

Sifu Scott Jensen - Supercharge Your Blood With the Power of Qi 2025

In this revitalizing program, you'll:

- Learn how to direct your Qi and blood to flow abundantly, and relax your mind and body — so you **can enter a state of extraordinary natural wellness** that supports physical healing, emotional resilience, and even spiritual insight
- Practice Qigong forms that **unblock stagnant blood and Qi to relieve pain and dissolve stiffness**
- Master techniques that use movement, posture, breathing, and mental focus to **allow your heart and other organs to relax and rebalance their rhythm**
- Experience exercises to **relax and realign your skeletal system** — helping ease tension and correct imbalances
- **Be guided through many forms of Qigong** — including *The Metal Element exercises from 5 Elements Qigong, Squatting and Lifting, Monkey Lifts Cauldron Qigong*, and more
- Deepen your understanding of Prebirth Qi and learn **how to replenish and protect this core life force**
- Learn how to **improve lung and heart function, stabilize blood pressure, and increase stamina** through breath-centered Qigong
- Engage in practices that enhance energy flow to the brain — **improving memory, focus, and mental alertness**
- Feel more grounded, confident, and connected to your body's innate self-healing power — no matter what life brings your way
- *And much more...*

By the end of the course, you'll have a clear, **repeatable toolkit for restoring your body's natural rhythms and empowering your blood and Qi** — so you can move forward with confidence and vitality — and ultimately have a happier, healthier life.

What You'll Discover in These 7 Weeks

In this 7-week transformational course, Sifu Jensen will guide you through the skills and knowledge you need to awaken the dynamic flow between blood and Qi, using ancient Qigong techniques that help you dissolve tension, ease discomfort, restore vital energy, and reclaim your body's natural harmony and strength.



Module 1: June 19, 2025

Infusing Your Blood With Qi to Cultivate the Flow of Circulation for Self-Healing

Dive into the foundations of Qigong through an accessible felt experience.

Focus on creating the conditions to feel dynamic interplay between your mind, Qi, and blood.

Sifu Jensen will share the link between your blood and Qi — how to build blood to increase your Qi, and how to move your Qi to guide your blood for improved circulation while balancing the heart's rhythm and calming the mind.

Begin by **opening and moving all of your joints, tendons, and muscles**. Move on to standing with **perfect posture**, further **opening the flow of blood and Qi** in your body and giving your body a chance to adjust to and lock in the good posture.

Sifu Jensen will guide you in **using movement, breathing, posture, and concentration to guide your Qi and blood for powerful self-healing**.

In this module, you'll:

- Understand exactly what Qigong and Qi are — and how you can open your body with **good posture to relieve pain and promote circulation of blood and Qi**
- Engage in relaxed movement to **assist your blood circulation, balance your heart's rhythm, and calm your mind**
- Practice the Relaxing Tendons, Floating Bones Qigong exercise to **open and rebalance the skeletal system**
- Learn how to **use your mind to guide your Qi**, concentrating your Qi in the center of your body
- Experience the **Post Standing Qigong technique**
- Be guided through the **Pre-Birth Qigong Level 1 practice**

- Gain a felt sense of the crucial relationship between Qi and blood — and how to support both



Module 2: June 26, 2025

Breathing Life as the Foundation of Qigong – Increase Your Oxygenation, Lung Capacity & Longevity

Explore the art of breathing and the lore of the lungs in Qigong and Traditional Chinese Medicine.

Breathing is one of the most vital things we do, yet we barely, if ever, notice it. In Qigong, learn to **tune into your breathing and use your breath to help circulate Qi and heal yourself.**

Uncover the location of the lung meridian and how to open its source point to smooth the flow of Qi in that part of your body, which increases energy and clear thinking.

Learn a powerful exercise designed to **cleanse the lungs, expand lung capacity**, realign the ribs, and rebalance the rib cage.

In this module, you'll:

- **Learn the crucial role of your lungs and breathing in Qigong**, Tai Chi, meditation — and their role in promoting longevity
- Experience the **Pre-Birth Qi Gong Level 2 practice**
- Discern where the Lung Meridian and Shoulders Nest are in your body
- The Metal Element exercises from 5 Elements Qigong (AKA Form and Will Boxing) to **enhance breathing and open the lung meridian**
- Practice the Young Child Prays to Buddha Qigong exercise to **open up the lungs and remove toxins**



Module 3: July 3, 2025

Blood Doping the Qigong Way – Strengthening Your Blood for Liver, Kidney & Bladder Health

Focus on strengthening and nurturing your blood to help boost your Qi level.

Learn how to use exercises like Pre-Birth Qigong for increasing the quantity and health of your blood — to **boost your energy levels, improve cognitive clarity, and properly nourish your body.**

Sifu Jensen will share about the **vital roles and lore of the liver and kidneys in relation to blood health.**

Continue to learn more about Pre-Birth Qigong and learn two new Qigong exercises.

In this module, you'll discover:

- How to supercharge your blood to energize your body
- A **Pre-Birth Qigong Level 3** practice
- Ways to prevent draining of your blood
- The Dog Wags its Tail exercise **for bladder and kidney health**
- The **Squatting and Lifting exercise for liver health**



Module 4: July 10, 2025

Bolstering Your Health Bank to Prevent Burnout & Exhaustion

Learn about the nature, origin, and role of Pre-Birth Qi — and ways to prevent its dissipation or damage.

