

(0:12) This is the "Waist-Strengthening and Fitness Exercise" (Qiang Yao Jian Shen Fa). It was introduced by Master Yang Meijun in the early 1980s, originally taught to students suffering from lower back and leg pain.

(0:33) Years of practice by students have shown that this routine is highly effective for improving overall physical fitness and boosting immune function.

(0:52) I will now teach you this routine.

(0:59) First, establish the correct standing posture: feet parallel and shoulder-width apart, arms hanging naturally at your sides, with the web of the hands (between thumb and index finger) forming a rounded shape.

(1:14) Gaze straight ahead, lightly touch the roof of your mouth with the tip of your tongue, and breathe naturally. Relax your entire body—especially your face—and maintain a gentle smile; feel the smile within your heart and keep your mood cheerful.

(1:46) The first movement is "Lifting Arms to Explore the Path." Separate your hands to the sides with palms facing up, then slowly raise them—slowly—until they are above your head, forming a "holding a ball" shape. Then, slowly lower them—slowly—while maintaining that "holding a ball" shape.

(2:20) When your hands reach the level of your abdomen, turn your palms to face forward, separate your hands to the sides, and slowly raise them again.

(2:36) "Lifting Arms to Explore the Path" is performed three times in total; however, the specific arm-separating motion is omitted during the second repetition.

(2:53) Third—or rather, the second movement—is "Spreading Wings to Fly." Bend your body slightly forward and down; when your hands reach your knees, position your palms facing each other and "scoop up" as if holding a ball, while simultaneously lifting your heels.

(3:37) Raise your hands above your head, separate them, and lower your heels. Look up at the sky, then straighten your body and turn to the left. Move your hands in a flowing, undulating motion: palms facing up, moving first downward, then backward—letting your fingers ripple—then upward, and finally forward. Repeat this rotation three times.

(4:01) Squat down in rhythm with the flowing hand movements—two, three—then return to an upright position. Gather the *Qi* with your hands and guide it into the *Dantian* (lower abdomen) while lifting your heels again. Gaze at your hands, return to the starting posture, bend at the waist, and scoop up as if holding a ball.

(4:31) Lift your heels, separate your hands, lower your heels, look up at the sky, stand upright, and turn to the right. Repeat the same movements—one, two, three—then gather the *Qi* and focus it on the *Dantian*.

(5:00) The third movement is "Gazing at the Water at Sea." With palms facing down, align the *Hegu* points (on the back of the hands) with the *Huantiao* points (on the outer thighs). Let your hands undulate—create a wave-like motion.

(5:26) As the hands undulate, slowly squat down while extending your arms forward and sweeping them apart in an arc; then slowly rise. Repeat this three

times. Two—same movement, fingertips pointing down then forward. Three—this movement is called "Gazing at the Water at Sea."

(5:56) The fourth movement is "Gathering the Treasure to the Chest." Position your left hand above the right and perform a "winding" motion: rotate the right hand over the left, then the left over the right. That counts as one repetition; do it three times, then repeat the sequence.

(6:27) During the winding motion, start with the left hand on top; rotate the right hand over the left, then the left over the right (one); rotate again (two); rotate again (three). Then cross your hands in front of your chest. The next movement is "Left and Right Rotation."

(6:59) As you rotate, raise the left hand and lower the right while turning your body to the left. Form the right hand into a claw shape (fingers together), and keep the left hand in a palm shape facing your forehead. Strike the right side of your waist three times: one, two, three. In the center...

(7:31) ...nine strikes: two-two-three, three-two-three, four-two-three. Then turn the other way; switch the left hand to a claw shape and the right hand to face the forehead. Perform the same action but in the opposite direction, striking the waist...

(7:53) ...one-two-three, two-two-three, three-two-three, four-two-three. This movement is "Left and Right Rotation." Finally, return your body to the neutral upright position.

(8:07) For the next movement, let's revisit the left-and-right rotation. Rotate to the left: the left hand rises while the right hand lowers. Form a "claw" shape

with the fingers held close together. First, strike the outer side—the kidney area—on the right; take a look.

(8:33) Strike three times here: one, two, three. Then strike the middle section: two, two, three; three, two, three; four, two, three. Next, rotate back; the left hand shifts into a claw shape, while the right palm faces the forehead—let's look at this again. (8:58) Strike like this: one, two, three; two, two, three; three, two, three; four, two, three. When striking, use the wrist; do not strike rigidly or stiffly—instead, use an upward flicking motion. Watch closely.

(9:17) Move the wrist—move the wrist on this side, and move the wrist when striking the middle as well. That concludes this movement.

(9:27) The next movement is called "Expelling the Old to Nourish the Heart." The posture goes like this: after turning your body to face forward, open your hands as if holding a ball, with the index fingers pointing toward each other. Slowly pull them apart; as you pull apart, squat down. Do this three times in succession: pull apart and squat down while keeping your gaze level and your back straight—do not bend at the waist.

