

Level 1

1st video: Fork exercise

Fork mode: hold the nunchakuai in the palm, putting the thumb and the index finger as if you were sticking a piece of meat in a plate.

Preparatory phase

Feet tight, body straight and relaxed in a natural way

Soft arms along the thighs, hands relaxed and fingers glued together

Hold the nunchakuai gently against the right palm with the thumb

Look straight ahead

Breathe slowly and regularly through the nose

1/ Opening

stand with feet shoulder-width apart, body weight in the middle

Raise the arms palms face to face until the height of the shoulders by slightly bending the knees, then lower the arms, palms towards the ground to the level of the belly by tightening the knees

2/ Arm movements

Hold the nunchakuai in Fork mode and move from one hand to the other while swinging the arms sideways, then up and down towards the front

3/ Legs + arms movements

Shift your body weight from one leg to the other.

From left to right: feet parallel with arms swinging sideways

Front to back: turn to the side with arms swinging back and forth (left and right sides)

Note

distance between the feet: the exercise can be done with 3 different distances [small = 1 foot distance, medium = 2 feet distance, large = 3 feet distance]

This helps to strengthen the muscles of the calves and thighs for future progress in the practice of other modules of Gu Qi Dao

4/ Standing resting posture (meditation): "reading a book" mode

Hold the nunchakuai points downwards, a chopstick in each hand between the thumb and the palm, fingers slightly spread as if reading a book with both hands

Stay straight and relaxed, hold the nunchakuai in 'reading a book' mode with softness, the ribbon is in front of the face, parallel to the ground, hands at shoulder or chest height, bending slightly the knees, as if sitting on a high stool

Separate feet at shoulder width, weight distributed 50% on each foot

Look straight ahead, breathe slowly and regularly through the nose

Final phase

lower the arms along the thighs by putting the nunchakuai in the right hand and hold it against the palm with the thumb with softness,

Bring the feet back to the starting position

2nd video: chopstick exercise

Chinese chopsticks mode: hold the nunchakuai with the thumb and the index finger, one chopstick between the index and the middle finger, the other chopstick between the middle and the ring finger, the hand is almost flat.

Preparatory phase

Feet tight, body straight and relaxed in a natural way
Soft arms along the thighs, hands relaxed and fingers glued together
Hold the nunchakuai gently against the right palm with the thumb
Look straight ahead
Breathe slowly and regularly through the nose

1/ Opening

stand with feet shoulder-width apart, body weight in the middle
Raise the arms palms face to face until the height of the shoulders by slightly bending the knees, then lower the arms, palms towards the ground to the level of the belly by tightening the knees

2/ Arm movements

Hold the nunchakuai in Chinese chopsticks mode and move from one hand to the other while swinging the arms sideways, then up and down towards the front

3/ Legs + arms movements

Shift your body weight from one leg to the other.
From left to right: feet parallel to each other with arms swinging sideways
Back and forth: turn to the side with arms swinging forward

Notes

a) distance between the feet: the exercise can be performed with 3 different distances [small = 1 foot distance, medium = 2 feet distance, large = 3 feet distance]
This helps to strengthen the muscles of the calves and thighs for future progress in the practice of other modules of Gu Qi Dao
b) Speed variations allow the development of precise synchronization between the brain and the hands or fingers

4/ Standing resting posture (meditation): "Yin butterfly" mode

Hold the nunchakuai points downwards, a chopstick in each hand between the thumb and the palm, fingers slightly spread, cross the wrists, left hand inside
Stay straight and relaxed, hold the nunchakuai in 'Yin butterfly' mode with softness, the ribbon is in front of the face, parallel to the ground, the hands at shoulder or chest height, bending slightly the knees, as if sitting on a high stool
Separate feet at shoulder width, weight distributed 50% on each foot
Look straight ahead, breathe slowly and regularly through the nose

