



Reminder Notes for LifeQi Pattern

Prepare & enjoy

Lung energy – arms float up and down

Opening “dragon traces the moon” right

“ “ “ “ left

Brush, knee and push left

“ “ “ “ right

Part wild horse mane left

“ “ “ “ right

Passing clouds left

“ “ “ right

Sweep left to

Cockerel stands on right leg

“ “ “ left leg

Open left hip, open right hip

Turn to ‘serve coffee’ right

“ “ “ “ left

turn to close – saugong.

“Forget mistakes.

Forget failures.

Forget everything except what you're going to do now and do it.
Today is your lucky day”.

Will Durrant.