

Qigong Secrets

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

Week Eleven

Punching with Wide Eyes

This weeks pattern is introduced. Brilliant for generating a cleansing energy flow, one of my all time favourite patterns from the 18 Lohan Hands.

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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

Part 3 of Route of the Masters - The Why?

You need to know why you are practicing...



Page 6

Action

Without action, nothing happens, when you know what you want and why, this step is easy.

Page 8

Homework & Coming Up Next Week....

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

Page 10

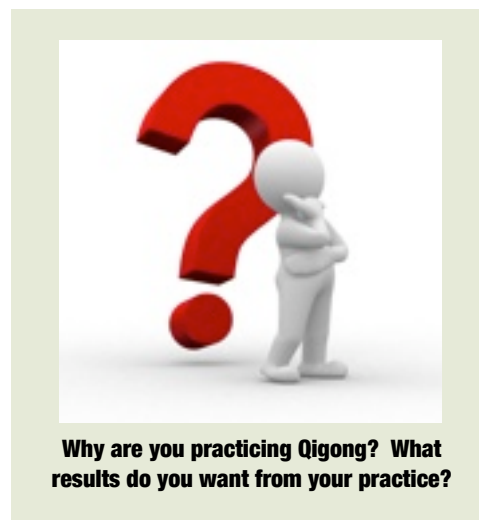


Welcome!



Welcome to week 11 of the home study course.

This weeks pattern: Punching with Wide Eyes is awarded a 6 on the TOM scale. Perhaps the hardest part for most students is making the loud HHYYTTT! sound.



And it's thanks to this pattern that the Qigong Secrets Home Study course was created, watch this lessons video to find out why.

Apart from learning and practicing this weeks pattern we'll also be wrapping up the work you have done creating

your own 'Route of the Masters' it is vital that you complete the Worksheet for this week.

I want to be able to contact you and ask what results you want to get from your practice and why and you should be able to answer me in one or two sentences.

It is this type of clarity that puts you head and shoulders above the majority of Qigong practitioners. And if you know what the target is for your practice, how much likelier do you think you are to reach it?

That's right, much likelier.

Let's get started....

Punching with Wide Eyes

怒目衝拳

Chinese: Nu Mu Chong Quan



Also Known As: Angry Eyed Punches

At A Glance:

Massages and Strengthens the Heart System
Develops Powerful Punches for Martial Artists
Beneficial for the Intestines and Eyes





Form “Punching with Wide Eyes”:

1. From Wuji Stance (fig. 1).
2. Make your hands into fists and place them at the side of your body, just above your hips (fig. 2).
3. Step your right leg out about 3 shoulder widths from the left leg (fig. 3).
4. Sit down gently into horse riding stance (fig. 4).
5. Punch out with your right fist, to the centre line of your body; arm parallel to the floor (fig. 5). Make sure that as you punch your eyes are wide open (See detail 1 and 2).
6. As you bring your right fist back to your side punch out with your Left fist, to the centre line of your body; arm parallel to the floor (fig. 6, fig. 7 shows the side view). Make sure that as you punch your eyes are wide open! (See detail 2).
7. As you bring your left fist back to your side punch out with the right (fig. 5). Repeat this until you have done about 20 punches
8. Then, open your arms wide as if you are about to give the world a big hug. Lean forward slightly at the waist and move your arms as if scooping up handfuls of water (fig. 9).
9. Jump up, bringing both feet together, arms in front of the body (fig. 9).
10. Turn your palms over and lower down the front of your body (fig. 10)
11. End (fig. 11).

Punching with Wide Eyes

怒目衝拳

Chinese: Nu Mu Chong Quan



fig.1



fig.2



fig.3



fig.4



fig.5



detail 1



detail 2



fig.6



fig.7



fig.8



fig.9



fig.10



fig.11



Important Notes:

- As you move from fig 3 and sit down into horse riding stance (fig 4) make sure you avoid leaning forwards or backwards. Just lower your body by bending your legs at the knees. Keep your feet parallel and aim for your knees to be pointing outwards. Avoid the knees sagging inwards.
- Punch out forcefully, yet gently and relaxed. Avoid your shoulder rising up towards your ear. Avoid turning your upper body as you punch out. At the end of the punch your shoulders should be in line with your hips.
- The movements in figs 8 – 10 (Bringing Chi to the Dan Tian) should be performed smoothly and as one flowing, continuous movement.

Breathing

1. Breathe out as you punch out, with a loud “HHHYTTTTT” sound, big “wide” eyes at the same time, and make certain that your mouth is OPEN! (fig 5 and detail 2).
2. Breathe gently in through your nose as you bring your right hand back to your waist.
3. Breathe out as you punch out, with a loud “HHHYTTTTT” sound. Big “wide” eyes at the same time and make certain that your mouth is OPEN! (fig 6 and detail 2).
4. Breathe gently in through your nose as you bring the hand back to your waist.



