

QIGONG STRONG GUIDEBOOK

Get Strong & Stay Strong — with Tristan & Sabrina Truscott



Please use this guidebook with the accompanying training videos to ensure you are practicing the Qigong Strong™ exercises correctly. We highly suggest that you start with the Qigong Fundamentals and the Full Day Replays “Trainings” before jumping into the follow-along routines. By studying these first, it will help educate your mind (learn the specific nuances) and prepare your physical and energetic body for the increased energy available to you through the Qigong Strong follow-along routines.

Additionally be sure to pay close attention to the Qigong Strong principles covered in the Training Sessions; these “energy” principles will help you to “feel” the true effects of Qigong Strong. If you skip them you will only get superficial results, similar to a typical exercise regime, but if you apply the mental and energetic attributes you will feel the true POWER of Qigong Strong!

With this program, you have access to 8 Qigong Strong routines (and one complete follow-along combining all 8 Routines). Only have 10 minutes? There is a routine for that! Want a full 30-60 minute routine? We’ve got you covered!

Training Recommendations:

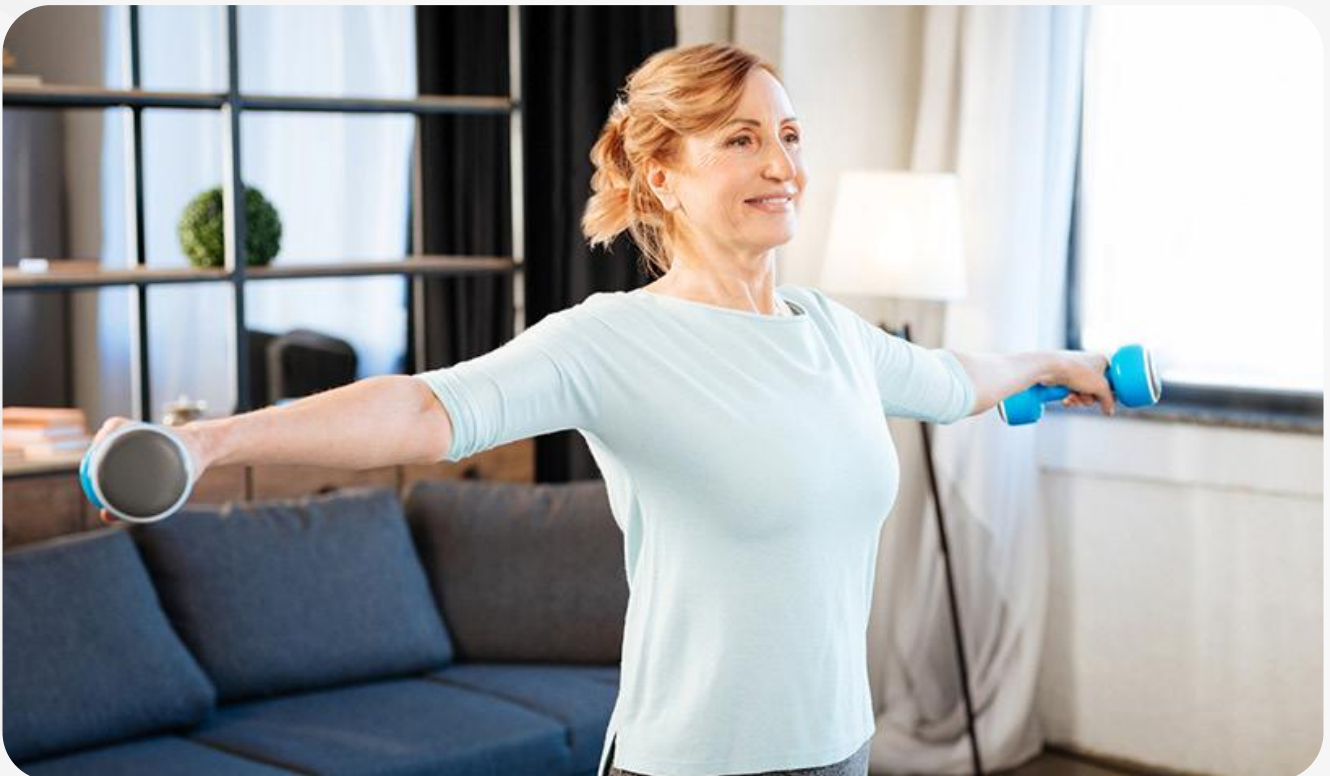
We recommend starting out with very light dumbbells (2-4 lbs for most women and 4-6 lbs for most men). As your muscles and tendons become stronger you may want to increase your weight levels.

