

Five Animal Frolics of Hua Tuo

Crane:

Crane Breathing
Crane's Beak
Crane Spreads Both Wings / Three Powers Crane
Crane Squatting
Crane Stands on One Leg
Crane Spreads Wings Behind
Crane Walks, Wings Together
Crane Soars Aloft
Crane Walks, Wings Beat Back
Crane Walks Along Riverbank

Bear:

Bear Breathing
Bear Turns, Paws to Sky (Pushes to Sky)
Bear Turns, Paws to Horizon (Pushes Behind)
Bear Turns, Paws to Earth (Pushes Down)
Bear Extends Claws
Bear Double Push
Bear Double Push to Ground
Bear Double Push to Ground and Sits Back
Bear Ambles Through the Woods
Bear Walks with Fists
Pointing at the Sun, Holding the Moon
Old Bear Plucking Berries

Monkey:

Monkey Offers Small Fruit
Monkey Offers Large Fruit
Monkey Grasps Branch
Monkey Looks Behind
Monkey Offers Fruit Twice

Deer:

Deer Standing at Meadow's Edge
Deer Walks Through the Woods
Deer Turns Head Behind
Deer Stretches Down to Drink
Stag Leaps Up
Wild Stag Twists and Sits
Deer Parts the Grasses

Tiger:

Tiger Searches for Food

Tiger Seizes Prey

Tiger Leaps from Den

Tiger Leaps from Den Twice

Wild Tiger Roams the Steppes

Some Practice Principles:

- Not on full stomach (1+ hours after eating), not famished
- Outside in fresh air, not in cold wind
- Early morning has advantages, any time better than no time
- Not if very tired or extremely sick
- Not to sweating (over exertion), light sweat is OK.
- Perseverance - no quick results
- Practice a slow and steady pace, inward focus
- Balance inner spirit and outer form unified; express the spirit of the animal
- Relaxed body and tranquil mind
- Concentrated awareness - not distracted
- Listen to your body; when pain, no gain - effortless
- Rounded and spherical movements
- Whole body is involved; feet > waist > hands
- Natural breathing, not forced

Warm-up:

1. Ankle circles
2. Knee bends
3. Waist circles
4. Shoulder circles (hands on shoulders)
5. Turn neck
6. Rub fingers
7. Shake the clapper
8. Swings

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