

**Step by step build up of the Hui Chun Qi Gong System**  
**- Going through different stages of Nei Gong -**

	<b>1. Yi Shou Dan Tian</b>	<b>2. Bao Yuan Shou Yi</b>
	<i>Step 1: Body and Mind Alignment and Centering.</i>	<i>Step 2: Harmonization of Yin and Yang</i>
<b>JING GONG</b> Body Work	Balancing Structure and Release Work to find the Body Middle	Intensifying Structure, Release and Breath interaction
<b>QI GONG</b> Energy and Breath Work	Natural Breath (Breath Harmonization)	Developing Yin and Yang Breath Expression in Body
	Accumulating movement in Center area	Expanding movement of Center into the rest of the Body.
	Dan Tian condensing	Small Cosmic Circle Activation
<b>SHEN GONG</b> Mind Work	Balance of Yin and Yang Mind: (Conscious and Subconscious) Staying connected with a task while letting go.	Balance of Yin and Yang Mind: (Conscious and Subconscious) Staying connected with a task while letting go.
	Body Awareness stays on one point.	Body Awareness is spreading into center and rest of the body (two points)

	<b>3. Zhuan Dan Tian</b>	<b>4. Hun Yuan Yi Qi</b>
	<i>Step 3: Inner and outer Center Movement</i>	<i>Step 4: Inner and Outer Body Motion</i>
<b>JING GONG</b> Body Work	Pelvis and Center Awareness	Center and Body Connection
<b>QI GONG</b> Energy and Breath Work	Moving while maintaining natural breathing rhythm	Using breath expressions to create and support movements
	Increasing movement (Qi) accumulation in center area	Expanding movement of center into the rest of the body.
	Dan Tian condensing in movement	Small Cosmic Circle activation in movement
<b>SHEN GONG</b> Mind Work	Connecting Outer and Inner Movement. Center is moving while a inner picture is created. Needs all previous steps of practice and mind harmonization	Connecting Outer and Inner Movement. The whole body follows the center and the breath while the inner picture is maintained.
	Body awareness is on one point while starting to move with the center	Body awareness is on two points while starting to move with the whole body

	<b>5. Wu Ji Zhuang</b>	<b>6. Qian Kun Ban Yun</b>
	<i>Step 5: Full Yin Expression</i>	<i>Step 6: Expressing Yin and Yang in constant exchange (horizontal axis)</i>
<b>JING GONG</b> Body Work	Building Yin Structure, learning to receive with the whole body (Lü Jin) – Opening the palms	Opening the body in rotation axis. Bringing alignment work into weight shifting.
<b>QI GONG</b> Energy and Breath Work	No inner movement as the only inner movement - Getting empty to be filled naturally– Emphasizing exhale (letting go)	Constant exchange between Yin and Yang – transforming full and empty
	Emphasizing the small cosmic orbit as well as the releasing of energy into the earth	Opening the pelvis and hip joints area for big cosmic circle circulation
	No Dan Tian connection, but the full body becomes the empty pole	Creating filling vacuum, through Yin and Yang exchange work
<b>SHEN GONG</b> Mind Work	Finding the in-between of mind without any helping anchor point. Letting go of Yin and Yang – judging, valuing and naming of all things.	Switching between inner awareness and outer awareness. Feeling the body and feeling the space around.
	Body awareness is without any point	Body awareness is on two areas (Yin: into the body and Yang: into the space)

	<b>7. Hun Yuan Zhuang</b>	<b>8. Bao Tai Ji</b>
	<i>Step 7: Full Yang Expression</i>	<i>Step 8: Merging all layers of Yin and Yang together in order to express Tai Ji</i>
<b>JING GONG</b> Body Work	Building Yang Structure, learning to expand with whole body into space (Peng Jin)	Bringing structure and movements into endless roundness
<b>QI GONG</b> Energy and Breath Work	Nourishing the whole body with inner movement and “flow” – letting go through filling	Expressing Yin and Yang equally - 3 outer and 3 inner harmonies
	Emphasizing the big cosmic orbit: Filling the whole body and space around	Building Lao Gong Point connection
	No Dan Tian connection, but the whole universe becomes the empty pole	Dan Tian connection in motion while expressing expanding and collapsing, inner awareness and outer awareness.
<b>SHEN GONG</b> Mind Work	Finding the in-between of mind without any helping anchor point. Letting go of Yin and Yang – Judging, Valuing and Naming of all things.	Letting go of all inner exercises in order to let things merge by themselves naturally.
	Body awareness is without any point	Body awareness with multiple points and no points at the same time