



# The Golden Chí Ball: A Tale

Story - Kurt Klinzing  
Art - Jacob Klinzing

## *Dedication*

To Master-level Teachers Frank and Megan Cullerton  
of Body Mind Systems,  
whose indefatigable caring  
put me on the path of sharing what I have learned  
and  
to Master-level Teacher Michael Leone  
of Zen Wellness  
who introduced me to 'The Golden Chi Ball'  
and medical Qigong.



The universe is composed of stories,  
not of atoms.

*-Muriel Rukeyser*

Greetings Fellow Qi Seeker,

When I learned the Golden Chi Ball, I found it difficult to remember the order of the movements. However, the movements in Chinese forms have a descriptive names, e.g. 'Standing in a boat' or 'Monkey leaps from tree'. At first this seemed to add an additional memory debt, but in time I came to see this was a tremendous mnemonic aid as well as being fun. However, this still did not help me remember the order of the movements.

To remember the order I employ the ancient technique of creating a story to bind the memories. Our brains are wired to remember stories. When I get lost in practice I just think of where I am in the story and, remembering the next event, then I associate it with the next movement.

You can make your own story, but here is the story I use to remember.

- One-Cycle Guy



**Shake the 9 Gates**  
**Standing on a boat**  
**Phoenix Ascends the Flames**  
**Monkey Leaps from Tree**  
**Snake Rises from Grass**  
**Embrace the Sun and the Moon**  
**Clear the 7 Energy Centers**  
**Gather the Clouds to make a Pillow**  
**Return to Fetal Position**  
**Leading the Golden Chi Ball**



## The Story

I was sleeping soundly in my bed dreaming of the eternal tao, when...

**EARTHQUAKE!!!!**

To escape I ran from the temple through **Nine Shaking Gates**.

I ran down the hill to the lake, where I saw an island in the distance.  
**Standing in a boat** I crossed the lake.

Once on the island, looking up the hill I saw a raging pyre. I ran up the hill. At the fire I saw a **Phoenix Ascend the Flames**.

The phoenix flew up and, landing on a branch, became a monkey.  
**The Monkey leapt from the tree**, transforming into a snake.

**The Snake rose from the grass**.

Looking up, the snake saw the heavenly bodies. It flew up to **Embrace the Sun and the Moon**.

The snake flew down to the *Church of the Chakras* and **Rang the 7 Energy Centers**.

After all that I was so tired, I **Gathered the Clouds to Make a Pillow**.

Sleeping, I curled up **Returning to Fetal Position**.

On awakening I joyously **Lead the Golden Chi Ball** around my body.

I was sleeping soundly in my bed dreaming of the eternal tao, when...





**EARTH-  
QUAKE!!!!**

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the temple through

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**I ran down the hill to the lake, where I saw an island in the distance.**



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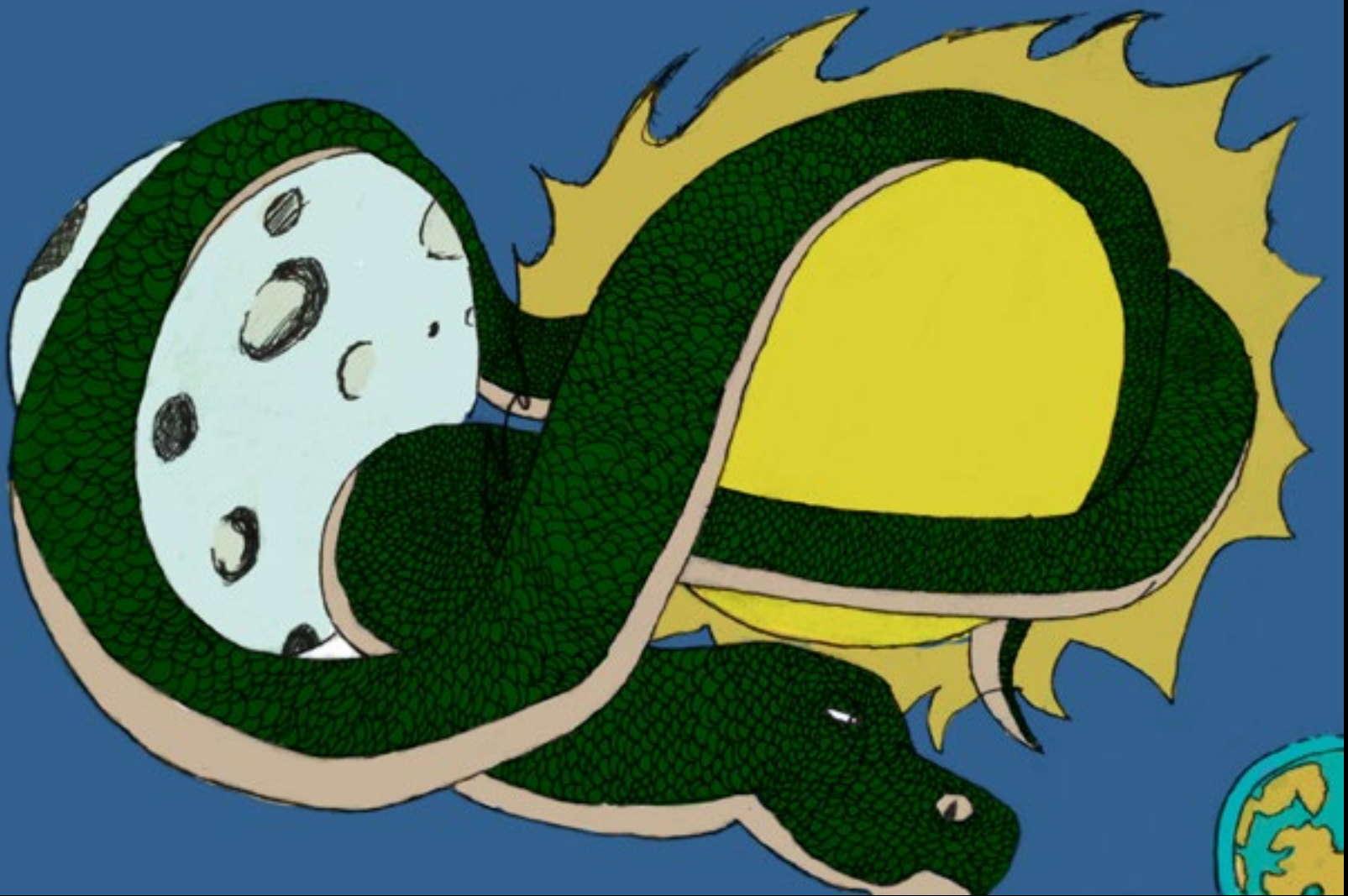