Breathing (continued)

5. Repeat steps 1-4 for until you've done about 20 punches (10 on each side).
6. Breathe in gently through your nose as you raise your arms (fig 8)
7. Breathe out gently through your mouth as you lean forward and move the hands as if scooping up water (fig 8).
8. Breathe in gently through your nose as you jump up (fig 9).
9. Breathe out gently through your mouth as you lower your hands (fig 10).

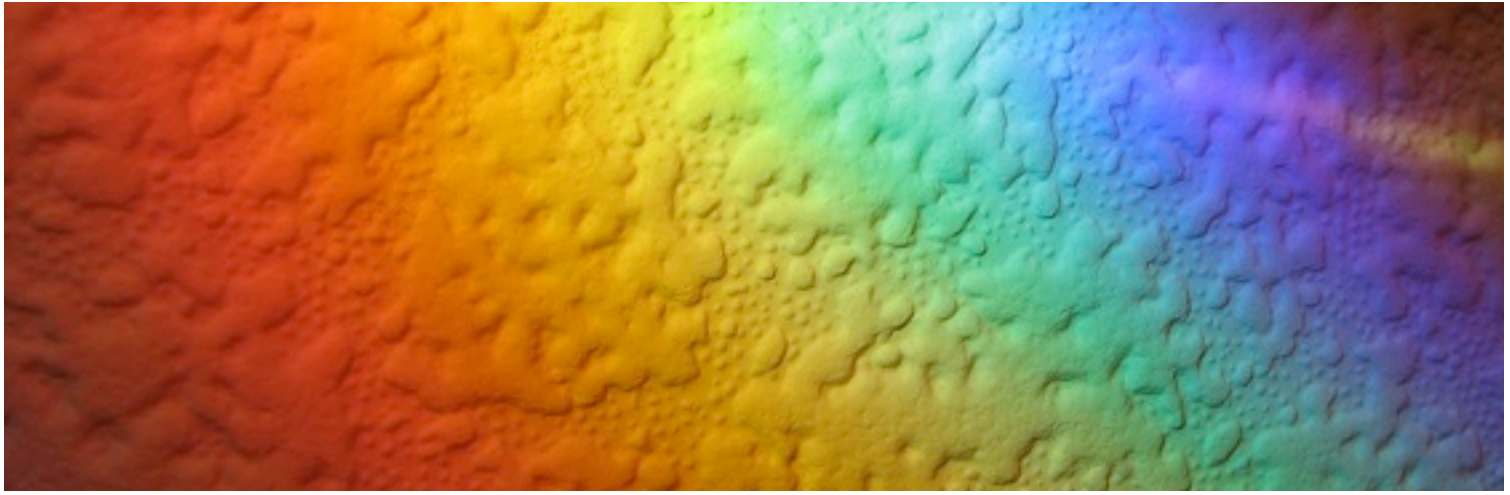
Why you may choose to practise Punching with Wide Eyes

This pattern helps to develop powerful punches that are of use in martial arts. It may seem incredible that punching whilst relaxed can contribute to powerful punches. It is important to remember that energy finds it difficult to travel through tense muscles, hence the more you can relax whilst punching the easier it is for your energy to flow. This pattern is also of great benefit to the heart. It massages it and strengthens it. Note that it is your energy / Qi that does the massaging! Be sure to keep your mouth open when you punch.

This pattern brings relief to those who are depressed or who need to release pent up anger and frustration. It is also good for the eyes and for those with haemorrhoids.

Quotes from students about this pattern

"I've used this to help relieve anger and/or frustration before, and it works pretty well. At the recent course with Sigung in Costa Rica I was feeling really frustrated/sad/angry after one day's course, so I did this to try and relieve some of the junk, and it did help. It also looks sweet if you're in the park and people decide to watch you..." – Andrew, USA



Route of the Masters Part 3

Why do you really want what you want?

For years I set and failed to achieve many of my goals. In fact at one point about ten years ago, I stopped setting goals altogether. It was just so painful to keep failing all the time. Thankfully my teacher rekindled my enthusiasm for setting goals by pointing out the importance of setting Aims and Objectives. I could clearly see the benefits of doing so, i.e. achieving more in less time. My hit rate was higher this time and I began to look at the reason why. I finally got my answer whilst giving a presentation on Aims and Objectives to students at the first All Nations Gathering in Brighton.

I finally realised that the only objectives I had ever achieved were those that I was genuinely excited about achieving, that is, those that I felt I **MUST** achieve. I then realised that a vital missing component of setting aims and objectives was excitement.

Excitement isn't necessarily the first adjective that comes to mind when describing Aims and Objectives, but it is essential. Once you are clear on your Aims and Objectives and set out to manifest them, you will meet obstacles. As you step out to create your destiny, you will face challenges that you could never have expected. If your Objectives are not **MUSTS** for you, then you will fail once the challenges arrive.

Suppose your objective is to sit comfortably in Golden Bridge (a type of Qigong usually used by Kung Fu practitioners to develop powerful arms and solid stances) for 15 minutes, one morning you wake feeling tired, you see that it's a cold winter's day and you decide "Oh, I'll do my practice later," and turn over and go back to sleep. As I'm sure you've experienced personally, "later" may never come. This would not have happen if you had worked out reasons why achieving this objective was an absolute **MUST** for you.

