

## **“THEM” Chi Gong (The Heaven and Earth and ME)**

### video 1 legs (earth)

(a) Stand a little more than shoulder wide , your feet pointing outwards (Charlie Chaplin position). The hands can lie loosely on the thighs or on the stomach. Alternate your weight from your left foot to your right foot, which means always SINKING deeply, and you alternately give 70% of your weight left / right into the soles of your feet.

(b) If you have practiced enough, you can try the + variation. You start again with Charlie Chaplin position. When you turn to the left you pull the right foot and then you have the whole weight on the left. Before you turn right, you open your right foot again and take your weight to the right and then pull the left foot.