

# 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

Lohan Bows to Pay Respect  
Warrior Subdues Tiger  
Lohan in Meditation  
Golden Eagle Spreads Wings  
Warrior Squats  
Step to Horse Stance

### LOHAN ONE

Three Rings Embrace the Moon  
Chasing the Seven Stars  
Warrior Scoops Water  
Lotus Spirals Downwards  
Wild Horse Drinks Water  
Lohan Opens the Gate  
Focusing the Chi  
Dragon Flexes Tail  
Monk in Meditation

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

### LOHAN TWO

Dragon Seeks Pearl  
Double Dragon Frolics in Clouds  
Lohan Chops Wood  
Lohan Washes Clothes  
Lohan Reclines On Pillow  
Lohan Sweeps Floor  
Push and Stomp  
Plant Incense in Urn  
Draw Whip in Horse Stance  
Lohan Bends Bow  
Lifting the Shen

### CLOSING

Settle the Chi  
Lohan Bows to Pay Respect

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.

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.



**Australian Academy of Tai Chi & Qigong**  
Accredited by ACHPER & Active Australia  
Affiliated with the Shanghai Institute of Physical Education  
**www.livingchi.com.au 02 9797 9355**

# HOME LEARNING AIDS

*“Our ideal learning system includes your weekly class, study of the text book and your own daily practice”*

Grandmaster Gary Khor  
AATC Founder 1976

- ✓ Remember More
- ✓ Get More Details
- ✓ Motivate Practice
- ✓ Achieve Results Faster

## SHAOLIN LOHAN QIGONG

### TEXT BOOK \$22.00



This book provides a thorough background to development, benefits and principles of Lohan Warrior Exercise and makes it simple to understand.

It also gives step -by- step instructions and detailed illustrations to help you follow the exercises easily.

Including:

- Legwork
- Armwork
- Co-ordination
- Hints and FAQ

*“Essential for the serious student”*  
Chief Instructor Rod Ferguson

### DVD's \$39

The DVD motivates you to practice correctly and at the correct pace for an optimum workout.

You can not get anyone better to follow than the Grandmaster himself.



### MUSIC Cd's \$25

The enchanting music helps to recreate the class atmosphere and the right mood for practice. Easy listening and stimulating to the energy flow.



Order from your Instructor or phone the office 02 9797 9355

[WWW.LIVINGCHI.COM.AU](http://WWW.LIVINGCHI.COM.AU)