

Grounding Qigong For Small San- Sau

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The Grounding Qigong shown here is a '*Power Qigong*,' which helps us to develop rooting whilst moving, walking, running or leaping. This is a critical tool and should not be overlooked by any serious students of the internal arts - or external for that matter!

All the usual rules of qigong apply:

Shoulders relaxed.

Tailbone tucked under.

Tip of the tongue on the upper palate, behind front teeth.

Breathe through nose, sinking the breath into the tan-tien.

Slightly concave your chest.

Crown of the head raised as if 'suspended from above' - in the latter part of the qigong only!

What makes this qigong interesting is the position of the head in the opening part.

The head is tilted slightly backwards and you are also looking upwards, thus making balancing and the rooting process through the heels a far more difficult exercise.

1. Stand with feet parallel and slightly wider than shoulder width



Fig.1



Fig. 2

apart, with the toes slightly scrunched as if gripping the ground (*Fig.1*).

2. Raise your hands up over your head, palms facing each other as if they could clap together (*Figs.2 & 3*).

DO NOT LET THE SHOULDERS RISE!

In order to achieve this correctly, we raise the shoulders up really high and then drop them - relaxing them straight down into the back.

3. Bend your head backwards, looking upwards with your eyes, so that the palms are just visible through your peripheral vision (Figs. 4, 5 & 6). Imagine water pouring down from through your fingers above, running down your back and into your heels - as if you are standing under a shower.



Fig. 3



Fig. 4



Fig. 5



Fig. 6



Fig. 7



Fig. 8

4. Move your right hand across to your left hand, keeping your hips locked forwards as your upper body twists to your left to allow the hands to join. Your eyes are focused on your left hand. Hold this posture for 5 breaths, i.e., 5 inhalations and exhalations (Figs. 7 & 8).

5. Your eyes now follow your right hand back to the right as your left hand moves across - your eyes remaining focused on the right hand. Again, allow the upper body to twist naturally whilst holding the hips forward (Figs. 9, 10 & 11).



Fig. 9



Fig. 10



Fig. 11

Hold this posture for 5 breaths as before.

6. Now bring your left hand back to the left as your eyes follow it. Breathe in and as you exhale allow the hands to come together over your head and hold them there. This is your qigong position. At the point when the hands come together the head drops into its normal position as if 'suspended from above' as the eyes look naturally forward (Figs. 12, 13 & 14).



Fig. 12



Fig. 13



Fig. 14

6. As you hold the position for approximately 15 minutes continue imagining 'sucking' energy from the heavens and into your heels as if growing roots into the earth itself.
7. At the end of the qigong, allow the hands to gently fall and close as normal (*Figs 15, 16 & 17*).



Fig. 15



Fig. 16



Fig. 17

There are many additional training methods to help develop the Small San-Sau (SSS), besides the form itself, obviously. The qigong here, although specific, is not just limited to the SSS, but can also be used to develop other parts of one's training.

Note: It is always advisable to consult your GP before starting any exercises. Inexperienced students are advised to consult their instructors and initially practice under supervision to ensure personal safety.