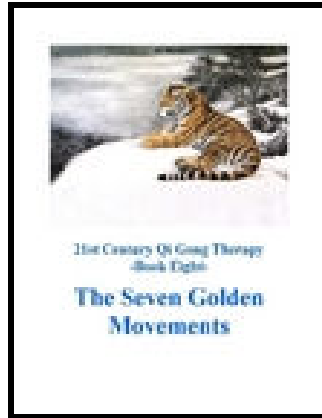


21st Century Qi Gong Therapy

-Level Eight-

“The Seven Golden Movements”

By Ashida Kim



Review by: John C. Enger, Ph.D., Th.D., D.Min.

Grandmaster – 10th Dan

Shinja Buke Ryu Kenpo

“When we are practicing Tai-chi, we use mind rather than strength, and energy rather than force to move the body.”

- Alfred Huang

Grandmaster Ashida Kim brings the student head on into what is called “The Seven Golden Movements” which is known as the definitive “*Stress Management System of Gentle Exercise For Health and Longevity*” through Tai Chi – specifically the Yang Style.

In this powerful study, Master M.C. Felkoff begins his journey of taking the student through the History and Origins of Tai Chi and discusses the background of the Seven Golden Movements as demonstrated in the Yang Style of Tai Chi Form.

Having the opportunity to personally talk with Master Felkoff and have him explain the Seven Golden Movements, I was quite impressed with what he claimed it could do to revolutionize your health. He states the following in his writings regarding this form “will

provide you a way in which to live your life to the fullest, traveling your own path, enjoying good health, serenity, far into your golden years. It is no coincidence that this series of exercises has been named the Seven Golden Movements.”

Once again the student will find a very clear photo study with Master Felkoff demonstrating these techniques. He discusses and then demonstrates the “*Ten Principles of Movement*” They are:

1. HANG THE HEAD
2. SINK THE CHEST
3. USE THE MIND, NOT FORCE
4. SINK SHOULDERS & ELBOWS
5. UNITY OF INTERNAL & EXTERNAL
6. EMPTY & FULL
7. UNITY BETWEEN UPPER AND LOWER BODY
8. SEEK STILLNESS IN MOVEMENT
9. RELAXING THE WAIST
10. CONTINUITY WITHOUT INTERRUPTION

From there the student moves through the study and practical application of the actual Seven Golden Movements. All done in a very clear step-by-step photo study (*the student can also purchase a DVD of the form being done by Master Felkoff where he also explains each movement throughout the DVD*). The following movements are:

1. HOLDING THE BALL
2. BENDING FORWARD
3. GOLDEN PHOENIX RISING
4. TIGER STEPPING
5. EMBRACE TIGER, RETURN TO MOUNTAIN
6. TURNING THE WAIST
7. COLLECTING THE ENERGY

Master Felkoff adds a study section on “The Health Benefits of the Seven Golden Movements”. They are:

Movement One: Strengths Hear muscle

Movement Two: Strengthen Back/Enhance Sexual Performance

Movement Three: Provides Perfect Balance

Movement Four: Strengthen Back/Enhance Sexual Performance

Movement Five: Whole Body Circulation

Movement Six: Separates Positive & Negative

Movement Seven: Balances the Brain/Releases Stress

The quote below truly fits, in my opinion at least, what Master M.C. Felkoff has accomplished through his teach and demonstration of *“The Seven Golden Movements”*

“If there were a ritual dance of the androgyny, Tai chi as performed by this master could be that dance. It is neither a masculine dance nor a feminine dance. It has the strength and grace of both.”

~ Dr. June Singer

Practice the Seven Golden Movements..... master them and teach it to others. They truly are GOLDEN!