



# Zhan Zhuang

## 10 Day Programme

### What is Zhan Zhuang?

Zhan Zhuang means "standing like a tree" and is pronounced "Jan Juang", or, in southern China, "Jam Jong". For most people, training in Zhan Zhuang is a complete surprise in the beginning. There are no recognizable external movements, although it is a highly energetic exercise system. In contrast to many other methods, Zhan Zhuang develops our internal energy in a very efficient way, instead of consuming it.

Zhan Zhuang Qigong is practiced in well-balanced standing positions which increase the flow of energy and build up internal strength. The Zhan Zhuang system is based on a unique fusion of exertion and relaxation which stimulates, cleanses and internally massages the whole organism.

Qigong (pronounced "chee-gong"), may be China's best kept secret. Suppressed during the Cultural Revolution, awareness of this method of exercise has exploded throughout China, where currently 200 million Chinese practice some form of qigong regularly. Hospitals throughout China overflow with reports of cures of myriad conditions using any of hundreds of forms of this art. Qigong means "an exercise to develop chi, (also spelled qi) "the energy of life." This particular form of qigong, Zhan Zhuang, is about four thousand years old, and is used from everything from building strength for martial arts to self-healing, lowering blood pressure, increasing respiration and alertness, reducing stress and pain, and improving health and energy overall. Zhan Zhuang means "standing like a tree," aptly called, because all the Zhan Zhuang postures are performed standing, in utter motionlessness.

This form of Zhan Zhuang was the method used by Wang Xiang Zhai, the grandmaster and founder of the newest "soft" Chinese martial art, dazhengquan. Perhaps "standing like a tree" does not sound powerful, but Wang made it the foundation of his training.

For a long time, Zhan Zhuang Chi Gong has been a well kept secret and it is only since the mid 40s of this century that it has been taught and discussed publicly. In Europe, Master Lam Kam Chuen introduced it in 1987. He is also the author of the first book on Zhan Zhuang in the West.

Through the practice of Zhan Zhuang Chi Gong we're able to take advantage of our whole potential, both physically and psychologically, without becoming exhausted. This is achieved in a completely natural way without the need for fighting ourselves.



## Breathing

Your breath should be inhaled through your nose and expand your diaphragm. Let the air and your mind go to your lower dan tien. Do not force it, just relax and feel the breath expand this lower part of your body. Most people breathe in the top of their chest, which is a shallow breath, and not as effective as a deeper, full breath. With mindful practice, breathing to your lower dan tien will become natural. Your exhale will be longer than your inhale.

## Lower Dan Tien

Dan tien is a concept which frequently arises in Asian philosophy, medicine, and martial arts. The lower dan tien is the body's center of gravity, and in theory the storage center for qi, or life force. It is located just below and behind the navel (a point four finger widths below the navel).

## Warm Up Exercises

### Warm Up Exercise 1

Place your feet together  
Place your hand lightly on your knees  
Rotate your knees clockwise  
Pause  
Rotate your knees anti-clockwise  
Breathe normally  
*(Breathe through the nose, with your tongue behind your front teeth)*

### Warm Up Exercise 2

Place your feet shoulder width apart  
Move arms in a swimming (breast stroke) motion  
Breathe in when your arms are pushing outward  
Breathe out when your arms are pulling inward  
*(Breathe through the nose, with your tongue behind your front teeth)*

### Warm Up Exercise 3

Place your feet shoulder width apart  
Lift hands to the top of your head (palms facing upward)  
Push the hands up (to straight arms) and breathe out  
Pull the hands back to the top of your head and breathe in  
*(Breathe through the nose, with your tongue behind your front teeth)*



#### **Warm Up Exercise 4**

Place your feet shoulder width apart

Lift hands to chest height (palms facing inward)

Push the your left hand out to the left side, palm facing outward, bring your right hand (closed) to your right shoulder (like drawing a bow), hold for 1 second, breathing out

Bring hands to the centre breathing in

Repeat on both sides

*(Breathe through the nose, with your tongue behind your front teeth)*

#### **Warm Up Exercise 5**

Place your feet shoulder width apart

Lift hands to chest height (palms facing inward)

Push the your left hand up, palm facing upward, push your right hand down, palm facing downward, hold for 1 second, breathing out

Bring hands to the centre breathing in

Repeat on both sides

*(Breathe through the nose, with your tongue behind your front teeth)*

#### **Warm Up Exercise 6**

Place your feet shoulder width apart

Lift hands to chest height (palms facing inward)

Twist, slowly to the left, pushing both hands outward, palms facing outward, hold for 1 second, breathing out

Bring hands to the centre breathing in

Repeat on both sides

*(Breathe through the nose, with your tongue behind your front teeth)*

#### **Warm Up Exercise 7**

Place your feet shoulder width apart

Lift your right hand over your head, breathing in, bending over to the left side, run left hand down left leg for support

