The Five Animal Frolics

A Form Workbook

By John Du Cane

A Complete Qigong Program for High Energy, Vitality and Well Being
The Crane Frolic

Breathing: inhale through the nose on the first movement, exhale through the nose on the second movement, unless otherwise indicated. Always breathe into the lower stomach, with slow, regular, "natural" breathing.

Repetitions: Traditionally, practice at least nine repetitions of each movement. If time allows, or if you develop a special feeling or need for a particular form, do as many repetitions as you wish.

# One: Crane Breathing

Initial postural alignment:

- Seek to reduce the impact of gravity on your body to minimize tension and maximize a relaxed flow of energy through your system.
- Stand with the heels touching and your feet angled out at 45 degrees.
- Distribute your weight equally across the whole of the foot.
- Bend the knees slightly.
- Tuck the hips under.
- Relax the lower dantien or stomach area.
- Relax the upper chest and lower your shoulders.
- Pull your chin in slightly and extend your head up, elongating and opening up your cervical vertebrae.
- Place your tongue lightly against the roof of the mouth.
- Maintain a level gaze with a soft, 180-degree focus.
- Put the hint of a smile on your face and allow the smile to permeate your whole body.

Movement:

- The spirit of the crane encourages light, graceful and very relaxed movement.
- Place the palms facing up at lower stomach level, just off the body and slightly apart from each other. Move the palms up the front of the chest to the level of the heart region, then back down to the lower stomach.

Attention:

- Move your attention up the spine as the hands rise and move the attention down the spine as the hands descend.
# Two: Crane Beak

**Initial postural alignment:**

- Follow the same instructions as for Crane Breathing.
- Begin with the arms extended to the sides at shoulder level, with a slight bend in the elbow.
- Bring the fingers and the thumb of both hands together in a beak-like position.

**Movement:**

- On the inhale, raise and bend the wrists slightly, so the fingers and thumb point downwards and you feel a gentle stretch in the forearms.
- On the exhale, open the hands and lower them very slightly, while spreading and extending the fingers.

**Attention:**

- Place your attention in the centers of your palms as you inhale, drawing energy into the palms.
- Place your attention initially on the fingertips and then beyond the finger tips, on the exhale, to send energy out of the fingers.
#Three: Crane Flaps Wing

**Initial postural alignment:**

- Follow the same instructions as for Crane Breathing.
- Begin with your arms at your sides.

**Movement:**

- Raise your arms, like wings, out to the sides, to shoulder height, then bring them back down to your sides.

**Attention:**

- Place your attention in the centers of your palms as you inhale.
- As you lower your arms, shift your attention to the wrist joints, then the elbow joints, and then the shoulder joints. At each attention point, "instruct" the joint to relax and open. Obstructed joints block energy. Consciously opening and relaxing the joints will restore and enhance energy flow through the limbs.
# Four: Crane Squat

**Initial postural alignment:**

- Follow the same instructions as for Crane Breathing.
- Begin with your palms facing the juncture between your thighs and groin.
- Alternately, you can begin with the palms facing the lower stomach, as shown in the accompanying photograph.

**Movement:**

- Arc your arms out to the sides at shoulder height, slowly spiraling the palms until they are facing up.
- As you arc the palms out the side, squat down, raising the heels off the ground. Keep the torso upright. Allow the knees and thighs to open at a 45-degree angle.
- Lower the palms back to the thigh/groin (or lower stomach) area following the same trajectory.
- Rise up out of the squat to the initial standing position, as you lower your arms.

**Attention:**

- Place your attention initially between your palms and the thigh/groin (or lower stomach) area. As you inhale, have the attention in the palms, with a sense that you are pulling energy in an arc up from the groin or stomach area and out to shoulder height.

- As you lower your palms on the exhale, use your attention in the same manner to return the energy to your groin or stomach area.
# Five: Crane Stands On One Leg

Initial postural alignment:

- Follow the same instructions as for Crane Breathing.
- Begin with your arms at your sides.

Movement:

- Circle the arms and cross them in front of your chest, palms facing in.
- As your hands begin their initial movement in front of the chest, sink your weight into the right leg.

Breathing:

- Inhale as you circle the arms up.

Attention:

- Place your attention in the dantien for the whole of this sequence

(continued next page spread)
# Five: Crane Stands On One Leg
(continued)

**Movement:**

- Continue to raise the hands, turning the palms to face out as they pass the throat. Continue above the head, turning the palms out and then to the sides at shoulder level, palms facing down.
- As your arms circle above the head and out to the sides, bring the left foot up in front of the right knee.
- Lower the arms back down to your sides.
- As you lower the arms back to your sides, sink your weight into the left leg.
- Repeat the entire sequence to the other side.

**Breathing:**

- Inhale as you circle the arms up and out, exhale as you lower the arms.

**Attention:**

- Place your attention in the dantien for the whole of this sequence.
#Six: Flying Crane

Initial postural alignment:

- Follow the same instructions as for Crane Breathing.
- Place the palms facing up at lower stomach level, just off the body and slightly apart from each other.

