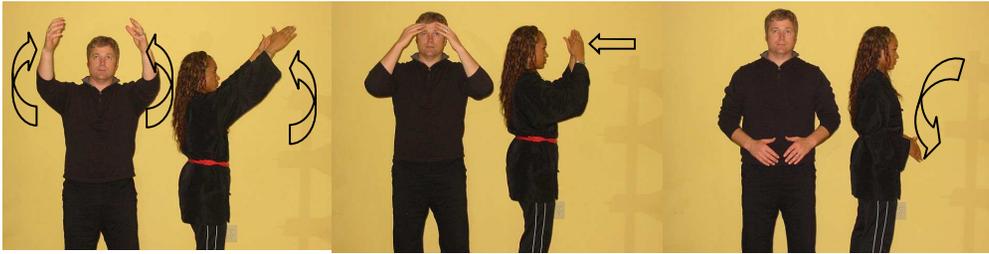


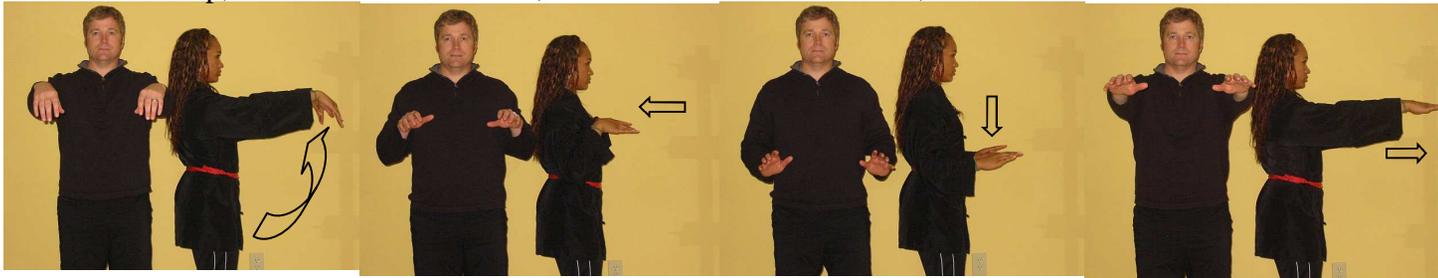
Gathering Qi: reach out, gather Qi toward 3rd Eye, lower Qi to TanTien



Thank you to Sifu Justin Meehan and his students Shawn Tucker and Jardena Green for this photo demonstration.

Beginning Form:

First Circle: up, back, down, forward



Second Circle: down, up, out, down, down



Third Circle: swing back/overlap, up again, back, down, relax and drop fingers