Final phase

lower the arms along the thighs by putting the nunchakuai in the right hand and hold it against the palm with the thumb with softness,
Bring the feet back to the starting position

3rd video : nunchaku exercise

Nunchaku mode : hold the nunchakuai by taking only one chopstick in the closed fist

Preparatory phase

Feet tight, body straight and relaxed in a natural way

Soft arms along the thighs, hands relaxed and fingers glued together

Hold the nunchakuai gently against the right palm with the thumb

Look straight ahead

Breathe slowly and regularly through the nose

1/ Opening

stand with feet shoulder-width apart, body weight in the middle

Raise the arms palms face to face until the height of the shoulders by slightly bending the knees, then lower the arms, palms towards the ground to the level of the belly by tightening the knees

2/ Arm movements

Hold the nunchakuai in nunchaku mode and catch a chopstick then the other one by swinging the arms laterally, then up and down towards the front

3/ Legs + arms movements

Shift your body weight from one leg to the other.

From left to right: feet parallel to each other with arms swinging sideways

Back and forth: turn to the side with arms swinging forward

Notes

a) distance between the feet: the exercise can be performed with 3 different distances [small = 1 foot distance, medium = 2 feet distance, large = 3 feet distance]

This helps to strengthen the muscles of the calves and thighs for future progress in the practice of other modules of Gu Qi Dao

b) variations in speed allow the development of precise synchronization between the brain and the hands or fingers

c) From time to time, keeping an eye on the chopstick being thrown allows you to work your eyes

4/ Standing resting posture (meditation): "Yang butterfly" mode

Hold the nunchakuai points downwards, a chopstick in each hand between the thumb and the palm, fingers slightly spread, cross the wrists, right hand inside

Stay straight and relaxed, hold the nunchakuai in 'Yang butterfly' mode with softness, the ribbon is in front of the face, parallel to the ground, the hands at shoulder or chest height, bending slightly the knees, as if sitting on a high stool

Separate feet at shoulder width, weight distributed 50% on each foot

Look straight ahead, breathe slowly and regularly through the nose

Final phase

lower the arms along the thighs by putting the nunchakuai in the right hand and hold it against the palm with the thumb with softness,

Bring the feet back to the starting position

4th video: Fork + Chinese chopsticks exercise

Preparatory phase

Feet tight, body straight and relaxed in a natural way

Soft arms along the thighs, hands relaxed and fingers glued together

Hold the nunchakuai gently against the right palm with the thumb

Look straight ahead

Breathe slowly and regularly through the nose

1/ Opening

stand with feet shoulder-width apart, body weight in the middle

Raise the arms palms face to face until the height of the shoulders by slightly bending the knees, then lower the arms, palms towards the ground to the level of the belly by tightening the knees

2/ Arm movements

Hold the nunchakuai by combining the Fork mode and the chopsticks mode, and swing the arms as in the previous videos

3/ Legs + arms movements

Shift your body weight from one leg to the other.

From left to right: feet parallel to each other with arms swinging sideways

Back and forth: turn to the side with arms swinging forward

Notes

a) distance between the feet: the exercise can be performed with 3 different distances [small = 1 foot distance, medium = 2 feet distance, large = 3 feet distance]

This helps to strengthen the muscles of the calves and thighs for future progress in the practice of other modules of Gu Qi Dao

b) variations in speed allow the development of precise synchronization between the brain and the hands or fingers

4/ Standing resting posture (meditation): "Hold the wheel" mode

Hold the nunchakuai points downwards, a chopstick in each hand, closing the fingers as if holding a steering wheel in a car

Stay straight and relaxed, take the nunchakuai in 'hold the wheel' mode with softness, the ribbon is in front of the face, parallel to the ground, the hands at shoulder or chest height, bending slightly the knees, as if sitting on a high stool

Separate feet at shoulder width, weight distributed 50% on each foot

Look straight ahead, breathe slowly and regularly through the nose

Final phase

Lower the arms along the thighs by putting the nunchakuai in the right hand and hold it against the palm with the thumb with softness,