For some of the movements in some of the routines you may want to have a chair or stick close by to assist with your balance development.

Gradually your balance will increase and you will probably no longer need to use any additional support.

We encourage you to stay hydrated at all times throughout the sessions. It is especially helpful to hydrate before doing the Qigong Strong routines, so you have adequate hydration available to your body's connective tissue to "feed" your fascia.

On the following pages we will list all of the Qigong Strong routines, the purpose for each one and the various names for the movements.



How to use this Program:

We created each of these Qigong Strong Routines as 7-10 minute stand alone sessions, so that you can do as many or as few of the routines as you like each week. Additionally you can rearrange the order to keep it fresh and challenging! (more details below)

The Qigong Fundamentals:

Listed below are all of the Qigong Fundamentals presented in the Qigong Strong program. These are the basics such as the stances, postures and breathing mechanics you need to know to correctly practice the routines. Please don't skip this training because in addition to the physical fundamentals it includes energy principles and mindset strategies that make all the difference with the results you get!

 *Stances*


 *Intention*

 *Posture*

 *Open from Center*

 *Shimmies*

 *Come to Center*

 *Breathing*

 *Sealing the Session*



Routine #1 - Wake-Up & Flow

The Wake Up & Flow sequence is a wonderful way to start your day (or start your follow-along sessions). The routine **energizes your muscles, enhances joint mobility, and releases fascia tension** to promote flexibility, strength, and overall vitality.

Technique Names:

- 1. Joint Circles*
- 2. Bounce & Shake*
- 3. Swinging Arms*
- 4. Full Body Breathing*
- 5. Climb the Stairway to Heaven*
- 6. Full Body Tapping*
- 7. Power Center Breathing*
- 8. Standing Meditation*
- 9. Come to Center*

Routine #2 - Rooted Warrior

The Rooted Warrior routine includes **poses and stances to anchor your body and build stability** in your core, legs and spine. This routine also opens up your hips for an **increased range of flexibility** so you can **confidently perform** everyday activities like reaching and bending.

Technique Names:

- 1. Kung Fu Master*
- 2. Warrior Straddle*
- 3. Warrior Lunge*
- 4. V Leg Stretch*
- 5. Qigong Warrior Pose*
- 6. Squat Low with Crunch Forward*
- 7. Turned-Out Horse w/ Alt Heel Raises*
- 8. Balance Bent Legs + Balance Straight Legs*
- 9. Reverse Punch - Side Punch*
- 10. Kung Fu Master Hold*

Routine #3 - Balance Master

These dynamic balance drills **greatly increase the strength of your legs, spine and hips, while reducing the risk of injury and falls.** You'll build incredible stability with moves that are fun, focused and functional — and help you move with grace, agility and confidence.

Technique Names:

- 1. Open from Center*
- 2. Come to Center + STAR*
- 3. Crescent Knee Circles*
- 4. Knee Lift + Leg Extension*
- 5. Balance Kicks*
- 6. Tai Chi Walk + Back Leg Lift*
- 7. Tai Chi Walk + Flying Swan Arms*
- 8. Tippy Toes Balance*

Routine #4 - Samurai Strength

Picture a Samurai using his sword to powerfully slice through the air and you'll get an idea of what this routine is about! These moves **build stamina and strength and improve range of motion in your upper body (arms and shoulders) and lower body (legs and core).**

Technique Names:

- 1. Unsheathe the Sword*
- 2. Rear Elbow Strikes*
- 3. Tai Chi Arm Circles*
- 4. Samurai Sword Slicing*
- 5. 360 Circles (Front of Body)*
- 6. Sword Drop Circles*
- 7. Crane Knee Lift & Balance*
- 8. Swinging Axes*
- 9. Victory Punches (double)*
- 10. Victory Punches (single)*
- 11. Karate Kid Balance*
- 12. Figure 8s (Front of Body)*
- 13. Punching Series*
- 14. Heart Hold in Squat*

Routine #5 - Tiger Tendons

Tiger Tendons is a series of empowering poses and “holds” to quickly strengthen tendons of the arms, shoulders, hips and legs. Not only do they help **reduce chronic pain and promote joint health**, but also build stamina, improve posture and align the spine for enhanced energy circulation.

