

Xinggong Taiji Ball

Master Chen Qingzhou's Tai Chi Ball Exercises

1. Preparation Form and Tai Chi Sucks the Pearl, Draw Up the Sphere
2. Na Zha Detects the Sea Left, Nezha Explores the Sea Left
3. Na Zha Detects the Sea Right, Nezha Explores the Sea Right
4. Left Qiankun Covers the Moon, Cover the Moon Left
5. Right Qiankun Covers the Moon, Cover the Moon Right
6. Bawang Raises the Vessel, The Tyrant Raises the Censer
7. Wei Tuo Presents the Pestle Left, Wei Tuo Offers the Rod Left
8. Lion Rolls a Ball Left
9. Invite Pearl into Hole Left, Lure the Spider Into the Cave Left
10. Hold Weighty to the Left, Support a Thousand Pounds Left Shoulder
11. Pearl Goes Back to Nest, Pearl Returns to Its Nest
12. Wei Tuo Presents the Pestle Right, Wei Tuo Offers the Rod Right
13. Lion Rolls a Ball Right
14. Invite Pearl into Hole Right, Lure the Spider Into the Cave Right
15. Hold Weighty to the Right, Support a Thousand Pounds Right Shoulder
16. Pearl Goes Back into Nest, Pearl Returns to Its Nest
17. Fire-Spider Fights the Dragon, Fiery Spider Tempts the Dragon
18. Closing Posture to the Original Position

Chen Qingzhou, 1933-, Chen Style Taijiquan Master.

For more information, and detailed instructions, please consult the webpage by

Michael Garofalo: <http://www.egreenway.com/taichichuan/chenball.htm>

Valley Spirit Qigong, Red Bluff, California February 2009