

Australian Academy of Tai Chi and Qigong

SHAOLIN LOHAN QIGONG

the enlightened warriors invigorating energy meditation art

Only go as far as comfortable for yourself - never stress or strain!

PREPARATION

Warrior Salute
Warrior Subdues Tiger
Zen Monk in Meditation
Golden Eagle Spreads Wings
Lohan Squats
Warrior in Horse Stance

LOHAN ONE

Three Rings Embrace the Moon
Chasing the Seven Stars
Warrior Scoops Water
Lohan in Meditation
Lotus Spirals Downwards
Wild Horse Drinks Water
Lohan Opens the Gates
Focusing the Chi
Dragon Flexes Tail
(aka Serpent Seeks Incense)

*Either go to closing or continue with
part two then closing*

LOHAN TWO

Dragon Seeks Pearl
Double Dragons Frolic in Clouds
Lohan Chops Wood
Lohan Washes Clothes
Monk Reclines on Pillow
Lohan Sweeps Floor
Lift and Stomp
Plant Incense in Urn
Draw Whip in Horse Stance
Lohan Bends Bow
Raising the Shen

CLOSING

Enlightened Warrior in Meditation
Settle the Chi
The Warrior Monk makes a Gesture of Respect
A Greeting to All

In the sixth century, Bodhidharma travelled from India to spread Zen. He settled at the Shaolin Temple, in China. During his teaching, the monks often fell asleep because of their poor physical condition. He introduced exercise to improve their health, strengthen body and mind also to assist their meditation. The emphasis is on rhythmic breathing, bending and stretching. It is a dynamic energy meditation. It was the very foundation of the famous Shaolin Martial Art.

The Academy's "Lohan Set" has been researched and developed to suit our modern lifestyle by Grandmaster Gary Khor, founder and president of the Australian Academy of Tai Chi.