Movement:

- Move the palms up the front of the torso to the level of the heart region, as in the initial movement of Crane Breathing.
- Turn the palms to face downward and extend the arms forward, crossing the left hand over the right.
- As your hands begin their initial movement in front of the chest, sink your weight into the left leg.
- Move arms out to the sides at shoulder level.
- Simultaneously, bend at the waist and squat down on the left leg, while raising the right leg straight out behind you until it is parallel to the floor.

Breathing:

- Just breathe in a relaxed natural manner with this sequence, allowing the movement to determine the breath pattern.

Attention:

- Place your attention in the dantien for the whole of this sequence.

(continued next page spread)
#Six: Flying Crane
(continued)

Movement:

• Bring right palm down to touch the outside of the left foot, palm facing in, while the left arm remains extended to the side at shoulder level.
• Bring the left arm behind your back, also parallel to the floor with palm facing in, while raising the right arm and extending it forward parallel to the floor, with the palm facing in.

Breathing:

• Just breathe in a relaxed natural manner with this sequence, allowing the movement to determine the breath pattern.

Attention:

• Place your attention in the dantien for the whole of this sequence.

(continued next page spread)
#Six: Flying Crane
(continued)

**Movement:**

- Staying in the low squat, cross both hands in front of the chest, while bringing the right leg bent behind the left.
- Rise up on the left leg, as you raise the arms above the head, turning the palms out and then to the sides at shoulder level, palms facing down.
- Bring palms back in front of lower stomach and repeat on the other side.

**Breathing:**

- Just breathe in a relaxed natural manner with this sequence, allowing the movement to determine the breath pattern.

**Attention:**

- Place your attention in the dantien for the whole of this sequence.
#Seven: Crane Spreads Wings Behind

Initial postural alignment:

• Follow the same instructions as for Crane Breathing.

Movement:

• Begin with your hands in front of the lower stomach, palms facing away from each other.
• Open your arms wide to the sides in an arcing motion, stepping to the left at a 45-degree angle, keeping the weight on the back leg.
• Bring your arms in an arc back to the stomach.
• Repeat this sequence to the other side and continue to alternate.

Attention:

• Place your attention in the centers of your palms for the entire sequence.
#Eight: Crane Walk

**Initial postural alignment:**

- Follow the same instructions as for Crane Breathing.

**Breathing:**

- When performing the walking sequences, breathe naturally without making an effort to link the inhale and exhale to a particular part of the movement, unless otherwise indicated.

**Movement:**

- Step out with the left leg to the front, keeping the weight back on the right leg. Simultaneously, raise both arms out in front of the body to shoulder height and shoulder width, with the fingers and palms relaxed.

**Attention:**

- Place your attention in the dantien for the entire sequence.

(continued next page spread)
#Eight: Crane Walk
(continued)

Movement:

- Shift the majority of the weight onto the left leg, while opening the arms to the side of the body, shoulder height, palms facing out.
- Shift majority of the weight onto the right leg, arcing the arms down to the sides of the torso and finally just behind the torso, palms facing back.
- While the weight is still on the right leg, turn the left foot out at a 45-degree angle, then step forward with the right leg and repeat the whole sequence to the other side.

Attention:

- Place your attention in the dantien for the entire sequence.
#Nine: Crane Walks
Along the River Bank

Initial postural alignment:

- Follow the same instructions as for Crane Breathing.

Movement:

- Step out with the left leg to the front, keeping your weight back on the right leg. Simultaneously, bend your waist slightly, turn the torso to the left, while moving the left arm behind the body, palm up, and extending the right arm to the front, palm up.
- Repeat movement to the other side.

Attention:

- Place your attention in the dantien for the entire sequence.
#Ten: Crane Takes-Off from the River Bank

**Initial postural alignment:**

- Follow the same instructions as for Crane Breathing.

**Movement:**

- Step out with the left leg to the front, keeping your weight back on the right leg. Simultaneously, bend your waist slightly, turn the torso to the left, while moving the left arm behind the body, palm up, and extending the right arm to the front, palm up.
- Bring the left foot up to the right knee, put it back down then step forward with the right leg and repeat the whole sequence to the other side.

**Attention:**

- Place your attention in the dantien for the entire sequence.
The Bear Frolic

Breathing: Breathe into the lower stomach, with slow, regular, "natural" breathing. Inhale to the front, exhale to the side, unless otherwise indicated.

Repetitions: Traditionally, practice at least five repetitions of each movement. If time allows, or if you develop a special feeling or need for a particular form, do as many repetitions as you wish.

#One: Bear Turns

Initial postural alignment:

- Seek to reduce the impact of gravity on your body to minimize tension and maximize a relaxed flow of energy through your system.
- Adopt a wide low leg stance, with your feet angled out at 45 degrees. The two photographs on the opposite page illustrate the range of stance from very low to relatively high.
- Distribute your weight equally across the whole of the foot.
- Keep the knees in line with the feet.
- Tuck the hips under.
- Relax the lower dantien or stomach area.
- Relax the upper chest and lower your shoulders.
- Pull your chin in slightly and extend your head up, elongating and opening up your cervical vertebrae.
- Place your tongue lightly against the roof of the mouth.
- Maintain a level gaze with a soft, 180-degree focus.
- Put the hint of a smile on your face and allow the smile to permeate your whole body.