(9:57) Then return to the starting position and rise up. Squat down as you separate your hands to the sides—two (this is the second time)—three, then return to the original position.

(10:23) Next is the movement called "Standing Alone in the Clouds." Keep your hands separated and place them at this level with palms facing forward. Bend at the waist, reaching down toward the knees; then, as you straighten up, lift the leg—pointing the fingertips upward, palms facing the body, and hands positioned in front of the chest.

(10:52) Pay attention: this is a leg-lifting movement. Lift the right leg first, then the left; the sequence of right and left counts as one repetition. Bring the left leg back in, lift it gently with the toes pointing downward and backward, then lower it back to the starting position. Bring the left foot back to the standing position, then lift it again.

(11:28) Lower it again; right and left count as one set. Note that when lifting, the toes should point downward. Let me change direction so you can see: after bringing the legs together, lift the foot with toes pointing down and the sole facing backward, then lower it.

(11:51) Viewed from the back: bring the leg in, lift it, and return to the starting spot. Right and left count as one set; perform the lift three times. This is the third time. Also, note that when lifting, the leg should be held level—maintaining this specific posture. That completes the "Standing Alone in the Clouds" movement.

(12:29) The next movement involves "Gathering Qi in Three Beats." Turn the hands over to form a rounded shape, squat slightly, then pull the hands apart while straightening the body. Bring the hands to the sides of the legs with palms facing forward, then rise up, lifting the hands with palms facing upward. Next, turn the palms and lift the leg, extending it forward; perform the lift three times.

(12:56) Two, three. The final movement is "Gathering Qi to the Center"—just like the opening movement—bringing the hands to the abdomen and then separating them.

(13:27) This exercise routine should be performed three times consecutively. However, starting from the second repetition, the "Lifting Shoulders to Explore the Path" movement is omitted; in other words, the "Gathering Qi to the Center" phase of the first repetition serves as the preparatory stance for the second repetition.

(13:45) So, when starting the second repetition, go straight into the "Spreading Wings" movement—go straight into it; I will not repeat the "gathering qi" step for this one.

(14:02) However, pay attention: after finishing the third repetition, the "gathering qi to the center" phase is not just a simple return of the hands; it is done differently. Let me demonstrate this specific movement for the third repetition.

(14:21) After the "stamping and slapping the legs" sequence, turn your palms upward and bring your hands together above your head. Once joined, pull them slightly backward over your crown, then open the heels of your palms while keeping the fingers touching—forming this shape. Bend your legs slightly, keep your gaze level, and pause briefly.

(14:53) Then bring your palms together and lower them. If you wish to remain in the standing posture a bit longer, you can perform a "blooming lotus" movement here: open your hands in front of your chest. As you open them, ensure the fingers remain touching—forming a lotus shape—while keeping your legs slightly bent.

(15:24) Pause briefly, then lower your hands and gently cup your lower abdomen. Change your hand gesture so that the corresponding parts of your hands press against each other.

(15:50) Press the thumb of your right hand into the center of your left palm; with a slight twist, have the three fingers of your left hand pinch and press firmly against the right hand. Then lower them, forming a circle facing forward with palms upward. Relax your body and breathe naturally; you may keep your eyes open or closed as you wait quietly for a moment.

(16:23) You can keep your eyes open and breathe naturally. After pausing briefly, prepare to conclude the practice. Release your hands and raise them; bring your palms together and perform the "supporting hands" movement—moving them up, down, left, and right constitutes one cycle; repeat this thirty-six times in total.

(16:51) Cup your hands like this and apply some force to warm up your palms; repeat this cupping motion thirty-six times. After finishing the thirty-six repetitions, proceed to the "dry wash" of the face: move your hands upward with your fingertips resting on either side of your nose, using the pads of your fingers to stroke upward over the face and head.

(17:15) Watch closely: cup and stroke upward over the head, then bring your hands down the sides of the face. Do this at least nine times: two, three, four, five, six, seven, eight, nine.

(17:42) If your blood pressure is unstable, you can also rub these areas—rub here and here. After rubbing nine times, bring your hands to your chest and perform a circular massage motion, also nine times.

(18:13) Then, perform the closing movement: shape your hands like this, lower them close to your body, slide them down along your legs, and flick them forward.

(18:26) Alright, let's look at that again: after rubbing, form your hands this way, lower them, flick forward, stand up, perform the closing move, clap once, and flick.

(18:47) Right, clap this area here; separate your hands to the sides, clap once, flick, then close the movement by bringing your hands to your sides and retracting your left leg. (19:09)

That concludes the explanation of the "Qiang Niao" (Spear and Bird) Qigong exercise. Thank you.