



Benefits of Dragon and Tiger Qigong

Adapted from *Dragon and Tiger Medical Qigong, Volume 1*, by Bruce Frantzis

1. **Dragon and Tiger:** In this movement the hands trace and activate energy pathways related to the liver and lungs. Liver qi can help mitigate liver problems and promote increased muscle function. Lung qi will help mitigate lung problems like asthma and emphysema and increase breathing capacity, which will get progressively amplified in the next six movements. Dragon and Tiger is especially useful for centering yourself when you are feeling stressed or anxious.
2. **Dragon Looks To The Horizon:** The elbow and shoulder rotations can reduce pain in the muscles of your shoulders, back and neck. It also increases flexibility all the way from the shoulders down to the finger joints. This movement helps to prevent or ease arthritis. The turning actions can reduce pain in the hips and lower back and help improve balance. It also twists and massages the internal organs, helping them to move freely and function better. Movement 2 transfers energy between the left and right sides of the body through the spine and central channel. Hand and foot flicking actions release stagnant energy from the whole body.
3. **Tiger Crouches:** This movement improves problems associated with the lower half of the body. It opens the energy connection between the kidneys and lower body, helping lower body and kidney problems. Exercise that boosts kidney function can mitigate fearfulness and depression. Tiger Crouches provides a good workout for the legs and improves overall blood circulation. Squatting makes the legs and hips stronger and more flexible and improves balance. This movement works the great meridian and helps the lower tantien to store qi.
4. **Tiger Separates Her Cubs:** Movement 4 loosens up the whole upper body and can relieve neck and shoulder pain. The continuous movement of the shoulder blades frees up important acupuncture points that control the functions of the heart, energizing the heart muscle and pericardium. The movement also transfers energy between both hands, enhancing the energy of the arms and balancing the left and right sides of the body. It loosens up the whole body and can relieve neck and shoulder pain. This movement also improves your ability to absorb and discharge energy from the hands.
5. **Tiger Pounces:** The primary benefit of Tiger Pounces is that there can be a powerful release of stagnant energy from the kidneys and lower body, boosting the immune system and healing leg, joint and kidney problems. The sudden release of qi downward also increases the body's ability to make qi rise quickly, comfortably, smoothly. This movement also enhances physical and emotional balance.
6. **Dragon and Tiger Pierce Heaven and Earth:** Movement 6 increases blood and qi circulation to and inside the brain. It opens the shoulder blades and stretches the deeper muscles of the neck. The primary benefit is to clear out stagnant energy in the acupuncture meridians on the right and left sides of the body. It fully opens all the channels in the neck and head. This is the first movement in Dragon and Tiger that works

with qi above the head and below the feet, increasing the energy flow from the brain to the body and vice versa.

7. Dragon Soars To Heaven and Brings Back the Sacred Pearl: The last movement ties together the first six. It helps you keep your balance in positions that are hard to maintain. It neurologically and energetically links the left foot to the right hand and the right foot to the left hand. Movement seven unites all the qi that flows through the acupuncture meridians with the qi in your lower tantien. And it releases stagnant qi throughout the whole body.