Bring the feet back to the starting position

5th video: Fork + nunchaku exercise

Preparatory phase

Feet tight, body straight and relaxed in a natural way
Soft arms along the thighs, hands relaxed and fingers glued together
Hold the nunchakuai gently against the right palm with the thumb
Look straight ahead
Breathe slowly and regularly through the nose

1/ Opening

stand with feet shoulder-width apart, body weight in the middle
Raise the arms palms face to face until the height of the shoulders by slightly bending the knees, then lower the arms, palms towards the ground to the level of the belly by tightening the knees

2/ Arm movements

Hold the nunchakuai by combining the Fork mode and the nunchaku mode, and swing the arms as in the previous videos

3/ Legs + arms movements

Shift your body weight from one leg to the other.
From left to right: feet parallel to each other with arms swinging sideways
Back and forth: turn to the side with arms swinging forward

Notes

a) distance between the feet: the exercise can be performed with 3 different distances [small = 1 foot distance, medium = 2 feet distance, large = 3 feet distance]

This helps to strengthen the muscles of the calves and thighs for future progress in the practice of other modules of Gu Qi Dao

b) variations in speed allow the development of precise synchronization between the brain and the hands or fingers

c) From time to time, keeping an eye on the chopstick being thrown allows you to work your eyes

4/ Standing resting posture (meditation): "reading a book" mode

Hold the nunchakuai points downwards, a chopstick in each hand between the thumb and the palm, fingers slightly spread as if reading a book with both hands

Stay straight and relaxed, hold the nunchakuai in 'reading a book' mode with softness, the ribbon is in front of the face, parallel to the ground, hands at shoulder or chest height, bending slightly the knees, as if sitting on a high stool

Separate feet at shoulder width, weight distributed 50% on each foot

Look straight ahead, breathe slowly and regularly through the nose

Final phase

lower the arms along the thighs by putting the nunchakuai in the right hand and hold it against the palm with the thumb with softness,

Bring the feet back to the starting position

6th video : Chinese chopsticks exercise + nunchakus

Preparatory phase

Feet tight, body straight and relaxed in a natural way
Soft arms along the thighs, hands relaxed and fingers glued together
Hold the nunchakuai gently against the right palm with the thumb
Look straight ahead
Breathe slowly and regularly through the nose

1/ Opening

stand with feet shoulder-width apart, body weight in the middle
Raise the arms palms face to face until the height of the shoulders by slightly bending the knees, then lower the arms, palms towards the ground to the level of the belly by tightening the knees

2/ Arm movements

Hold the nunchakuai by combining the chopsticks mode and the nunchaku mode, and swing the arms as in the previous videos

3/ Legs + arms movements

Shift your body weight from one leg to the other.
From left to right: feet parallel to each other with arms swinging sideways
Back and forth: turn to the side with arms swinging forward

Notes

a) distance between the feet: the exercise can be performed with 3 different distances [small = 1 foot distance, medium = 2 feet distance, large = 3 feet distance]

This helps to strengthen the muscles of the calves and thighs for future progress in the practice of other modules of Gu Qi Dao

b) variations in speed allow the development of precise synchronization between the brain and the hands or fingers

c) From time to time, keeping an eye on the chopstick being thrown allows you to work your eyes

4/ Standing resting posture (meditation): "Yin butterfly" mode

Hold the nunchakuai points downwards, a chopstick in each hand between the thumb and the palm, fingers slightly spread, cross the wrists, left hand inside

Stay straight and relaxed, hold the nunchakuai in 'Yin butterfly' mode with softness, the ribbon is in front of the face, parallel to the ground, the hands at shoulder or chest height, bending slightly the knees, as if sitting on a high stool

Separate feet at shoulder width, weight distributed 50% on each foot

Look straight ahead, breathe slowly and regularly through the nose

Final phase

lower the arms along the thighs by putting the nunchakuai in the right hand and hold it against the palm with the thumb with softness,

