



Chi Wellness & Beauty

Level 1 Chi-Immersion

ChiRunning & ChiWalking Videos



Live With Chi
Train With Us

Chi Wellness & Beauty
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Level 1 Chi-Immersion Videos

| Subject | Code | Details |
|--------------------------------------|------|--|
| Module 1 | | |
| ChiRunning Posture Practice | POS1 | Moving the Dantien |
| | POS2 | Moving the Dantien with a partner |
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| Module 2 | | |
| ChiRunning Belly Breathing | BR1 | Breathing OUT with the nose |
| | BR2 | Breathing IN with the nose |
| | BR3 | Breathing OUT/IN with the mouth |
| | BR4 | Breathing rhythm with the mouth and nose |
| | BR5 | Breathing rhythm with the mouth and nose at high intensity |
| | | |
| Module 3 | | |
| ChiRun/Chiwalk Arm Swing Practice | HN1 | Arm swing practice |
| Module 4 | | |
| ChiWalking | CW1 | Upper body form focuses |
| | CW2 | Lower body form focuses |
| | CW3 | Ankle Lift practice |
| | CW4 | Ankle Lift practice with a partner |
| | CW5 | Peeling the ground to walk |
| Module 5 | | |
| ChiRunning Run Practice | CR1 | How to run on the spot |
| | CR2 | Move Dantien to run |
| | CR3 | Run by moving Dantien ahead of landing (away from landing) |
| | CR4 | Run with One Legged Posture Stance |
| | | |
| | CR5 | Run with Midfoot Landing |



ChiRunning®



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|---------------------------|------|--|
| | CR6 | Run with Knee Low, Ankles Up |
| | CR7 | Peeling the ground to run |
| | CR8 | Run with Rolling Ankles |
| | | |
| | CR9 | Run with a good rhythm |
| | CR10 | Run with Yi Chi Focus |
| | CR11 | Run with Pelvic Rotation |
| Module 6 | | |
| ChiRun/ChiWalk Cadence | CAD1 | Incorrect practice of run/walk rhythm with a metronome |
| | CAD2 | Synchronize arm swing to match the rhythm of metronome |



ChiRunning & ChiWalking Books, DVD, Apps, etc

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