Technique Names:

- 1. Heart Hold w/double back fist*
- 2. Star Hold w/double tricep kick up*
- 3. Buddha Hold w/military press*
- 4. Low X Block Hold*
- 5. Kung Fu Master w/bowl*
- 6. Bow & Arrow Hold w/arm raises*
- 7. Proud Warrior Bows Up*
- 8. Come to Center*

Routine #6 - Combat Contractions

The **isometric contractions (and extensions)** in this routine involve tightening and holding specific muscle groups without moving the joints. You'll **boost strength, flexibility**, and muscle endurance **plus promote clear thinking** and stress relief for physical and mental well-being.

Technique Names:

1. *Docking the Boat*
2. *Side Punch w/ Flex*
3. *Center Punches*
4. *Outside Blocks*
5. *Inside Blocks*
6. *High Blocks*
7. *X Block Low*
8. *Abs: Cat/Cow*
9. *Abs: Upper Crunch*
10. *Abs: Side Crunch*
11. *Abs: Judo Twist & Throw*
12. *Abs: Upper Crunch*
13. *Bounce & Shake*
14. *Standing Meditation*

Routine #7 - Dragon Power

Featuring **circular strength and dance-like movements**, this routine combines ancient Qigong moves with light weights — the result is an **amazing activation of your QiPower** that **enhances the strength, endurance and mobility of your arms, shoulders, spine and legs.**

Technique Names:

1. *Tai Chi Arms*
2. *Qigong Arms*
3. *Dragon Parts Clouds*
4. *Arms Flowing Thru Water*
5. *Leaf Blowing in Breeze*
6. *Cloud Arms*
7. *Whip & Glide "Catching Stars"*
8. *Swallow Skims Lake*
9. *White Crane*
10. *Twisting Tea Cups*
11. *Bicep Circles*
12. *Straight Blast Punches*
13. *Heart Hold*

Routine #8 - Dragon Flow

Dragon Flow is the Dragon Power routine, but now done without weights. This approach opens the life-force channels and **further activates QiPower Flow**, unlocking an incredible feeling of FLOW so you can **perform daily tasks without pain, strain or stress.**

Technique Names:

1. *Tai Chi Arms*
2. *Qigong Arms*
3. *Dragon Parts Clouds*
4. *Arms Flowing Through Water*
5. *Leaf Blowing in Breeze*
6. *Cloud Arms*
7. *Whip & Glide "Catching Stars"*
8. *Swallow Skims Lake*
9. *White Crane*
10. *Twisting Tea Cups*
11. *Washing Chi Wall*
12. *Come to Center*

Routine #9 - The Seated Sage

Use on those days when you're feeling extra tired or if you have mobility issues. This easy-to-follow routine **strengthens and heals the entire body from the comfort and support of a chair using gentle, mindful movements**. Weights may be used for the upper body. This routine is inspired by Sabrina's 86-year old father who struggles with severe mobility, dementia, and balance issues.

Technique Names:

Video and Routine Names Coming Soon

FULL FOLLOW ALONG Routines:

From the 8 main Qigong Strong routines we have created a full follow-along routine for you; think of it as a "routine playlist"

This routine is located at the bottom of the Qigong Strong page (inside of the student portal, known as the Satori Method Academy).

This Full Follow-Along is just one example of how you can customize a longer Qigong Strong Session. This follow-along "playlist" includes all 8 Qigong Strong routines in the following order: 1, 2, 8, 5, 6, 7, 3 and 4.

Enjoy this hour long sequence and have fun creating your own :)



Thank you for allowing us to be part of your health and fitness program and allowing us to be a part of your journey of living a fit and vibrant life!

We're here to support your efforts and give you the tools you need to create your own personalized program and help you "Get Strong & Stay Strong!"

Your commitment to yourself is commendable! Stay in the flow, stay resilient and open to miracles and keep an open mind - the lifetime access to this program means it's here for you at every step on your journey from Aging to Saging!

*Much Love
Sensei & Sabrina*