



## Old Oak School of Dao Qigong Curriculum

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### What is Qigong?

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Qigong ("chee-gong") is an ancient Chinese fitness system based on natural energy circulation. The purpose of Qigong is to foster a free and easy flow of energy to promote health, longevity, and spiritual fulfillment. Qigong uses gentle body movement, natural breathing, and mental focus for purifying, gathering, and circulating the energy, or "Qi". Qi flows through the body in various energetic pathways, including 12 ordinary meridians, 8 extraordinary meridians, and each organ system. Qigong literally means "energy practice". There are countless forms and styles of Qigong; I integrate various forms in a simple and easy system of self-nourishment. This course is suitable for beginners and serves as a complete discipline or as a foundation for the more advanced practice of Taijiquan.

### Curriculum:

#### Qigong Warm-ups

- Neck up and down
- Neck side-to-side
- Neck left and right
- Pelvis forward and back
- Pelvis side-to-side
- Hip circles
- Ankle circles
- Scrunch up the toes
- Shake the legs
- Tip-toes
- Shoulder circles
- Wrist circles
- Squeeze the fist
- Twist the arms
- Reach arms upward
- Phoenix stretches

#### Medical Qigong

- Meridian tapping
- Meridian brushing
- Five-yin organ massage
- Expelling stale qi
- Acupressure

#### Neigong

- Bouncing up and down
- Swinging side-to-side
- Stirring the cauldrons

#### Neidan Qigong

- Open/close
- Calm the qi
- Tonify the dantians
- Mixing water and fire
- Storing qi in the marrow

#### Principles to Remember:

Relax, Relax, Relax! Qigong feels good.

Keep your posture upright; keep your chin, elbows, and tailbone down.  
Move and breathe softly, naturally, like a cat.

#### Recommended Reading:

Complete Idiot's Guide to Tai Chi & QiGong, by Bill Douglas  
The Healing Promise of Qi, by Roger Jahnke