(continued next page spread)
#One: Bear Turns  
(continued)

**Movement:**

The spirit of the bear encourages a deliberate, rooted, powerful style of movement.

- Place your arms, elbows bent, above your shoulders, as if holding a log.
- Keep the chest open by holding the arms out to the sides throughout the movement.
- Twist your upper torso slowly to the left without moving the hips, so you feel a squeeze in the kidney/adrenal region.
- Inhale as you return your torso to the front.
- Repeat the movement to the right side.

**Attention:**

- Have your attention in the lower dantien for the whole sequence.
#Two: Bear Pushes Behind

Initial postural alignment:

- Follow the same instructions as for Bear Turns.

Movement:

- Place your arms, elbows bent, above your shoulders, as if holding a log.
- Keep the chest open by holding the arms out to the sides throughout the movement.
- Turn your torso to the left and push your left hand, bent back at the wrist, behind at a 45-degree angle, shoulder height, looking at the back of the hand.
- Withdraw your hand to its original position on the inhalation.
- Repeat sequence to the other side and continue to alternate.

Attention:

- Place the attention in the hand that is pushing out and pulling back.
- When pushing out, sense that is hard to push out, when pulling back in, sense a resistance attached to the hand.
- The idea is to use your consciousness to imbue your movement with a feeling of deliberate power. There is no need to deliberately tighten up the muscles, just create a mental intensity in the movement.
#Three: Bear Pushes Down

Initial postural alignment:

- Follow the same instructions as for Bear Turns.

Movement:

- Place your arms, elbows bent, above your shoulders, as if holding a log.
- Keep the chest open by holding the arms out to the sides throughout the movement.
- Turn your torso to the left and push the left hand directly downwards, wrist bent back, looking at the back of the hand.
- Withdraw your hand to its original position on the inhalation.
- Repeat sequence to the other side and continue to alternate.

Attention:

- Place the attention in the hand that is pushing down and pulling back.
- When pushing down, sense that is hard to push down, when pulling back up, sense a resistance attached to the hand.
- The idea is to use your consciousness to imbue your movement with a feeling of deliberate power. There is no need to deliberately tighten up the muscles, just create a mental intensity in the movement.
#Four: Bear Puts Out Claws

Initial postural alignment:

- Follow the same instructions as for Bear Turns.

Movement:

- Place your palms facing up, just off the breastbone, opposite the middle dantien area.
- Extend the left hand to the left side, looking at the left fingertips, while the right hand goes to the inside of the left elbow.
- Withdraw your hands to their original position on the inhalation.
- Repeat sequence to the other side and continue to alternate.

Attention:

- On the exhalation, place the attention on the fingertips of the extended palm.
- On the inhalation, place the attention in the middle of both palms.
#Five: Bear Double Push

Initial postural alignment:

- Follow the same instructions as for Bear Turns.

Movement:

- Place your palms facing up, just off the breastbone, opposite the middle dantien area.
- Bring both hands to the side of the left ribcage and push both hands out to the left side, palms bent back at the wrists, keeping both hands in the same plane.
- Withdraw your hands to their original position on the inhalation.
- Repeat sequence to the other side and continue to alternate.

Attention:

- On the inhalation and exhalation, place the attention in the middle of both palms.
- As you push out, create a feeling of pressure against the hands.
#Six: Bear Push To Ground

**Breathing:**

- Breathe naturally, without a deliberate attempt to match the inhalation and exhalation to the movement.

**Initial postural alignment:**

- Follow the same instructions as for Bear Turns.

**Movement:**

- Bring both hands to the side of the left ribcage and push both hands out to the left side, palms bent back at the wrists, keeping both hands in the same plane.
- Bend at the waist, relax the hands and circle the arms down and around to just outside of the right ankle.

**Attention:**

- Keep the attention in the palms for the whole sequence.

*(continued next page spread)*
#Six: Bear Push To Ground
(continued)

**Movement:**

- Draw the hands up the side of the right leg and torso, about one inch off the body, until they reach the middle of the ribcage.
- Push the hands out to the right, palms bent back at the wrists, keeping both hands in the same plane.
- Repeat the sequence in the opposite direction.

**Attention:**

- Keep the attention in the palms for the whole sequence.
#Seven: Bear Pushes Back

Breathing:

- Breathe naturally, without a deliberate attempt to match the inhalation and exhalation to the movement.

Initial postural alignment:

- Follow the same instructions as for Bear Turns.

Movement:

- Bring both hands to the side of the left ribcage and push both hands out to the left side, palms bent back at the wrists, keeping both hands in the same plane.
- Circle both arms to the front of the body at height of the breastbone, palms bent back at the wrists, tented in toward each other at a 45-degree angle.

Attention:

- Keep the attention in the palms for the whole sequence.

(continued next page spread)
#Seven: Bear Pushes Back  
(continued)

**Movement:**

- Bend at the waist, relax the hands and circle the arms down and around to just outside of the right ankle.
- Draw the hands up the side of the right leg and torso, about one inch off the body, until they reach the middle of the ribcage.
- Push the hands out to the right, palms bent back at the wrists, keeping both hands in the same plane.
- As you push, shift your weight into the left leg, keeping the torso erect.
- Repeat the sequence in the opposite direction.

