

**EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
FLYING PHOENIX QI GONG**

COURSE DESCRIPTION

Fei Feng San Gung "Flying Phoenix Celestial Healing Chi Meditations"

Flying Phoenix Qi Gong is an extraordinary medical chi kung (qigong) system that promotes healing and rejuvenation, bolsters immunity- thereby extending longevity, and ultimately imparts profound healing ability in the practitioner.

LEARNING OBJECTIVES

COURSE PREREQUISITIES

None

REQUIRED TEXTS

RECOMMENDED TEXTS

COURSE REQUIREMENTS

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

SPECIAL NOTES

Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

First 20 minutes: Warm ups with first section of Yang Tai Chi Short Form, Silk weaver's Exercise, and Tao Tan Pai Power Yoga (Neikung): Exercises 1, 2, 3 and 16 "Buddha's Prayer"

Last 90 minutes: Fei Feng San Gung- "Flying Phoenix Celestial Healing Chi Meditations"

1. Five Basic Standing Meditations
2. Basic Seated Preparatory Meditations
3. Monk Serves Wine #1 Seated Meditation (Vol. 2 of Chi Kung For Health DVD series)

CLASS TWO

First 20 minutes: Warm Up sequence

Last 90 minutes: "Flying Phoenix Celestial Healing Chi Meditations"

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1. Review of 4 Basic Standing Meditations
2. Standing Meditation No 5: "Wind Above the Clouds"
3. Review of 3 Basic Seated Preparatory Meditations
4. Monk Serves Wine seated meditations #1 and #2

CLASS THREE

First 20 minutes: same warm-up sequence

Last 90 minutes: "Flying Phoenix Celestial Healing Chi Meditations"

1. Five basic Standing Meditations
2. Wind through Treetops (Vol 3 of DVD series)
3. Basic seated Preparatory Meditations
4. Monk serves Wine #1, #2, and #3 Seated Meditations

CLASS FOUR

First 20 minutes: same warm-up sequence

Last 90 minutes: "Flying Phoenix Celestial Healing Chi Meditations"

1. Five basic Standing Meditations
2. Wind through Treetops (Vol 3 of DVD series)
3. All Basic seated Meditations (5) on Vol 2 DVD
4. Introduction to "Moonbeam Splashes on Water" standing meditation (vol 3)

CLASS FIVE

First 20 minutes: same warm-up sequence

Last 90 minutes: "Flying Phoenix Celestial Healing Chi Meditations"

1. Five basic Standing Meditations
2. Wind through Treetops (Vol 3 of DVD series)
3. All basic seated meditations (5) on Vol 2 DVD
4. More "Moonbeam Splashes on Water" standing meditation (Vol 3)
5. Monk Serves Wine #4 from Vol 7 DVD ("The Sleeper")

CLASS SIX

First 20 minutes: same warm-up sequence

Last 90 minutes: "Flying Phoenix Celestial Healing Chi Meditations"

1. Five basic Standing Meditations
2. Wind through Treetops (Vol 3 of DVD series)
3. 3 Monk serves Wine seated meditations (Vol 2 DVD)
4. Finish "Moonbeam Splashes on Water" standing meditation (vol 3)
5. Monk Serves Wine #4 from Vol 7 DVD ("The Sleeper")
6. Monk Serves Wine #5 (80 70 50 30)

CLASS SEVEN

Hour One:

1. FP Moving Standing Meditations- Bending the bows, Wind Above Clouds, Wind through Treetops, "Moonbeam Splashes On Water" standing meditation (Vol 3)
2. 3 Monk Serves Wine seated meditations (Vol 2 DVD)

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Hour Two:

3. Intro to "Flying phoenix Celestial healing Chi Meditation" Long Form Standing
 4. Energy Healing demonstration and Lesson
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CLASS EIGHT

AKA- Flying Phoenix Brain Activation (and Hair Restoration)

Hour One:

1. FP Moving Standing Meditations- Bending the bows, Wind Above Clouds, Wind through Treetops, "Moonbeam Splashes On Water" standing meditation (Vol 3)
2. Monk Serves Wine #5 (80 70 50 30)
3. Monk Serves Wine #6 (70 50 20 10)

Hour Two:

4. "Flying Phoenix Celestial Healing Chi Meditation" Long Form Standing
 5. Energy Healing Demonstration and Lesson
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CLASS NINE

Hour One:

1. FP Moving Standing Meditations- Bending the bows, Wind Above Clouds, Wind through Treetops, "Moonbeam Splashes On Water" standing meditation (Vol 3)
2. Monk Serves Wine #5 (80 70 50 30)
3. Monk Serves Wine #6 (70 50 20 10)
4. Monk Serves Wine #7 (20 40 90 10)

Hour Two:

5. "Flying Phoenix Celestial healing Chi Meditation" Long Form Standing
 6. Energy healing Demonstration and Lesson
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CLASS TEN

FINAL EXAM

Hour One:

1. FP Moving Standing Meditations- Bending the bows, Wind Above Clouds, Wind through Treetops, "Moonbeam Splashes On Water" standing meditation (Vol 3)
2. Monk Serves Wine #6 (70 50 20 10)
3. Monk Serves Wine #7 (20 40 90 10)

Hour Two:

4. "Flying Phoenix Celestial healing Chi Meditation" Long Form Standing
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CLASS ELEVEN

The Finale!

1. Five Basic FP Standing Meditations- Vol 1
 2. Moonbeam splashes on Water, Wind Through Treetops
 3. Monk serves Wine #8 (60 70 40 5)
 4. Monk Serves Wine #6 (70 50 20 10)
 5. "Flying Phoenix Celestial Healing Chi Meditation" Long Form Standing
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REFERENCE MATERIAL

FACULTY INFO

Course
Code **EL258**

2 Units

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Dunn, Terence
Spring 2017

Dunn, Terence

Please check with instructor during class to get updated contact info.

310-384-7205

zenbearinc@gmail.com