Gently bounce side-wards, breathe out, and straighten up once all breathe out

Repeat on both sides

*(Breathe through the nose, with your tongue behind your front teeth)*

#### **Warm Up Exercise 8**

Place your feet shoulder width apart

Lift both hands out to the sides breathing in

Rotate the hands forward and down breathing out, gently squatting down

*(Breathe through the nose, with your tongue behind your front teeth)*

#### **Warm Up Exercise 9**

Place your feet shoulder width apart

Make a fist with both hands

Bring hands to the hips

Slowly punch out with the left hand, breathing out

Bring the hand back to the hip, breathing in

Repeat on both sides

*(Breathe through the nose, with your tongue behind your front teeth)*



### **Warm Up Exercise 10**

Place your feet shoulder width apart

Place both hands behind your back, at kidney level, palms facing outward

Breathe in

Breathe out and gently bounce up and down until breathe all out

Repeat

*(Breathe through the nose, with your tongue behind your front teeth)*



## Relaxation Exercises

### Relaxation Exercise 1

Place your feet shoulder width apart  
Place your hands on your hips  
Rotate your hips clockwise  
Pause  
Rotate your hips anti-clockwise

### Relaxation Exercise 2

Place your feet shoulder width apart  
Make a fist (soft) with both hands  
Bring your hands to the left shoulder, your left hand higher than your right  
Gently swing your hands back down to the centre  
Repeat on right side



## Meditation Postures

### Ready Posture

Place your feet shoulder width apart  
 Ensure your feet are facing straight forward  
 Bend your knees slightly (in line with your toes)  
 Tuck your bottom in slightly  
 Keep your back straight  
 Relax your neck and shoulders  
 Open your fingers slightly, but do not tense (imagine you have a marble between each finger)  
 Curve your hands, but do not tense (imagine you are holding a balloon)  
 Imagine roots coming from the soles of your feet penetrating deep into the earth.



### Posture 1

Stand in the ready posture  
 Let your hands drop naturally to your sides  
 Palms inward



### Posture 2

Stand in the ready posture  
 Lift your hands up to your chest height  
 Ensure your elbows are lower than your wrists and shoulders  
 Palms inward



### Posture 3

Stand in the ready posture  
 Lift your hands in front of your face, pushing out  
 Ensure your elbows are at shoulder height  
 Palms outward



### Posture 4

Stand in the ready posture  
 Place your hands out to the side at waist level  
 Palms downward



### Posture 5

Stand in the ready posture  
 Place your hands in front of your stomach  
 Palms facing each other





## 10 Day Programme

### Day 1

Warm up 1

Posture 1

Hold this posture for 2-3 minutes

Breathing through the nose, with your tongue behind your front teeth

Relaxation Exercise 1

### Day 2

Warm up 2

Posture 1

Hold this posture for 5 minutes

Breathing through the nose, with your tongue behind your front teeth

Relaxation Exercise 1

### Day 3

Warm up 3

Posture 2

Hold this posture for 2-3 minutes

Breathing through the nose, with your tongue behind your front teeth

Relaxation Exercise 1

### Day 4

Warm up 4

Posture 2

Hold this posture for 5 minutes

Breathing through the nose, with your tongue behind your front teeth

Relaxation Exercise 1

### Day 5

Warm up 5

Posture 3

Hold this posture for 2-3 minutes

Breathing through the nose, with your tongue behind your front teeth

Relaxation Exercise 1



### **Day 6**

Warm up 6

Posture 3

Hold this posture for 5 minutes

Breathing through the nose, with your tongue behind your front teeth

Relaxation Exercise 2

### **Day 7**

Warm up 7

Posture 4

Hold this posture for 2-3 minutes

Breathing through the nose, with your tongue behind your front teeth

Relaxation Exercise 2

### **Day 8**

Warm up 8

Posture 4

Hold this posture for 5 minutes

Breathing through the nose, with your tongue behind your front teeth

Relaxation Exercise 2

### **Day 9**

Warm up 9

Posture 5

Hold this posture for 2-3 minutes

Breathing through the nose, with your tongue behind your front teeth

Relaxation Exercise 2

### **Day 10**

Warm up 10

Posture 5

Hold this posture for 5 minutes

Breathing through the nose, with your tongue behind your front teeth

Relaxation Exercise 2





## Continuing Meditation

Once you have completed the 10 day programme you can continue this meditation daily using a combination of the warm up exercises, meditation postures and relaxation exercises.

Aim to perform the postures for 20 minutes each

Once you have mastered 20 minutes in each posture work on putting the postures together, for example:

- Warm up exercises
- Practice posture 1 moving slowly into posture 2
- Relaxation exercise

Build up to performing all 5 postures in one meditative session

Remember to warm up before and relax after your meditation sessions.