

# **Dao Form from Lung Hu Shaun**

## **Master Weng**

### **12 Moves**

#### **The Principles of Qigong**

- 1) Adjust your psychology
- 2) Adjust your movements
- 3) Adjust your breath

#### **WARMUP**

1. Opening and closing the chest arms out; Opening and closing the chest arms in
2. Interlock the hands turning to the sides, 3X on each side
3. Interlock hands pressing up, on toes
4. Come down with interlocked hands; Then over each leg; Then back
5. Grab behind the head with interlocked hands, closing down and opening up (forward and backwards)
6. Thigh soads stretch. Back leg stretched back in lunge, on the toe and hand on hip, other hand on bent leg
7. Knee rotations
8. Knee tapping
9. Toe on the ground foot circles
10. Leg shaking and kicking out to the side  
circling out

#### **PREPARATIONS**

- Get into a Qigong (Quiescence) State of mind
- Stand with feet together
- Stand straight up
- Push out the Chest
- Fold the stomach in
- Arms relaxed at your sides naturally (fingers together)
- Chin tucked
- Eyes out and down
- Tongue at fire position (behind the teeth)

## THE FORM SEQUENCE

### Opening Move: Qigong State

1. Buddhist Body Guard, Weituo — Hands to Buddha Greeting 1
2. Buddhist Body Guard, Weituo — Hands Rising to Buddha Greeting 2
3. Buddhist Body Guard, Weituo — Hands Rising To Buddha Greeting 3
4. Turning And Looking At The Hand (Reach For The Stars Change the Big Dipper)
5. Double Punch Forward (Pulling the Nine Oxen Tails, Draw Them to You)
6. Claws Come Out
7. Nine Ghosts are going to remove sword from sheath — Hold the Ball and Grab the Head
8. The 3 Pon, Chest, Waist and Knees — Deep Squat
9. Green Dragon Extends Claws, Probbing Reaching
10. Crouching Tiger Pounces on His Prey
11. Bow Three Times
12. Turn the Head and Wag The Tail

### Closing Move: Pulling Down Heavens

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### Opening Move: Qigong State

Sink and bend both knees  
Peel left foot off ground, heel to toe  
Drag the left foot out to the left side  
Place left foot toe-to-heel, shoulder-width apart  
Equalize the weight and settle into the body  
Roll up the spine, shoulders rolling backwards and down  
Stretch the arms downward  
Lifting the arms forward flexion to 90 degrees (parallel to the floor)

#### 1. Buddhist Body Guard, Weituo — Hands to Buddha Greeting 1

Brings palms together keeping the fingers together  
Sink the elbows to draw hands in front of heart, fingers pointed at an angle out (15 degrees from vertical). Hands one fist from chest (form an arc from shoulder to arms)

#### 2. Buddhist Body Guard, Weituo — Hands Rising to Buddha Greeting 2

Elbows rise laterally up and hands peel from base to finger tips (fingers are pointing at each other, touching or not touching)  
Bring hands closer to chest  
Palms are flat down and leveled with elbows (parallel with the floor)  
Hands move away from the body until fully extended  
Continue the movement out and around until straight out to your sides  
Dorsi flex the hands (finger tips pointed up toward the ceiling)  
Pressing out with the hands – Gradually increasing tension and gradually releasing tension  
Return the hands palms down

### **3. Buddhist Body Guard, Weituo — Hands Rising To Buddha Greeting 3**

Bring the arms to the front continuing with parallel to the floor  
Press elbows out the sides while bringing the hands close to the chest  
Tilt the head forward (neck flexion or head slightly down)  
Palms turn up and press toward the ceiling and simultaneously come up on your toes  
Curl fingers to form fists and come back on feet  
Arms drop to the sides to 45 degrees

