



UPPER OTTAWA VALLEY TAI CHI CLUB



LOHAN KUNG

An internal exercise that uses the movements and breath control (chi kung) and the mind to activate the flow of chi in the body. Movements of the Dragon are used to cultivate the spirit (**Shen**); the Tiger toughens the muscles and hardens the bones; the Leopard increases one's vigor and strength; the Snake activates the life energy (**Chi**); and the Crane gathers one's essence (**Jing**). The Shen, Chi, and Jing are known as the "three treasures" independent of one another but fundamental of being. The concept of Yin and Yang are used in each movement and best done in a specified order, Lohan Kung uses equal amount of hard and soft movements.

Begin in meditation stance: standing with feet shoulder width apart, eyes closed, arms relaxed at your side, fingers slightly spread, and palms forward.

1. **RAISE PALMS TOWARDS HEAVEN** - Left hand up, palm to sky, Right hand down at side, looking up at raised palm, back slightly arched.
2. Repeat with Right hand up, Left down at side.
3. **PUSH HANDS TO TOPPLE MOUNTAIN** - Lunge Right, feet parallel facing in the same direction, Left hand front, Right hand back, arms and palms parallel to shoulders, fingers slightly spread.
4. Lunge Left with Right palm forward, Left palm back.
5. Lunge Right again, Left palm forward in the direction of lunge, Right palm, fingers up facing behind, turning your waist as much as possible.
6. Repeat with Left lunge, Right palm forward in the direction of lunge, Left palm, fingers up facing behind, turning your waist as much as possible (opposite hand to forward leg).
7. **BLACK TIGER STRAIGHTENS ITS BACK** - Lunge Right with girl stance, push hands back.
8. Girl stance to Left, push hands back.
9. Horse stance to front, push hands, palms facing front.
10. **WILD GOOSE UNFOLDS WINGS** - Feet shoulder width apart, looking forward, stand on toes as arms are above your head and hands are in crane beaks out to side a 45 angle.
11. **BOW WITH HANDS PRESSED** - Bow with prayer hands, slowly rise, one vertebrae at a time.
12. Lunge Left in leopard stance (forward leg at a 90 angle, back leg with heel up, knee just off floor), hands stay in prayer position.
13. Lunge Right in leopard stance (forward leg at a 90 angle, back leg with heel up, knee just off floor), hands stay in prayer position.
14. **SEPARATE HANDS AS DRAWING BOW** - Left lunge with hands in leopard paws. Right hand forward, palm down and Left hand up beside ear, palm out.
15. Lean back putting left leg straight (weight 70% on right leg). Place Left hand on small of back and Right makes prayer hand, resting at chin. Look up, head slightly back.
16. Repeat leopard paws with Right lunge. Right hand up at head, left forward.
17. Lean back putting Right leg straight (weight 70% on left leg). Place Right hand on small of back and Left makes prayer hand, resting at chin. Look up, head slightly back.



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LOHAN KUNG continued

18. GOLDEN LEOPARD SHOWS ITS CLAWS - Lunge Left, making tiger claw with Right hand leaning backward staring into palm (70% weight on left leg). Left claw facing upward behind back.

19. Lunge Right, making tiger claw with Left hand leaning backward staring into palm (70% weight on left leg). Right claw facing upward behind back.

20. Lunge back to Left, this time tiger claw comes from side at shoulder, stretching side and neck looking into right palm.

21. Lunge Right this time tiger claw comes from side at shoulder, stretching side and neck looking into Left palm. Right claw faces upward behind back.

22. FRONT KICK WITH POINTED TOES - Standing up facing forward, kick left foot forward making leopard paws with Right hand forward and left palm facing out by ear. Repeat, kick right foot forward making leopard paws with Left hand forward and right palm facing out by ear.

23. STRIKE WITH HORIZONTAL LEG SWEEP - Left leg forward, hands sweep to the left, looking back. Sink down with Right leg for better balance. Repeat, Right leg forward, hands sweep to the right, looking back. Sink down with Left leg for better balance.

24. VERTICAL HIGH KICK - Hands in fists as if holding ice cream cones, Left hand and leg are back, toes pointed, Right hand forward, Hold. Keep hands where they are but move leg forward heel out. Now let leg swing back and kick both hands out front. Repeat, Hands in fists as if holding ice cream cones, Right hand and leg are back, toes pointed, Left hand forward, Hold. Keep hands where they are but move leg forward heel out. Now let leg swing back and kick both hands out front.

25. TURN BODY WITH TWISTED STEPS - Right leg back into girl stance, facing forward, hands in crane beaks. Left hand on top, left elbow above Right wrist, Left beak points down and forward.

26. Stand in horse stance, arms open, leaning back. Hold, Left leg back into girl stance, make beak hands, Right hand on top of Left wrist.

Back to meditation stance. Feet shoulder width apart, fingers spread, arms at sides, palms forward.