

BAGUA SUPERFITNESS WARM-UP EXERCISES

In the beginning, the exercises are performed as callisthenics. The purpose is to build integrity, endurance and flexibility. You must continually observe and refine your movement for mechanical correctness. This is particularly important as most of these exercises are ballistic in nature. Later, the exercises should be performed slower, more consciously and with more repetitions. Attention should be on advanced mechanics and principles that relate to subtle energy. For instance, one should make sure that you are properly grounded in each movement and that you understand how you are directing the energy from you center to the extremities.

Arms: relaxed arms and shoulders, keep hands open for chi circulation (open Tiger's mouth)

1. Side-to-side
2. Forward / backward to opposite sides
3. Flying Arcs
4. Arcs to the sides
5. Forward circle crossover
6. Push and pull back
7. Arm Curl
8. Arm rotation out from shoulder
9. H flex
10. Push behind the head
11. Yin yang behind the back
12. Elbows overhead, forward / backward
13. Elbow turn side-to-side,
14. Pressing wrists on tight circles, both directions
15. Upper spine head and shoulders circle and reverse (hands clasped over head)
16. Tree shaking

Upper spine:

17. Upper spine swing (head and shoulders)
18. Swing from the middle
19. Swing from the hips (knees bent or straight)
20. Arms circle overhead
21. Single arm forward and backward
22. One forward / one backward and reverse
23. Both arms forward and backward and reverse
24. Opposite arms forward and reverse with breathing

Neck and Spine:

25. Turning side-to-side
26. Flex neck/shoulders forward and backward
27. Looking over opposite shoulders
28. Leaning side-to-side
29. Camel neck moving into body waves (forward & backward)
30. Spread eagle
31. Upper spine / head circles and reverse

Torso / Whole Body:

32. Circle top
33. Circle bottom
34. Side Thrust Squat
35. Folding squats (sound to top of head)
36. Squat and reach
37. Squat and reach on one leg
38. Push/pull hip flex
39. Flying Saucers
40. Axe variations
41. Golden Dragon Plays With Ball

Legs:

42. Ankle rolls, f/b, s/s and around
43. Leg swings forward / backward
44. Knee circles in front and reverse (right and left)
45. Straight leg lifts, front, side and back
46. Straight leg lifts cross-front, cross-side and cross-back
47. Big leg cycles, forward and backward
48. Rocking down side squats
49. Knee-in Lunges to both sides
50. Catching the sky
51. Crossover fold back
52. Knee up to elbow, front, side and back
53. Squatting tiger, triple strike drill
54. Jump from center
55. Polishing The Inside Of The Globe
56. Finish