**Attention:**

- Keep the attention in the palms for the whole sequence.
#Eight: Bear Ambles through the Woods

**Initial postural alignment:**

- Adopt a shoulder-width leg stance, with your feet facing forwards. Place your hands on the front of the thighs.

**Movement:**

- Step forward with the left leg. Twist torso to the left, over the left thigh, palms staying on the thighs. The torso inclines at about a 45-degree angle. Transfer about seventy percent of the weight into the front leg.
- Shift the majority of the weight into the right leg, turn the left foot out at a 45-degree angle, then step forward with the right leg repeating the move to the other side.

**Attention:**

- Keep the attention in the lower dantien for the whole sequence.
- Maintain a "heavy", slow, ponderous, and deliberate feeling when practicing the walk.
#Nine: Bear Walk With Fists

Initial postural alignment:

- Adopt a "cat" stance, with the left foot in front, very light. Have all the weight on the back leg. Make light fists and hold them at the lower dantien.

Movement:

- Shift the majority of the weight into the left leg. Twist torso to the left, over the left thigh. The torso inclines at about a 45-degree angle.
- Circle your left fist simultaneously in front of the chest at heart level, fist facing down, while the right arm simultaneously circles up to guard in front of and just above the forehead, fist and forearm facing out.
- Shift the majority of the weight into the right leg, turn the left foot out at a 45-degree angle, circling the fists back to the stomach.
- Step forward with the right leg and repeat the same sequence to the other side.

Attention:

- Keep the attention in the lower dantien for the whole sequence.
#Ten: Pointing at the Sun, Holding up the Moon

**Breathing:**

- Inhale on one step, exhale on the next step.

**Initial postural alignment:**

- Adopt a "cat" stance, with the left foot in front, very light. Have all the weight on the back leg.
- Place the left hand, palm-up at upper chest level. Place the right hand palm-down at lower stomach level.

**Movement:**

- Step forward with the right leg and switch hand positions, with each palm turning over and moving in the opposite direction.
- The weight is now completely in the left leg.
- Step forward with the left leg and repeat the same sequence to the other side.

**Attention:**

- Move the attention up the front of the torso on the inhalation and down the front of the torso on the exhalation.
#Eleven: Bear Plucking Berries

**Initial postural alignment:**

- Adopt a "cat" stance, with the left foot in front, very light. Have all the weight on the back leg.
- Place the left hand, palm-up at upper chest level. Place the right hand palm-down at lower stomach level.

**Movement:**

- Shift the weight into the left leg and put your right foot in front of and at right angles to the left toes.
- Simultaneously arc your right hand up above the left palm, with the right fingertips touching the left fingertips.

**Attention:**

- Keep the attention in the lower dantien for the whole sequence.

(continued next page spread)
# Eleven: Bear Plucking Berries
(continued)

**Movement:**

- Shift your weight into the right foot, step behind the right foot with the left foot.
- Shift the weight into the left foot and pivot 180-degrees to the left.
- Simultaneously, circle the right hand up and allow the left hand to move in a pendulum-arc to face downwards at stomach level.
- You are now back in the starting position with the right instead of the left leg forward.
- Repeat the sequence in the other direction.

**Attention:**

- Keep the attention in the lower dantien for the whole sequence.
The Monkey Frolic

Breathing: Breathe into the lower stomach, with slow, regular, "natural" breathing.

Repetitions: All of the Monkey sequences are walks. Perform as many repetitions of each step as you wish.

#One: Monkey Grasping Branch

Initial postural alignment:

• Adopt a "cat stance" with the left foot in front and all the weight on the right leg. The right foot is turned out at a 45-degree angle.
• Hold loose fists at the level of the lower dantien.

Movement:

• The spirit of the monkey encourages a light, springy, agile style of movement.
• Step forward with your left leg, stretching both arms out in front at shoulder level and shoulder width.
• Form curled "monkey paws" with the palms, as if grasping at branches. Extend the left arm slightly, while pulling the right palm close to the left elbow.
• Simultaneously turn your head to look back and up at 45-degrees, keeping most of the weight on the left leg.
• Bring loose fists in front of the stomach, shift your weight into the right leg, turn the left foot out 45 degrees, and step forward with the right leg, repeating the sequence to the other side.

Attention:

• Maintain your attention in the lower dantien for all of the Monkey sequences.
#Two: Monkey Looks Behind

Initial postural alignment:

- Adopt same initial alignment as for Monkey Grasping Branch.