**The Monkey leapt from the tree,  
transforming into a snake.**



**Looking up the snake saw  
the heavenly bodies.**

**The Snake rose from the grass.**

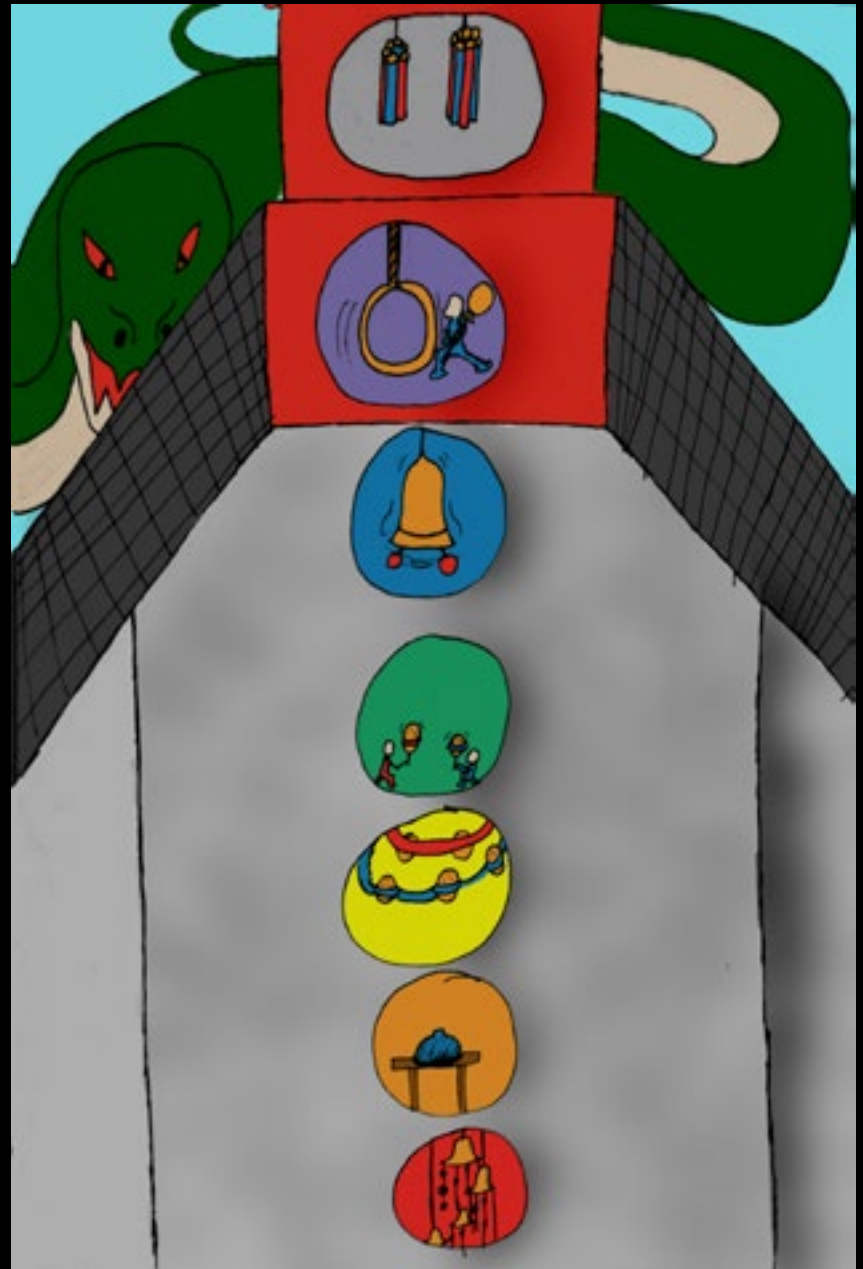


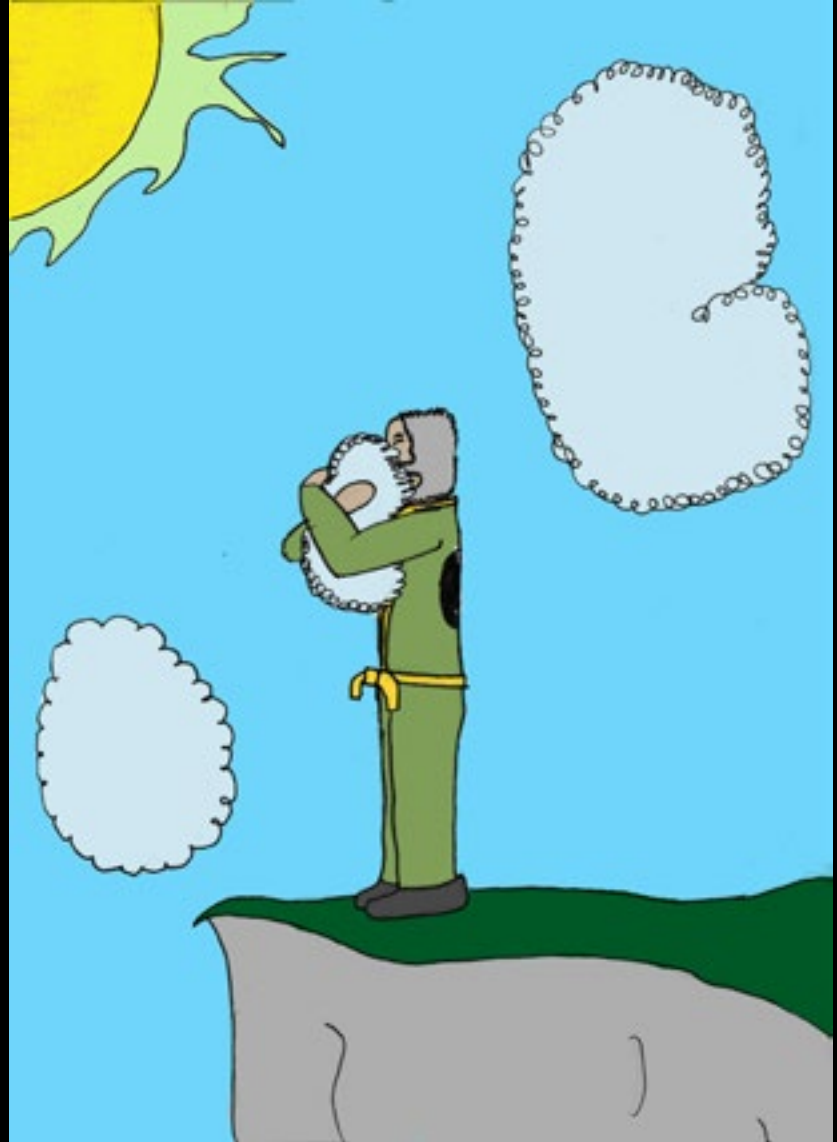
It flew up to **Embrace the Sun and the Moon.**



The snake flew down to  
the *Church of the Chakras* and

**Rang the 7 Energy  
Centers.**





**After all that I was so tired**

**I Gathered the Clouds to Make a Pillow.**



Sleeping, I curled up **Returning to Fetal Position.**





**On awakening I joyously  
Lead the Golden  
Chi Ball  
around my body.**



### **Kurt Klinzing**

**Kurt, a retired software architect, instructs Tai Chi and Qigong at Body Mind Systems when he's not composing stories of questionable literary value.**

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### **Jake Klinzing**

**Jake bases his drawing style on the manga and anime art he loves.**

**He is generally considered the handsomest American University junior political science major who graduated from Lexington High School.**



**Shake the 9 Gates**



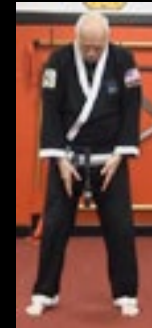
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**Phoenix Ascends the Flames**



**Monkey Leaps From Tree**



**Snake Rises from Grass**



**Embrace the Sun and the Moon**



**Clear the 7 Energy Centers**



**Gather the Clouds to make a Pillow**



**Return to Fetal Position**



**Leading the Golden Chi Ball**

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