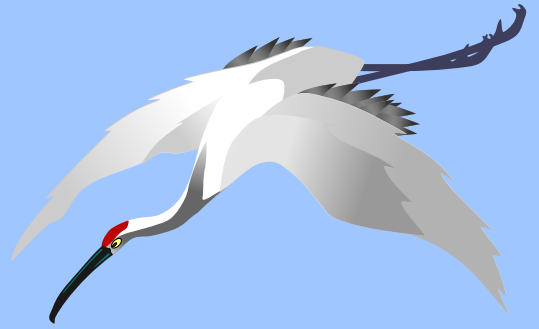


# White Crane Qigong

The Crane is one of the symbols of long life in Eastern cultures. The ancient Daoists observed how Cranes move in flight and incorporated these movements into a Qigong form and also a martial Kung Fu form.



For this Qigong form we are adopting the gentle undulating wave through the spine that the Crane has in flight. This wave like motion is the primary function of White Crane Qigong, the flexing and loosening of the spine helps the spinal fluid to flow more freely and the muscles in the back to become more flexible. The movements also stimulate the central nervous system which has a beneficial effect on the entire body.

There are 8 movements in the set as well as warm up exercises.

- 1 Double Wing Flying (front)
- 2 Single Wing Flying (front)
- 3 Double Wing Flying (sides)
- 4 Protective Wings
- 5 Patient Crane
- 6 Crane Dives Down
- 7 Backward Flying
- 8 Crane Soaring Higher



If you are interested in taking this 12 week course please email [info@dragonspringtaiji.co.uk](mailto:info@dragonspringtaiji.co.uk) and ask for the Zoom link.

I look forward to taking flight with you.

*Alec*