Movement:

- Step forward with your left leg, stretching both arms out in front at shoulder level and shoulder width.
- Form curled "monkey paws" with the palms, as if grasping at branches. Extend the left arm slightly, while pulling the right palm close to the left elbow.
- Simultaneously turn your head to look back and up at 45-degrees, keeping most of the weight on the left leg.
- Place your right foot in front of the left, instep facing out, while circling the left hand over the top and the right hand down and behind.
- The left hand stops at chest level, palm facing out. Look back at the outstretched right palm.
- Bring loose fists in front of the stomach, shift your weight into the right leg, turn the left foot out 45 degrees, and step forward with the right leg, repeating the sequence to the other side.
#Three: Monkey Offers Fruit

**Initial postural alignment:**
- Adopt same initial alignment as for Monkey Grasping Branch.

**Movement:**
- Step forward with your left leg, keeping the weight on the right leg.
- Move the left arm straight out in front and bring the right hand to the inside of the left elbow.
- Circle both arms, bringing the right arm into the extended position in front of the torso and the left palm by the inside of the right elbow, while stepping forward with the right leg.
- Continue this sequence to the other side.
#Four: Monkey Offers Fruit, Variation A

Initial postural alignment:

- Adopt same initial alignment as for Monkey Grasping Branch.

Movement:

- Step forward with your left leg, keeping the weight on the right leg.
- Move the left arm straight out in front and bring the right hand to the inside of the left elbow.
- Circle both arms up, round, and in front of the body, palms facing up, slightly apart at shoulder height, while stepping forward with the right leg.
- Continue by repeating the circling movement while stepping forward with the left leg.
#Five: Monkey Offers Fruit, Variation B

Initial postural alignment:

- Adopt same initial alignment as for Monkey Grasping Branch.

Movement:

- Step forward with your left leg, keeping the weight on the right leg.
- Move the left arm straight out in front and bring the right hand to the inside of the left elbow.
- Circle both arms up, round, and in front of the chin, heels of the palms touching, cupped in front of the face, while stepping forward with the right leg.
- Continue by repeating the movement while stepping forward with the left leg.
#Six: Monkey Offers Fruit Twice

Initial postural alignment:

- Adopt same initial alignment as for Monkey Grasping Branch.

Movement:

- Step forward with your left leg, keeping the weight on the right leg.
- Move the left arm straight out in front and bring the right hand to the inside of the left elbow.
- Step up lightly with the right foot into a "post position"—no weight on the right foot as it rests next to the left. At the same time bring your fists in near the chest and turn them to face away from the body.

(continued next page spread)
#Six: Monkey Offers Fruit Twice

(continued)

**Movement:**

- Take a small step with the right foot, separating and opening the hands as if opening a veil.
- Take a small step with the left foot while circling both arms up, round, and in front of the chin, heels of the palms touching, cupped in front of the face.
- Step forward with the right leg, circling both arms back into the original starting position—with the right arm now extended and the left palm by the inside of the right elbow.
- Continue the whole sequence on the other side.
The Deer Frolic

Breathing: Breathe into the lower stomach, with slow, regular, "natural" breathing.

Repetitions: All of the Deer sequences, other than Deer Standing, are walks. Perform as many repetitions of each step as you wish.

#One: Deer Standing

Initial postural alignment:

- Adopt a "cat stance" with the left foot in front and all the weight on the right leg. The right foot is turned out at a 45-degree angle.
- Extend your arms bent at 45 degrees in front of the chest, palms facing out.

Movement:

- The spirit of the deer encourages a strong, alert and graceful style of movement.
- There is no movement as this is a standing posture.
- Hold the position on each side for a period of one to five minutes.

Attention:

- Maintain your attention in the lower dantien for all of the Deer sequences.
#Two: Deer Turns Head

**Initial postural alignment:**

- Adopt a "cat stance" with the left foot in front and all the weight on the right leg. The right foot is turned out at a 45-degree angle.
- Hold light fists at the level of the lower dantien.

**Movement:**

- Step forward with your left leg, stretching both arms out in front at shoulder level and shoulder width.
- Curve the wrists gently so the fingers angle down and the palms are relatively hollow.
- Extend the left arm slightly, while pulling the right palm close to the left elbow.
- Simultaneously turn your head to look back and up at 45 degrees, keeping most of the weight on the left leg.
- Bring loose fists in front of the stomach, shift your weight into the right leg, turn the left foot out 45 degrees, and step forward with the right leg, repeating the sequence to the other side.

**Attention:**

- Maintain your attention in the lower dantien for all of the Deer sequences.
#Three: Deer Turns Head,
(hand to dantien)

**Initial postural alignment:**

- Adopt a "cat stance" with the left foot in front and all the weight on the right leg. The right foot is turned out at a 45-degree angle.
- Hold light fists at the level of the lower dantien.

**Movement:**

- Step forward with your left leg, stretching both arms out in front at shoulder level and shoulder width.
- Curve the wrists gently so the fingers angle down and the palms are relatively hollow.
- Extend the left arm slightly, while pulling the right palm close to the left elbow.
- Continue by bringing your right hand in front of chest.
- Turn the right palm so it faces the floor and move it down to the lower stomach.
- Simultaneously turn your head to look back and up at 45 degrees, keeping most of the weight on the left leg.
- Bring loose fists in front of the stomach, shift your weight into the right leg, turn the left foot out 45 degrees, and step forward with the right leg, repeating the sequence to the other side.

**Attention:**

- Maintain your attention in the lower dantien for all of the Deer sequences.
#Four: Deer Sips from Stream

**Initial postural alignment:**

- Adopt a "cat stance" with the left foot in front and all the weight on the right leg. The right foot is turned out at a 45-degree angle.
- Hold light fists at the level of the lower dantien.

