Flying Crane Qigong

Lectures, private tuition and counselling available upon request. 
(in English or German)

Details as per personal agreement.

For further information or booking please write to

coaching@do-qigong.com

Dolores Utermark
August-Fuhrmann-Str. 13
33719 Bielefeld

Web: www.do-qigong.org
Flying Crane Qigong

Flying Crane Method (Pang Ming - historic)
He Xiang Zhuang
Level 1
2010-2

Dolores Utermark
Qigong Coach
coaching@do-qigong.com
www.do-qigong.org
In China the crane is a symbol for a long fulfilled life. It is well worth aspiring to live in harmony with nature. Animals are often the role model for many exercises in the martial arts. The old masters observed animals in nature. The abilities of some animals are of high repute. Many exercises and motion sequences in the martial arts have been named after these animals. While doing the exercise you try to emulate and imitate certain motion sequences of the animals. One such symbol is the crane. It is mentioned again and again in the name of motion sequences.

The Flying Crane Method of Pang Ming was created before the Zhineng Qigong system. While Zhineng Qigong is his masterpiece, the Flying Crane can be seen as a good first work. Pang Ming had stayed in a temple where he developed Zhineng Qigong. When he returned to public life after three years, he had not only created his masterpiece but also revised his first work. He had reshaped the Flying Crane Method into an easy and safe exercise for everyone. This exercise is taught in the beginner's workshop.

The exercise comprises 5 sequences, each with an opening and a closing movement. All 5 sequences together are a complete practice from head to foot. This exercise is well suited to get to know qigong and get a first impression. The workshop does not include any coaching. You learn the exercise and the corresponding basic theory. Daily practice is recommended. The participant is left to his own devices.

I know from experience that the crane does not fly right from the beginning. You feel more like an albatros having difficulty in taking off. The more you practise the more it resembles flying and ease returns. As always: „Practice makes perfect.“

In Europe, too, the crane is a symbol for happiness. May this feeling of happiness come true.

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Beginner’s Course Flying Crane
He Xiang Zhuang
Level 1

2 days workshop

The workshop comprises:

- learning of the Flying Crane Method
- practice of the form
- 3 hours of theory Flying Crane
- written material
- video of the Flying Crane exercise

Daily practice is recommended.
Each participant continues on his own.
No previous knowledge required.

Limited number of participants.

Further details on the internet under
www.do-qigong.org

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