

White Crane Chi Kung

Section 1: Harmony of the Six Directions

Ready Position (White Crane Pendulum Breathing)

RN6 – RN1 – DU1 – DU4 – DU14 – DU20

Raise the Wings

RN6 – RN1 – DU1 – DU4 – DU14 – PC8

Spread the Wings

RN6 – RN1 – DU1 – DU4 – DU14 – PC8

Close the Wings

RN6 – RN1 – DU1 – DU4 – DU14 – PC8

Flip the Wings

RN6 – RN1 – DU1 – DU4 – DU14 – PC8

Shower the Chi

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – DU20 – Central Meridian – RN6

Connect to the Yang Chi of Heaven

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – DU20 – Central Meridian – RN6

Connect to the Yin Chi of the Earth

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – KD1

Hold the Ball

RN6 – RN1 – DU1 – DU4 – DU14 – PC8

Left Hand Returns the Chi

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – DU20 – Central Meridian – RN6

Right Hand Returns the Chi

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – DU20 – Central Meridian – RN6

Closing Position

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – Return to the Earth

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Section 2: Bore into the Earth to Penetrate Heaven

Ready Position

RN6 – DU1 – DU4 – DU14 – PC8

Raise the Wings (palms facing)

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 <-> PC8

Spread the Wings

PC8 – Fingertips

Penetrate the Shoulders

Fingertips <-> DU14

Look at Heaven

Connect PC8 – PC8

Close the Wings

PC8

Flip the Wings

RN6 – RN1 – DU1 – DU4 – DU14 – PC8

Double Return the Chi

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – DU20 – Central Meridian – RN6

Slam Chi into the Chest (Left foot forward)

(L)PC8 – (R)ST13, (R)PC8 – (L)ST13

Bore into the Earth to Penetrate Heaven

DU20 – (L)PC8 – Heaven, DU1 – (R)PC8 - Earth

Slam Chi into the Chest (Right foot forward)

(R)PC8 – (L)ST13, (L)PC8 – (R)ST13

Bore into the Earth to Penetrate Heaven

DU20 – (R)PC8 – Heaven, DU1 – (L)PC8 - Earth

Closing Position

RN6 – DU1 – DU4 – DU14 – PC8 – RN6

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Section 3: Penetration of Crane's Head

Ready Position

RN6 – RN1 – DU1 – DU4 – DU14 – DU20 – RN24

Lead the Neck

RN24 – DU14 – DU20 – Heaven

Twist the Head

DU1 – GB18, DU1 – DU20

Return the Chi

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – DU20 – Central Meridian – RN6

Divide the Hands to Manage the Chi

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – RN6 – Belt Meridian – DU4

Loosen the Waist & Rotate the Hips

DU4 – RN6 – DU4 (Belt Meridian)

Four Ways of Rotating the Knees

DU4 – RN6 – DU4 (Belt Meridian)

Chi Pass the Obstacle Points

DU20 – Yin Tang (HN3) – RN24 – RN17 – RN6 (squat), RN6 – RN1 – DU1 (after squat),

DU1 – KD1 – Earth & DU1 – DU20 – Heaven (rising)

Double Return the Chi

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – DU20 – Central Meridian – RN6

Closing Position

RN6 – RN1 – DU1 – DU14 – PC8 – RN6

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Section 4: Godly Crane Dots the Water

Ready Position

RN6 – RN1 – DU1 – DU4 – DU14 – PC8

Double Return the Chi

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – DU20 – Central Meridian – RN6

Raise the Wings and Dot the Water (on right foot)

DU14 connected to PC8, DU4 connected to KD1

Crane Step and Penetrate the Shoulders (on left foot)

PC8 – fingertip – DU14 – fingertip

Spread the Wings and Dot the Water (on left foot)

DU14 connected to PC8, DU4 connected to KD1

Raise the Wings and Dot the Water (on left foot)

DU14 connected to PC8, DU4 connected to KD1

Crane Step and Penetrate the Shoulders (on right foot)

PC8 – fingertip – DU14 – fingertip

Spread the Wings and Dot the Water (on right foot)

DU14 connected to PC8, DU4 connected to KD1

Double Return the Chi

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – DU20 – Central Meridian – RN6

Closing Position

RN6 – DU1 – DU4 – DU14 – PC8 – RN6

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Section 5: Churn the Chi and Return to Origin

Ready Position

RN6 – RN1 – DU1 – DU4 – DU14 – PC8

Double Return the Chi

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – DU20 – Central Meridian – RN6

Balance Left and Right

RN6 – RN1 – DU1 – DU4 – DU14 – PC8

Heaven – DU20 – Yin Tang (HN3) – RN24 – RN17 – RN6 – RN1 – DU1 – DU4

DU4 – DU14 – DU15 – DU20

The Feet Move the Yin & Yang

RN6 – RN1 – DU1 – KD1

KD1 – Toe – KD1 – Heel – Circle the Ankle – KD1

Churn the Chi and Return to Origin

DU4 connects to fingertips, DU4 – DU14 – DU20 – RN17 – DU4

Double Return the Chi

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – DU20 – Central Meridian – RN6

Closing Position

RN6 – RN1 – DU1 – DU4 – DU14 – PC8 – RN6

Point Names and Locations

| Point | Name | Location |
|-------|-------------------------------|---|
| RN 6 | Dan Tian – Elixir Field | 3 Fingers below navel |
| RN 1 | Hui Yin – Yin Meeting | Perineum |
| DU 1 | Wei Kune – Tail Palace | Tip of tailbone |
| DU 4 | Ming Men – Gate of Vitality | Small of the back, L2 |
| DU 14 | Da Zhui – Big Hammer | Big bone @ base of neck, C7 |
| DU 20 | Bai Hui – Hundred Meetings | Very top of head |
| PC 8 | Lao Gong – Palace of Toil | Palm of hand, middle fingertip of loose fist |
| KD 1 | Yong Chuan – Bubbling Spring | Bottom of foot, depression behind ball of foot |
| RN 24 | Cheng Jiang – Sauce Container | Depression between chin and bottom lip |
| ST 13 | Qi Hu – Qi Door | Just under the collarbone directly above nipple |
| GB 18 | Ren Ming – Spirit Support | Above the ear at the border of the side and top of head |