**Movement:**

- Step forward with your left leg, stretching both arms out in front at shoulder level and shoulder width.
- Curve the wrists gently so the fingers angle down and the palms are relatively hollow.
- Extend the left arm slightly, while pulling the right palm close to the left elbow.
- Continue by bringing your right hand in front of chest.
- Turn the right palm so it faces the floor and move it down to the lower stomach.
- Simultaneously turn your head to look back and up at 45 degrees, keeping most of the weight on the left leg.

**Attention:**

- Maintain your attention in the lower dantien for all of the Deer sequences.

(continued next page spread)
#Four: Deer Sips from Stream
(continued)

**Movement:**

- Guide your right hand along the belt channel, one inch off the body and place your palm on the right hip.
- Keep your left arm extended out.
- While your weight is still mostly in the left leg, turn your right foot to a right-angle position and shift your weight back on to the right leg.
- Rotate your hips to the front and bend over to touch the front of the left ankle with your left hand.

*(continued next page spread)*
### Four: Deer Sips from Stream
(continued)

**Movement:**

- Bring your hands in front of the body, forming them into fists.
- Raise the fists to the level of the lower stomach.
- Shift your weight into the right leg, turn the left foot out 45 degrees, and step forward with the right leg, repeating the sequence to the other side.
#Five: Stag Leaps Up

**Initial postural alignment:**

- Adopt a "cat stance" with the left foot in front and all the weight on the right leg. The right foot is turned out at a 45-degree angle.
- Hold light fists at the level of the lower dantien.

**Movement:**

- Raise both fists above the head, while bringing the left foot up in front of the right knee.
- Step down, with the left instep facing out, placing the right knee into the left calf, and circling your fists down to the stomach.
- Repeat this sequence to the other side.

**Attention:**

- Maintain your attention in the lower dantien for all of the Deer sequences.
#Six: Wild Stag Twists and Sits

Initial postural alignment:

- Adopt a "cat stance" with the left foot in front and all the weight on the right leg. The right foot is turned out at a 45-degree angle.
- Hold light fists at the level of the lower dantien.

Movement:

- Step out to the left diagonal raising both fists up at 45 degrees.
- Place your right heel in front of the left foot, forming an L shape.
- Pivot on the ball of the left foot, bringing the left knee into the right calf.
- As the torso straightens up the arms will naturally move above the head.

Attention:

- Maintain your attention in the lower dantien for all of the Deer sequences.

(continued next page spread)
#Six: Wild Stag Twists and Sits
(continued)

Movement:

• Bring the left foot into a T position in front of the right foot.
• Pivot both feet and the body through 270 degrees, to face back to the front.
• Place the left knee into the right calf.

(continued next page spread)
#Six: Wild Stag Twists and Sits
(continued)

Movement:

• Lean over to the right side with both fists extended out. Straighten up.
• Straighten up and uncoil all the way round to the front with the arms above the head.
• Finish by circling the fists down to the stomach.
• Repeat the whole sequence to the other side.
#Seven: Deer Parts the Grasses

Initial postural alignment:

- Adopt a "cat stance" with the left foot in front and all the weight on the right leg. The right foot is turned out at a 45-degree angle.
- Hold light fists at the level of the lower dantien.

Movement:

- Step forward with the left foot very light, your right arm extended in front, your left arm behind, wrists slightly bent, weight staying in the back leg.
- Step forward with the right leg, reversing the arm positions.
- Repeat this sequence as many times as you wish.

Attention:

- Maintain your attention in the lower dantien for all of the Deer sequences.
The Tiger Frolic

Breathing:

- The Tiger lends itself well to "reverse breathing". As the name implies, the breathing style is the opposite of "natural breathing".
- Draw the stomach in on the inhalation and allow the stomach to expand on the exhalation. Reverse Breathing is very warming and energizing and also helps to push qi up the spine.
- According to many leading Tai Ji and Qigong teachers, Reverse Breathing should be employed judiciously, because of its power. Most of these teachers advocate the long-term, regular cultivation of Natural Breathing as the best strategy for overall health and vitality.

Repetitions:

- All of the Tiger sequences are walks. Perform as many repetitions of each step as you wish.
#One: Tiger Searches for Food

**Initial postural alignment:**

- Adopt a "cat stance" with the left foot in front and all the weight on the right leg. The right foot is turned out at a 45-degree angle.
- Hold relaxed fists at the level of the lower dantien.

**Movement:**

- The spirit of the tiger encourages a powerful, coiling, explosive style of movement.
- Step forward with the left foot, bringing your hands out at shoulder level in front, forming claws.
- Deliberately tighten and tense up as you make the claw movement.
- Relax as you bring your fists back to the stomach.
- Step forward to the other side and repeat the sequence.

**Attention:**

- Place your attention at the Ming Men on the inhalation and the lower dantien on the exhalation for all of the Tiger sequences.
#Two: Tiger Seizes Prey

Initial postural alignment:

- Adopt a "cat stance" with the left foot in front and all the weight on the right leg. The right foot is turned out at a 45-degree angle.
- Hold relaxed fists at the level of the lower dantien.