When you are excited about your Objectives and when the benefits of achieving them are clear to you, you will do whatever it takes to make them happen. You will get out of bed early; you will stay up later if necessary.

To give another example, suppose there are two people who wish to give up smoking. One, because they know it's bad for them and they really should quit.



The other feels the same, but also believes that giving up smoking will mean that he will be around to play with his grandchildren and be healthy enough to enjoy playing with them. Who do you think is most likely to succeed in achieving their objective?

So, if you look at your Aims and your Objectives and they do not inspire you, consider all the benefits, all the “Why you MUST” that achieving these aspirations will give you. If they still do not inspire you, then chances are they are not the right Aims and Objectives for you and you would be wise to choose ones that are. Remember there are no right and wrong Aims and Objectives. There are only the ones that bring the greatest benefits to you.

Action

If you have invested the time to focus on your Vision, and chosen Aims and Objectives (your plan) that are in line with your Vision, then taking action is very easy because you are clear on what you need to do. Now you need to do it! It really is that simple.

Many people believe that the more complex something is, the more benefits it must bring. They use a stop watch to time their practice to the second. Five minutes of form, beep beep, five minutes Qi flow, beep beep, five minutes standing meditation, beep beep, time to complete. They count the number of repetitions in their head one, two, three, four, ..., Their practice is very complex and they are happy. Trouble is they don't get the results they wanted.

Why? Because they are not relaxed physically, mentally or emotionally and they have taken a simple series of actions and made them unnecessarily complex. I know because I was just like this when I started learning Qigong. So benefit from my experience.

Follow the instructions in this book and you will get benefits. Please do not try to be smart by bolting on bits and pieces from other systems you may know or practice. If you do, you will not be practicing Shaolin Qigong and at best you will only have wasted the money you spent on this course and the time you invested. The Shaolin 18 Lohan Hands are not my creation. They are the result of the wisdom of generations of Shaolin Masters all the way back to the Very Venerable Bodhidharma. I teach them the way they were taught to me by my teacher. Keep your practice simple and make sure you practice!

It is important to measure your results periodically to see that you are taking the right type of action. A simple example: my objective is to see the sun rising. The Action I take is to keep running west. I'm going to see plenty of sunsets, but not a single sunrise. If I measure my results I will quickly discover that I have not achieved my Objective and realise I need to change my Action. If I don't measure my results, I could be heading west for a very long time.



This is the reason why I ask you to complete your Progress Tracker every week. So you can measure your results.

Here are two final recommendations if you are genuinely serious about achieving your Aims and Objectives.

1. Complete the work sheet I use with my students (you can download a spare copy from week 11's section of the website), make sure that you type up your Vision, your Aims and your Objectives and print them off.
2. Read them daily, preferably first thing in the morning, to help keep you focused and on target

On the next page you can see a copy of a work sheet that I use with my students to help them focus and get clear on their Vision, their Plan and the Action they will take.

ROUTE OF THE MASTERS

VISION: If you had all the time, money, resources, contacts and everything you need, and you want to design your life perfectly, what would it look like 10 years from now? (Brian Tracy) _____

Aim relating to **VISION**: _____

Objectives relating to **Aim**: _____

For one of the objectives listed above (use a separate sheet for each objective), make sure it's S.M.A.R.T!

SPECIFIC: _____

MEASURABLE (how will you know when you've got it?) _____

ACHIEVABLE: YES/NO If NO then go back and review your objectives!

RELAVENT: YES/NO If NO then go back and review your objectives!

TIME (How long do you give yourself to achieve this objective?): _____

Note: if you're giving yourself more than six months, this might be more of an Aim than an objective.

Now make sure your objective is inspirational by knowing the answers to these questions:

- What will achieving this objective mean to you?
- Why do you want it?
- What will it take to get you out of bed earlier in a morning?

Achieving our objectives is only one of the benefits to be gained, it's who we become in the process of realising our aims and objectives that is important.

Write out your S.M.A.R.T.-er Objective in full: _____

Think of one thing you can do now to take you one step closer to achieving this object. Commit to doing it!

Remember: a remarkable life is made up of remarkable days.



Homework

1. Complete your progress tracker for Week 10 - **VITAL**, why not do it right now?
2. Last lesson you were practicing Big Turn of the Cosmos when you came to the F (form) in PERFECT. This week substitute with Punching with Wide Eyes.
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.
3. Complete the Route of the Masters Worksheet

Coming Up Next Week....

Next week we'll be learning and practicing the pattern called Look Back to Carry The Moon - it's another 6 on the TOM scale.

This pattern is excellent for promoting youthfulness, enhancing the nervous system, gives the spine a gentle 'work out' and perhaps most importantly is excellent for cleansing the meridians.

This is definitely one of my most favourite patterns from the entire 18 Lohan Hands Qigong set. It is the pattern that I practice the most and I can't wait to teach it to you.

See you next lesson.

Marcus James Santer

