

Five Animal Frolics - Wu Qin Xi *A Complete Medical Qigong System*

Five Animal Frolics is the most ancient moving qigong system created by the famous Chinese Medicine practitioner, Hua Tou (110-207 A.D.). Hua Tou is known as the *Father of Chinese Medicine*. His works are still referred to today. There is a Daoist legend that Hua Tou actually received this practice from two Daoist hermits living in a cave on Mount Gong Yi.

The exercises are sometimes known as Five Animal Play. The five animals are the fierce and untamed tiger, the graceful deer, the steady and lumbering bear, the agile monkey and the flying crane. There is a set of qigong exercises based upon each of these five animals, mimicking not only the movements but also the attitude and bearing of the animal. The complete system develops grace and flexibility, strength and balance. The exercises promote the circulation of qi.

There is a correspondence between the Five Animal Frolics and the Five Elements of Chinese Medicine. The Five Elements correspond to the internal organs and Hua Tou designed the exercises so they are preventative and prescriptive for the internal organs as follows:

Animal Frolic	Element	Yin Organ	Yang Organ
Bear	Wood	Liver	Gall Bladder
Crane	Fire	Heart	Small Intestines
Monkey	Earth	Spleen	Stomach
Tiger	Metal	Lungs	Large Intestines
Deer	Water	Kidneys	Bladder

In Chinese Medicine, the Yin Organs are thought of as being deeper and are generally more important than the Yang Organs. In general, the Yang Organs receive, break down and absorb the parts of food that are transformed into substances useful to the body and the remainder is excreted.