

## Zhan Zhuang Qigong Exercises

### Standing Qigong Postures System

#### 1. Standing Holding the Posts (Zhàn zài gāng wèi)



#### 1.1 Explanation

- 1.1.1 Start in a single horse stance
- 1.1.2 Step out with your left foot into a slightly wider stance (1 and ½ times a normal horse stance). Bend your elbows back and form grasping hands. Make your hands feel as if they are holding two short posts.
- 1.1.3 At the same time sink into the earth through Yong quan (Kid 1).
- 1.1.4 Now very slowly lower yourself down keeping your back straight and then rise back up again, pulse up and down, using very subtle movements of the legs and the body.
- 1.1.5 As you breath 'in' lower the body and focus on drawing energy up through Yong quan and Lao gong (PC 8), and in from Bai hui (Du 20) drawing yang energy down through the body into your Dantian.
- 1.1.6 As you breath out, rise up and feel that you are being pulled up by Bai hui (Du 20) into the sky and that energy is coming out of Yong quan and Lao gong is pushing you upwards.

## **1.2 Functions**

- 1.2.1 Aids in developing strength and stamina in the waist and legs
- 1.2.2 Excellent for grounding and centering the body
- 1.2.3 Aids in increasing vital energy into the body
- 1.2.4 It helps in developing an understanding of the energy that flows within and outside the human body
- 1.2.5 Tonifies the Kidney and Pericardium Meridians

**Note:** This particular stance is a powerful tool for earthing and connecting yourself before and after any health care treatments. It can also be taught to patients who need grounding.