### **4. Reach For The Stars Change the Big Dipper**

Palms open up  
Sink and coil the body to the left  
Guiding palms first (movement is like moving in water, very heavy and slowly)  
Wrapping the left hand around placing the back on mingmen  
At the same time the right hand curves around to greater trochanter (hip bone) following your right hand with your eyes  
Unwind the body following the right hand upward (imagine it to be very heavy)  
Opening the arm to the right; C-shape the arms/hands; Middle finger pointing to acupoint mid-shoulder/ lau gong point  
Your mind is on your mingmen hand and eyes are at your right hand  
Unwind the body to neutral forward  
Bring the left hand out and reaching the fingers directly out to the sides palms down  
Sink and coil body to the right  
Unwind the body following the left hand upward  
Opening the arm to the left; C-shape the arms/hands; Middle finger pointing to acupoint mid-shoulder/ lau gong point  
Your mind is on your mingmen hand and eyes are at your left hand

### **5. Pulling the Nine Oxen Tails, Draw Them to You**

Shift weight to left leg and come up on the right toe pointing the right foot at 45 degrees out  
Bringing your weight to the right foot allow arms to relax  
Approach the LDT to hold ball  
Step with the left foot to the right, slight touching toe to the floor  
Right palm up (fingers forward) over the foot, Left palm (fingers back) up by left hip  
Step back and place foot turned in slight from 90 degrees (relative to the front foot)  
As you step back the right hand reaches forward the left hand reaches back, simultaneously to form a straight line; the line is angled up (think of a spear or pole)  
Roll fingers into fist, one at a time, starting with little finger  
Front fist is light holding a bouquet of flowers upward; Back fist is holding it downward  
Torque the body to the right coiling the arms to the center, as if pulling 2 ox tails with equal force along the centerline  
Gradually increase tension as you come to the center  
The front arm ends up 80 to 90 degrees from the ground, arm pits shouldn't touch (keeping a round structure)  
Rear fist should not touch the back  
Uncoil the body reaching forwards and backwards with fist to return to the starting position, gradually releasing tension

*Repeat 2 more times (total of 3X)*

Shift weight to the back leg  
Lift right toe and turn inward (forward to original facing position)  
Bring weight to right foot, bringing hands in front of LDT, palms facing down  
Pivot on the ball of the left foot, turning it out to 45 degrees, changing the weight to the left foot  
Left palm up over left foot, fingers point forward, right hand palm up at the right hip, fingers pointing backwards  
Step back with right foot and repeat like other side 3X  
Shifting the weight back to the right foot, turn left toe facing original position  
Shifting weight left, peel right foot head to toe  
Arms directly out to the sides

## **6. Claws Come Out —**

Open fists face palms forward

Keeping arms parallel with ground, Bring hands directly in front of the shoulders, palms facing each other

Press elbows out, bringing the hands back toward lung 1, palms facing each other (edge of chest)

When hands reach chest, fingers point up

Push chest out and press hands forward turning palms forward

Gradually increase tension, spread the fingers and open eyes wide

Gently relax and release tension as the palms fall forward fingers out away from you and come together again

Press elbows out, bringing the hands back toward lung 1, palms down

Elbows drop, fingers point up, hands face each other

Push chest out

*Repeat the pushing and pulling (above) 2 more times (total of 3X)*

## **7. Nine Ghosts are going to remove sword from sheath —**

Hold the Ball and Grab the Head

Left palm comes over top of right palm holding ball (vertical)

Turn torso the right looking over right shoulder behind us

The arms separate the right hand, keeping palm up moves turn inward under armpit (teacup) reaching and extending arm backwards, left hand stays palm down and moves forward

Twist body to the left, circle the left arm behind the back up the spine with palm out

Right hand circles around the head, fingers at the root of the ear, thumb-side down

Head looking left

Turn body and head to the right, allow the ear to slip so that the fingers slide to shen men

Left hand slides back to mingmen

Bend the knees, tuck the chin, compress and twist body to the left as if trying to look behind to opposite heel, left hand moves up to shen dao. Keep knees straight over feet, never twisting the knees

Uncoil up to your right so the left hand drops to mingmen again,

Lift and open the chest, Look with your head to the right.

