possible, yet at the same time comprehensive, I am going to use the following format for teaching the patterns.

Overview: I will perform the form and breathing of the pattern

without any instruction, so you can see what we're aiming for in that lesson.

Form - I'll teach you the form of the pattern step by step.

Form + Breathing - Then we'll add the breathing. Where appropriate, as not all the patterns have a specific breathing pattern.

As Qigong - To give you a review of PERFECT and to see the pattern performed as Qigong. *Note*, the Energy Flow component of this video will be shorter than in your practice. Unless you enjoy watching me wobbling around!

Enjoy your practice!

Shoot Arrows Left Right

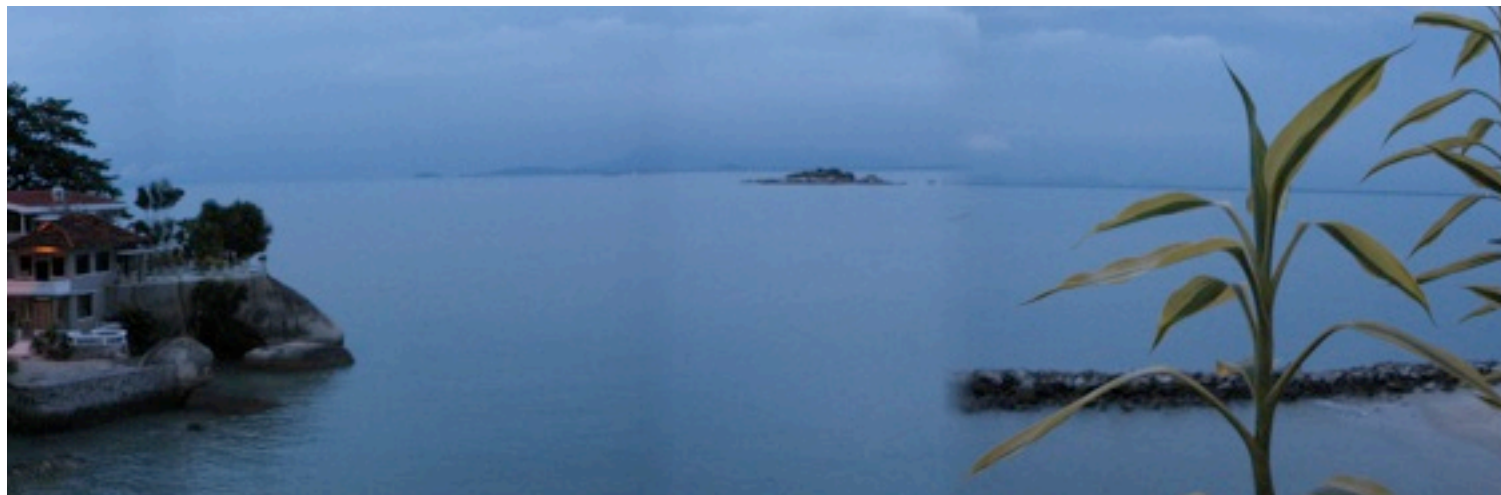
左右開弓

Chinese: Zuo You Kai Gong



Also Known As: Shooting Arrows

At A Glance: Massages Heart and Lung Systems
Improves all Respiratory Problems



Form “Shoot Arrows Left Right”

1. Start from Wuji Stance (fig. 1).
2. Cross arms, right over left (fig. 2). Hands are held in Shaolin One Finger Shooting Zen form (index finger straight, other fingers curled at 2nd and 3rd knuckles). (Refer to detail 2).
3. Step your left leg out about 3 shoulder widths (figs. 3 and 4).
4. Sit down into a horse riding stance (fig. 5).
5. Part your arms. Keep your eyes focused on the raised index finger of the right hand, turning your head as you shoot your arrow out to your right. Your left arm is pulling the bow and the left hand ends up near your left shoulder. Both arms are parallel to the floor (figs. 6 and 7).
6. Step your left leg back up to your right and at the same time cross your arms right over left (fig. 8).
7. Lower your arms back to your sides (fig. 9).
8. Repeat five times stepping out to the left and shooting arrow right then, repeat five times in the opposite direction (following instructions 1-7 substituting left for right and vice versa). You’ll soon get the hang of it. When you’re happy with the form, you are ready to add the breathing.

Shoot Arrows Left Right

左右開弓

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fig.1



fig.2



fig.3



fig.4



fig.5



fig.6



fig.7



fig.8



fig.9



detail 1



detail 2



Important notes:

- Make certain your hand form is correct (see detail 1 and 2).
- As you sit down into horse riding stance (fig. 5), keep your back straight and only lower yourself as far as is comfortable. Be certain that your feet are parallel and that your knees are not caving inwards.
- Keep your shoulders relaxed and make certain your movements are relaxed and gentle so that you flow smoothly from one step to the next.

Breathing

1. As you raise and cross your arms breathe in gently through your nose.
2. As you Shoot Arrow out (figs. 5-7) breathe out through your mouth, teeth together, making a slow 'ssssssss' sound.
3. Breathe gently in through your nose as you step your legs back together and re-cross your arms in front of your chest (fig. 8).
4. Breathe gently out through your mouth as you lower your hands back to your sides (fig. 9).
5. Repeat from step 1.



Why you may choose to practise Shoot Arrows Left Right

This pattern uses the One Finger Shooting Zen hand form which is a special technique. It is especially beneficial for the lungs and can bring relief to people who are sad, suffering from hyper tension or depression. It improves all respiratory problems, benefits the skin and strengthens the arms. People who have trouble remembering or who lack confidence will benefit from the practise of this pattern.

Quotes from students about this pattern

"I love to practise shooting arrows when I need to get ready for a challenging task. It helps me to become completely focused in an instant. Executing the pattern seems to have the Qi massage my lung and heart region. It helped me to get rid of a nasty cough." – Andrea, Switzerland



Homework

1. Complete your progress tracker for Week 6 - **VITAL**, why not do it right now?
2. Last lesson you were practicing Lifting the Sky when you came to the F (form) in PERFECT. This week substitute Lifting the Sky for Shooting Arrows Left Right.

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 'Plucking Stars Change Galaxies'. This pattern is beneficial for the Stomach and Spleen systems. Which means that if you have problems with the Liver, Gall Bladder, diabetes, diarrhea, indigestion, constipation or anything gynecological - then this pattern may be of great benefit to you.

Bye for now...

Marcus James Santer

