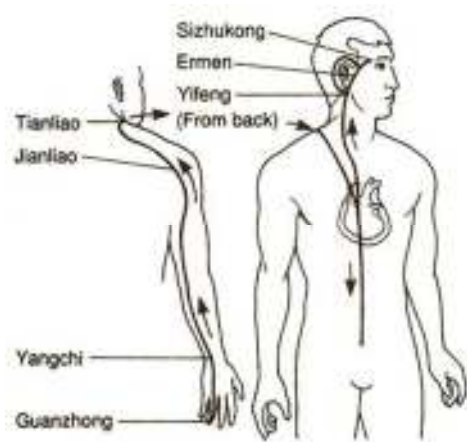




Qi Gong Swings

There are 3 Qi Gong Swings in this exercise. These 3 swings are highly beneficial to the Triple Warmer Meridian (*San Jiao*). The Triple Warmer Meridian has 3 warmers: the upper warmer, the middle warmer and the lower warmer and is involved in our metabolism.



San Jiao or Triple Warmer Meridian

Triple Warmer Meridian starts at the fingernail of the ring finger, travels up the outside center of the hand and arm, encompasses the elbow, continues to the back of the Acromioclavicular joint (part of the shoulder), meeting with the other Yang channels at the junction of the seventh cervical and first thoracic vertebrae before travelling up the neck to behind the ear, encompassing the external ear and terminating at outer tip of the eyebrow.

The Upper warmer is from the diaphragm upwards and is associated with respiration.

The Middle warmer is from the diaphragm to around the belly button and is associated with digestion.

The Lower warmer is from the belly button down and is associated with elimination and reproduction.

First Swing

1. Stand with your legs slightly apart.
2. Turn your body at the waist and at the kua (hip joint and inguinal crease) to get your arms to swing.
3. Let your arms swing and gently tap your kidneys.
4. This swing benefits your lower warmer.



1st Swing footwork

Second Swing

1. Widen your stand.
2. Shift your weight so it is on one leg.
3. Shift your weight to the other leg and let our arms swing towards the leg that is “empty”
4. Let your arms swing and gently tap your kidneys.
5. This swing benefits your middle warmer.



2nd & 3rd Swing
footwork

Third Swing

1. Your stance is the same as the second swing.
2. Raise your hands towards the empty leg
3. Shift your weight to the other leg and let our arms swing upwards towards the leg that is “empty”
4. This swing benefits your upper warmer.

Do each swing for 5 minutes. An easy way to do this is if you watch TV, every time a commercial set comes on, do one of the swings. Then watch your show, when the next set of commercials, do the 2nd swing, and then the 3rd swing.

This series of swings are excellent for your entire body. If you only have time to do one qi gong exercise set, this set would be a good one to do. In addition to getting all parts of your body to move, and energizing the qi, it also works your lymphatic system. The highest concentration of lymph nodes is under your arms and in the area where your legs attached to your hips (the inguinal crease or kua). The lymphatic system is pumped through your system like your circulatory system (heart and blood), it moves by muscular contraction. The swinging provides that muscular contraction.