*Repeat 2 more times compressing and releasing*

On last one raise up to center, looking straight ahead

Reach with left hand down and right hand up then bring them to the sides, straight out from the shoulder, palm down, parallel to the floor

Turn to the right, wrapping right hand around the back fingers move up the spine,

Twist body to the right, circle the right arm behind the back up the spine with palm out

Left hand circles around the head, fingers at the root of the ear, thumb-side down

Head looking right

Turn body and head to the left, allow the ear to slip so that the fingers slide to shen men

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then bring them to the sides, straight out from the shoulder, palm down, parallel to the floor

### **8. Deep Squat—The 3 Pon, Chest, Waist and Knees**

Begin from last move

Step out with left foot

Roll through the shoulders like bird flapping wings. The wave is like this: from waist up to shoulder then arm to hand.

Bend the knees, about half way to where the thighs are parallel to the floor

Hands drop to the level of the hip bone (iliac crest)

Turn palms upward scooping

Lift arms up to shoulder level as you rise

Repeat squat with thighs parallel to the floor

Repeat squat dropping waist below the knees

Come up

### **9. Dragon Hands —Green Dragon Extends Claws, Probing and Reaching**

Transition weight to the right leg

Slide left leg up to shoulder width stance

Thumbs curl into palms, then the other fingers beginning with small finger first, one at a time

Pull clenched fists into the waist resting on hip bone

Looking at the right hand roll the hand open fingers pointing down, outside of leg (GB)

Slide and extend arm down

Palms facing out, reach up, abduction (or away from the body) 80 degrees

Make a dragon hand by pointing all 5 fingers toward you (fire finger above)

Reach across to the left as far as you can, following with eyes, as you turn the body

Turn torso back to neutral

Flatten hands and bring fingers together

Point fingers back and press down along outside of left leg

Turn the body to the right dragging the palm heel first to the outside of the right ankle

Turning the palm fingers facing back

Straighten up stacking spine

Sweep hand up folding thumb making a fist with little finger first

Pull hand to original position resting on hip bone

*Repeat on other side*

### **10. Crouching Tiger Pounces on His Prey**

Shift weight to the left, Turn right foot in, pivoting on the heel at 45 degrees

Pulling the left foot in facing torso to the left

Bring hands up the body to the side of the head

Open to claw hand, come up onto toes, preparing to pounce

Lunge out to the left foot, whipping torso like a wave with arms following in a tight circle

Reload motion straightening the torso

Lunge again forward

Claws point down to the floor

Come onto right toe knee points down

Roll torso up, pushing chest forward, lifting the head up, pressing hands down

Move weight back to right leg

Come onto left heel and turn left foot to face forward

Shift wt. to left foot

Thumb and fist hand to the waist again

Pull right foot in, torso facing the right side

*Repeat pouncing sequence on the right*

### **11. Bow Three Times**

Shift wt. to left foot

Come up on right heel

Turn right foot forward

Bring left foot in shoulder width

Reach up with arms to PDH

Resting the hands on the back of the head cupping hands to the ears

Drum with the index finger sliding off the middle finger 7X

Tuck chin, bend at the waist 30 degrees, half way to waist

Then again at 60 degrees, waist

Then again at 90 degrees, below waist level

Coming back up after 3rd bend, Pulled fingers away from the head and compress to the ears and pull out quickly and then press forward, shoulder level with both hands

### **12. Turn The Head and Wag The Tail**

Let hands drop forward, palms facing each other

interlock fingers, pull toward chest elbows out

Turn palms away, press out and away

Turn palms toward you to the chest

Point palms down and press down toward the floor

Keep chin up and back extended

Turn shoulder to the left looking over your shoulder to your tail, moving your hip toward shoulder, compressing the left side of the body

