

CHIKUNG.COM

NEI KUNG • CHI KUNG • TAI CHI

Gary J. Clyman / Master Instructor

4255 N. Pulaski Rd.

Chicago, Illinois 60641

Local (312) 446-8218 • National (800) 782-4244

MIND LIGHT™ NEI KUNG TRAINING

STRUCTURED TECHNIQUES

DAY ONE

Nei Kung Inside Form I

Tidal Wave Chi Kung Program including DPR (DPR Video)

Chi Kung Daily Practice Routine

Temple Style Tai Chi Lesson One (Gold Video)

Ward Off, RB, Press & Push Meditations (Nei Kung Video)

Diagonal Striking Circulation

Floating & Sinking Jing

Condensing Breathing II

Micro-Macro Circulation

Tao Kung Sitting Meditation w/ Back to Back Transfer

Advanced Turbo Projecting

Taoist Meditations

Preparation w/ 2 Fingers Standing

4 Directions Sitting (Tien, Dee, Soon, Tao)

DAY TWO

Mother Meditation

Upward Downward, Inward Outward, Tiger Looks R & L

Basic Path Training (Nei Kung Video)

Chi in Voice & Action

Omei Mountain

Tiger Chi

Nei Kung Inside Form II

DISCRETIONARY TECHNIQUES

Gold Bell Training

Low Stance Training

Constitutional Tai Chi Corrections

ROUTINE A

Condensing Breathing II
Nei Kung
Inside Air
MCO
MCO w/Palms on Knees
Projecting w/Palms on Knees
Bone Marrow Exercises

ROUTINE B

Daily Practice Routine (28 Minutes)
Mother Meditation
Diagonal Striking Circulation
Uproot & Sink Jing
Chi in Voice & Action (Hung & Ha)
Taoist Meditations
Preparation w/2 fingers and 4 Directions Sitting
Condensing Breathing

ROUTINE C

Mother Meditation
Basic Path Training (Nei Kung Video)
Micro/Macro Circulation
Omei Mountain
Tiger Chi
Nei Kung

ROUTINE D

Condensing Breathing
WO, RB, P & Push Meditation (Nei Kung Video)
Micro/Macro Circulation
Tao Kung
Advanced Turbo Projecting
Taoist Meditations
Preparation w/2 fingers and 4 Directions Sitting

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LATE NIGHT SOLO PRACTICES

Uproot & Sink Jing

Condensing Breathing II

Diagonal Striking Circulation

Mother Meditation

Micro/Macro Circulation

Advanced Turbo Projecting

NEI KUNG, THE INSIDE FORM

Upward & Downward

Inward & Outward

Both Arms Fan Through Back

Sideways Fan Through Back

Forward Fan Through Back

Single Whip Upward & Downward

Diagonal Single Whip

Tiger Looks Right & Left Side