Movement:

- Step forward with the left foot, bringing your hands out at shoulder level in front, forming claws.
- At the last moment turn the claws to face down as if digging into a prey.
- Deliberately tighten and tense up as you make the claw movement.
- Relax as you bring your fists back to the stomach.
- Step forward to the other side and repeat the sequence.

Attention:

- Place your attention at the Ming Men on the inhalation and the lower dantien on the exhalation for all of the Tiger sequences.
#Three: Tiger Leaps from Den

**Initial postural alignment:**

- Adopt a "cat stance" with the left foot in front and all the weight on the right leg. The right foot is turned out at a 45-degree angle.
- Hold relaxed fists at the level of the lower dantien.

**Movement:**

- Step forward with the left foot, to the left diagonal, bringing your hands out at shoulder level in front, forming claws.
- At the last moment turn the claws to face down as if digging into a prey.
- Deliberately tighten and tense up as you make the claw movement.
- Shift your weight into the right leg and relax as you bring your fists back to the stomach.
- Shift the weight back into the left leg and draw the right foot in close to the left instep.
- Step forward to the right diagonal and repeat the sequence.

**Attention:**

- Place your attention at the Ming Men on the inhalation and the lower dantien on the exhalation for all of the Tiger sequences.
#Four: Tiger Leaps from Den Twice

**Initial postural alignment:**

- Adopt a "cat stance" with the left foot in front and all the weight on the right leg. The right foot is turned out at a 45-degree angle.
- Hold relaxed fists at the level of the lower dantien.

**Movement:**

- Step forward with the left foot, to the left diagonal, bringing your hands out at shoulder level in front, forming claws.
- At the last moment turn the claws to face down as if digging into a prey.
- Deliberately tighten and tense up as you make the claw movement.
- Shift your weight into the right leg and relax as you bring your fists back to the stomach.
- Lift the left foot and step out further to the left diagonal, really stretching out the body.
- Shift your weight again into the right leg and relax as you bring your fists back to the stomach.
- Shift the weight back into the left leg and draw the right foot in close to the left instep.
- Step forward to the right diagonal and repeat the sequence.

**Attention:**

- Place your attention at the Ming Men on the inhalation and the lower dantien on the exhalation for all of the Tiger sequences.
#Five: Wild Tiger Roams the Steppes

Initial postural alignment:

- Adopt a "cat stance" with the left foot in front and all the weight on the right leg. The right foot is turned out at a 45-degree angle.
- Place the right hand in a claw-gesture above and in front of body. Place the left hand in a claw-gesture down and behind the body.

Movement:

- Step forward to the other side, switching the arms in a crawl-like circling movement.
- Continue to repeat, always keeping the weight in the back leg.
- Remain relaxed throughout the movement.

Initial postural alignment:

- Place your attention at the Ming Men on the inhalation and the lower dantien on the exhalation for all of the Tiger sequences.
The benefits of Five Animal Frolics Qigong are astounding."

"One of the keys to success in life (as well as combat) is the ability to stay relaxed and focused. Many people struggle with this issue. I have seen people who are great practice athletes, but when competition time arrives, they become their worst nightmare. They get nervous and don't know how to channel this energy. The same is true in almost any endeavor.

Knowing how to channel nervous energy is a skill, and so is keeping your body relaxed. Even while you're reading this message, I'm sure most of you are using muscles that don't need to be doing anything. I'm also sure that most of you aren't breathing as deeply as you could or should be.

One thing that I have greatly benefited from over the years is the study of qigong or deep breathing exercises. I have done these exercises while holding still postures and I have done them while moving. It doesn't matter which way you do them, all that matters is that you are moving the energy in your body while staying relaxed and focused.

Recently I watched a NEW set of videotapes, produced by John Du Cane, on what is called "Five Animal Frolics Qigong." I tried to watch the tapes first to get an idea of what was on them, but it didn't take long for me to stop watching and start participating. Watching how gracefully John moved from one position to the next, and how relaxed he was, really got me thinking about how I needed to improve upon this skill as well. I especially liked the set of movements based upon the bear and the monkey.

Really awesome. These movements generate POWER, that's for sure.

I highly recommend these tapes. Find out how to relax, reduce stress, increase power and energy, eliminate aches and pains, increase circulation and so on."

—Matt Furey, author of Combat Conditioning

About John Du Cane

John began his Qigong and Tai Chi practice in 1975. His teachers include Master Chiu, the official representative of the Yang Family in Europe, Grandmaster Choi, Master Shou-Yu Liang, Professor Chen, Terry Dunn, Paul Dillon, Stuart Olson, and Ken Cohen.

Since 1990, John has owned Dragon Door Publications, a mail order house and publisher for resources on qigong, healing, fitness and internal martial arts. John regularly hosts major qigong teachers in the Twin Cities for workshops and qigong certification programs.

John has developed and presented national certification training programs for medical qigong. He has presented on qigong at the Arnold Schwarzenegger Martial Arts Fitness Seminar and taught at Northwestern Health Sciences University, the Institute for Renewing Community Leadership, Minnesota Center for Shiatsu Studies, The Open U and Newbridge Wellness Center.