*Repeat 2 more times, 3 total*

*Do the same on the right*

### **Final Move: Pulling Down Heavens (3X)**

Bend knees and let go of hands PDH 3X

#### **Also:**

Regulate your breath

Pull down energy to LDT

Put weight on right foot then lift slowly the left foot to meet the right foot, stand straight, fingers together hands to the sides

Rub hands together creating friction and wash face and sweep over head to the back



Opening Move: Qigong State



*Transition Move*



1. Buddhist Body Guard,  
Weituo —Hands to Buddha  
Greeting 1



*Transition Move*



2. Buddhist Body Guard,  
Weituo —Hands to Buddha  
Greeting 2



4. Turning and Looking at the  
Hand—Reach For the Stars  
Change the Big Dipper, *Other side*



*Transition Move*



*Transition Move*



3. Buddhist Body Guard,  
Weituo —Hands to Buddha  
Greeting 3



5. Double Punch Forward—  
Pulling the Nine Oxan Tails,  
Draw Them to You



*Transition Move*



5. Double Punch Forward—  
Pulling the Nine Oxan Tails,  
Draw Them to You



4. Turning and Looking at the  
Hand—Reach For the Stars  
Change the Big Dipper



*Transition Move*



*Transition Move*



5. Double Punch Forward—  
Pulling the Nine Oxan Tails,  
Draw Them to You, *Other side*



5. Double Punch Forward—  
Pulling the Nine Oxan Tails,  
Draw Them to You



5. Double Punch Forward—  
Pulling the Nine Oxan Tails,  
Draw Them to You



*Transition Move*



*Transition Move*



6. Claws Come Out



7. Begin: Hold the Ball Grab  
the Head—Nine Ghosts Are  
Going to Remove Sword From  
Sheath



7. Hold the Ball Grab the  
Head—Nine Ghosts Are Going  
to Remove Sword From Sheath



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7. Hold the Ball Grab the Head—Nine Ghosts Are Going to Remove Sword From Sheath



8. Prepare: Deep Squat; to Chest, to Waist, then to Knees—The 3 Pon



*Transition Move*



8. Begin Deep Squat to Chest—The 3 Pon



*Transition Move*



8. Deep Squat to Chest—The 3 Pon



7. Hold the Ball Grab the Head—Nine Ghosts Are Going to Remove Sword From Sheath, *Other side*



8. Deep Squat to Waist—The 3 Pon



7. Hold the Ball Grab the Head—Nine Ghosts Are Going to Remove Sword From Sheath



8. Deep Squat to Knees—The 3 Pon



*Transition Move*



*Transition Move*



*Transition Move*



*Transition Move*



9. Prepare: Green Dragon Ex-  
tends Claws, Probing Reaching



10. Crouching Tiger Pounces on  
His Prey



9. Green Dragon Extends  
Claws, Probing Reaching



10. Crouching Tiger Pounces  
on His Prey



9. Green Dragon Extends  
Claws, Probing Reaching



*Transition Move*



9. Green Dragon Extends  
Claws, Probing Reaching



10. Crouching Tiger Pounces  
on His Prey; *Other side*



10. Begin: Crouching Tiger  
Pounces on His Prey



10. Crouching Tiger Pounces  
on His Prey



*Transition Move*



*Transition Move*



*Transition Move*



11. Begin: Bow Three Times  
(Deeper each time)



11. Bow Three Times (One)



12. Turn the Head, Wag the Tail



*Transition Move*



12. Turn the Head, Wag the Tail;  
(3X each side)



11. Bow Three Times (Two)



12. Turn the Head, Wag the Tail



*Transition Move*



12. Turn the Head, Wag the Tail



11. Bow Three Times (Three)



*Transition Move*



*Transition Move*



*Transition Move*



*Transition Move*



End Form (Can finish with 3  
Pull Down Heavens)



*Rub hands together creating friction and wash face and sweep over head to the back*