Bring the feet back to the starting position

7th video : Fork + Chinese chopsticks + nunchaku exercise / way 1

Preparatory phase

Feet tight, body straight and relaxed in a natural way
Soft arms along the thighs, hands relaxed and fingers glued together
Hold the nunchakuai gently against the right palm with the thumb
Look straight ahead
Breathe slowly and regularly through the nose

1/ Opening

stand with feet shoulder-width apart, body weight in the middle
Raise the arms palms face to face until the height of the shoulders by slightly bending the knees, then lower the arms, palms towards the ground to the level of the belly by tightening the knees

2/ Arm movements

Hold the nunchakuai by combining the Fork mode, the chopsticks mode and the nunchaku mode, and swing the arms as in the previous videos

3/ Legs + arms movements

Shift your body weight from one leg to the other.
From left to right: feet parallel to each other with arms swinging sideways
Back and forth: turn to the side with arms swinging forward

Notes

a) distance between the feet: the exercise can be performed with 3 different distances [small = 1 foot distance, medium = 2 feet distance, large = 3 feet distance]

This helps to strengthen the muscles of the calves and thighs for future progress in the practice of other modules of Gu Qi Dao

b) variations in speed allow the development of precise synchronization between the brain and the hands or fingers

c) From time to time, keeping an eye on the chopstick being thrown allows you to work your eyes

4/ Standing resting posture (meditation): "reading a book" mode

Hold the nunchakuai points downwards, a chopstick in each hand between the thumb and the palm, fingers slightly spread as if reading a book with both hands

Stay straight and relaxed, hold the nunchakuai in 'reading a book' mode with softness, the ribbon is in front of the face, parallel to the ground, hands at shoulder or chest height, bending slightly the knees, as if sitting on a high stool

Separate feet at shoulder width, weight distributed 50% on each foot

Look straight ahead, breathe slowly and regularly through the nose

Final phase

lower the arms along the thighs by putting the nunchakuai in the right hand and hold it against the palm with the thumb with softness,

Bring the feet back to the starting position

8th video : Fork + Chinese chopsticks + nunchaku exercise / way 2

Preparatory phase

Feet tight, body straight and relaxed in a natural way
Soft arms along the thighs, hands relaxed and fingers glued together
Hold the nunchakuai gently against the right palm with the thumb
Look straight ahead
Breathe slowly and regularly through the nose

1/ Opening

stand with feet shoulder-width apart, body weight in the middle
Raise the arms palms face to face until the height of the shoulders by slightly bending the knees, then lower the arms, palms towards the ground to the level of the belly by tightening the knees

2/ Legs + arms movements

- a) Small gap between the feet by slightly bending the knees.
Arms forward, hands at chest level, palms facing you.
Combine the 3 modes in a row in one hand, then change hands.
- b) Average distance between the feet by slightly bending the knees.
Spread your arms, hands on either side of your hips, palms facing forward.
Combine the 3 modes in each hand.
- c) Large distance between the feet by slightly bending the knees.
Spread your arms, hands on either side of your head, palms facing your head.
Combine the 3 modes in each hand.

3/ Standing resting posture [meditation]: "Yin butterfly" mode

Hold the nunchakuai points downwards, a chopstick in each hand between the thumb and the palm, fingers slightly spread, cross the wrists, left hand inside
Stay straight and relaxed, hold the nunchakuai in ' Yin butterfly ' mode with softness, the ribbon is in front of the face, parallel to the ground, the hands at shoulder or chest level, bending slightly the knees, as if sitting on a high stool
Separate feet at shoulder width, weight distributed 50% on each foot
Look straight ahead, breathe slowly and regularly through the nose

Final phase

lower the arms along the thighs by putting the nunchakuai in the right hand and hold it against the palm with the thumb with softness,
Bring the feet back to the starting position