John is the author of four instructional videos on qigong and is currently preparing a form guide for Animal Frolics Qigong to be published this year.
John Du Cane presents proven qigong techniques in a slow, follow-along format designed to optimize learning, without having to constantly rewind and review.

1. **Improve your metabolism, digestion, and elimination**—for weight control, more youthful appearance, and higher, longer-lasting energy.
2. **Stimulate the lymph system**—for a stronger immune system. Be less susceptible to the flu or colds and recover faster if you do get sick.
3. **Improve your circulation**—alleviating conditions such as arthritis and chronic fatigue.
4. **Build stronger, more durable bones**.
5. **Give your internal organs an “inner massage”**—retarding the aging process by restoring your organs to peak efficiency.
6. **Increase oxygen in the tissues**—reducing tensions, blocks and stagnant energy.
7. **Lubricate the joints**—for pain free movement and greater flexibility.
8. **Soothe the nervous system**—for feelings of contentment and serenity.

Order all four of John Du Cane’s videos and save $12.00:

**Qigong Longevity Program**

The Bliss, Serenity, Power & Vitality videos

Item #SV888. $107.80

---

**Bliss Qigong**

An instructional guide to Tai Ji Qigong

# V81. 54 minutes. $29.95

Reveals the Yang Family’s personal qigong program, with additional tips on energy accumulation and balancing. The simple movements gently harmonize the qi, promote blood circulation, cultivate vitality, regulate the breath and reduce stress.

**Discover:**
- How to use attention to effectively feel and direct qi
- How to activate all your major energy centers
- How to turn on healing power in your hands
- How to clear all the major meridians in your body
- How to develop your sensing ability
- How to get real results with you standing qigong practice
- How to incorporate special internal sounds to deepen your meditation

---

**Vitality Qigong**

An instructional guide to The Monkey and Deer Frolics

# V84. 43 minutes. $29.95

The Monkey develops suppleness, agility, and quick wit, training you to remain alert and calm, even as you are outwardly spirited and mobile. The Deer gives a long stretch to the legs and spine, creating open, expansive movement with very flexible sinews and bones. The Deer embodies grace and relaxation, while regulating the endocrine system.

**Discover:**
- How to flood your system with warming qi
- How to quickly improve your muscle tone
- How to develop strong, mobile joints

---

**Power Qigong**

An instructional guide to The Bear and Tiger Frolics

# V83. 48 minutes. $29.95

The Bear is a great winter exercise. Slow, ponderous, but very strong, it warms the body, strengthens the spleen, and builds vitality. The Bear’s twisting waist movements massage and invigorate the kidneys. The Bear is an excellent preventive against osteoporosis, as it is known to fortify the bones. The dynamic Tiger builds great power, strengthening your waist, sinews, and kidneys and developing you internally.

**Discover:**
- How to develop power and strength
- How to generate coiling energy
- How to develop a strong root

---

**Serenity Qigong**

An instructional guide to The Crane Frolic

# V82. 41 minutes. $29.95

Practice an invigorating mix of dynamic and tranquil postures for self-healing and athletic grace. The Crane develops balance, lightness, and agility, releases the spine, and relaxes your whole body.

**Discover:**
- How to absorb qi from the universe for self-healing
- How to extend your qi beyond your own body
- How to develop balanced leg strength
- How to heal your lungs

---

"I felt completely centered, focused, relaxed and at peace, all accompanied by a vibrant sense of energy and well being."
Customer Service Questions?
Please call us between 9 am - 5 pm (CST) Monday - Friday at (651) 645-0517 or leave us a message any time for a prompt response.

100% One-Year Risk-Free Guarantee.
If you are not completely satisfied with any product for any reason, no matter how long after you received it—we’ll be happy to give you a prompt exchange, credit, or refund, as you wish. Simply return your purchase to us, and please let us know why you were dissatisfied—it will help us to provide better products and services in the future. Shipping and handling fees are non-refundable.

Telephone Orders For faster service you may place your orders by calling Toll Free 24 hours a day, 7 days a week, 365 days per year. When you call, please have your credit card ready.

Visit the Dragon Door website at dragondoor.com today for more information on these products. Sign up as a subscriber and receive free downloads of articles, news of new products and much, much more.
Customer Service Questions?
Please call us between 9 am - 5 pm (CST) Monday - Friday at (651) 645-0517 or leave us a message any time for a prompt response.

100% One-Year Risk-Free Guarantee.
If you are not completely satisfied with any product for any reason, no matter how long after you received it—we’ll be happy to give you a prompt exchange, credit, or refund, as you wish. Simply return your purchase to us, and please let us know why you were dissatisfied—it will help us to provide better products and services in the future. Shipping and handling fees are non-refundable.

Telephone Orders For faster service you may place your orders by calling Toll Free 24 hours a day, 7 days a week, 365 days per year. When you call, please have your credit card ready.

Visit the Dragon Door website at dragondoor.com today for more information on these products. Sign up as a subscriber and receive free downloads of articles, news of new products and much, much more.