Sifu Jensen will guide you to **generate your Post-Birth Qi daily with your Qigong practice.**

Look at balancing your Yin and Yang in a simple, understandable way to harmonize your life and **avoid burnout and exhaustion.**

Focus on **strengthening your spleen and improving your digestion and the absorption of nutrients.** All this will help you bolster your health bank and guide energy into the center of your body.

A healthy spleen prevents bruising, **improves digestion, builds strong immunity, tones your muscles, aligns your bones,** and helps your body heal and **recover from disease more easily.**

In this module, you'll discover:

- The difference between Pre-Birth and Post-Birth Qi — and how to work with both
- The **Pre-Birth Qigong Level 4 practice for deep replenishment**
- The Scholar Opens the Scroll Qigong exercise to **strengthen your spleen and improve digestion and absorption of nutrients**
- How to balance your Yin and Yang to avoid burnout and exhaustion
- How to make deposits to your Qi bank with the **Gathering Qi to the Tan Tien exercise**



Module 5: July 17, 2025

Eliminating Stagnant Blood & Blocked Qi to Alleviate Pain

In Traditional Chinese Medicine, there are only two origins of pain — blocked Qi and stagnant blood. All aches and pains fall under one of these categories.

Explore ways to prevent stagnant blood and relieve it when it happens.

Learn how to eliminate blocked Qi with various methods — *and* discover how to sustain the transformations you experience by **building the momentum of your practice**.

Sifu Jensen will also show you how to *avoid* the negative effects of wind and how to relieve them when they happen.

In this module, you'll:

- Practice the **Yin Yang Acu-Point Patting** exercises to release the effects of wind on your body and move stagnant blood and blocked Qi
- Experience **opening and closing Qigong eDownload**
- Learn how to **continue the positive impact of your Qigong** after every practice session
- Engage in the Cooling Off Qigong exercise to **prevent stagnant blood** and make sure your blood goes back to the center of your body after practice



Module 6: July 24, 2025

Building Your Qi Body & Cultivating Protective Immunity – The Stages of Progress

Learn about the stages in Qigong development and the benefits of achieving each stage to inspire a consistent practice.

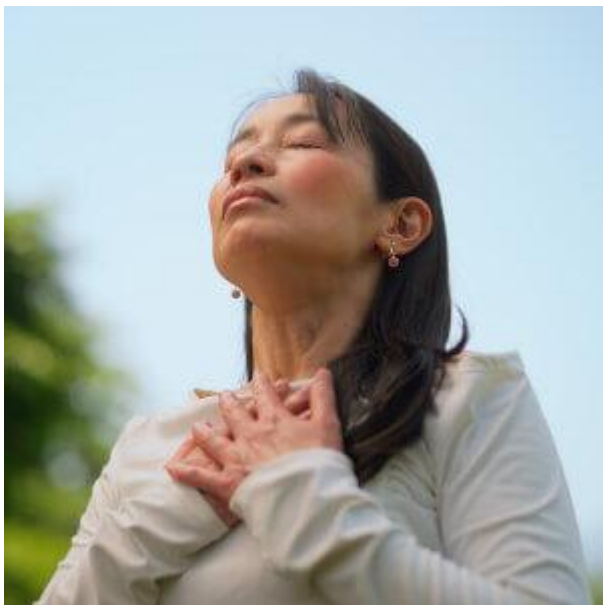
Explore methods for **building your protective Qi to prevent illness and misfortune.**

To increase the effectiveness of your Qigong practice, learn how to **find a power spot** before you start your practice.

Experience the Heaven and Earth stance from classical Chinese martial arts, which helps build the mental resilience and inner strength of a master martial artist. In this primordial exercise, expand your awareness to **encompass both heaven and earth and blend them within yourself.**

In this module, you'll discover:

- The important stages of cultivating your Qi
- The Heaven and Earth Qigong practice **to build the mental resilience and inner strength** of a martial artist
- The Protective Wei Qi exercise to **prevent illness and back luck**
- The **Grand Circulation Qigong practice**



Module 7: July 31, 2025

Abiding in Your Center – Calmly Surfing a Wild, Wild World by Elevating Your Energy, Your Spirit & Your Joy

Build on the foundation of being centered and rooted, and **raise your energy — lifting your spirit, enlivening your mind, and elevating your joy.**

These Qigong methods will lift your energy and open your spine.

These exercises are helpful for **relieving back and neck pain, as well as for raising your energy, elevating your mood**, and providing you with the motivation and inspiration you need to practice.

In this module, you'll explore:

- **Ways to cultivate zen mind** for the continued progress of your practice
- The rotation exercise from Four Way Stretch Qigong to **bring the energy up the spine and open the front of the spine**
- The Monkey Lifts Cauldron Qigong practice to **open all the vertebrae, the psoas muscles, and very center of the body**
- The Embracing the Heart & Nourishing the Brain Qigong exercise to **pump Qi-infused blood into your brain** and close your practice with a sense of profound clarity and vitality

SPECIAL BONUS OFFER

When you register by Thursday, June 12, at 2:00pm Indochina Time, you'll receive special bonus offerings designed to complement Scott's transformative 7-module course — and deepen your understanding and practice even further.



Bonus: Expires June 12

10,000 Victories Tai Chi Mini-Course: Cultivate Real Skill, Strength & Serenity

12-Month Access to 38 Video Lessons From Sifu Scott Jensen

This isn't just a Tai Chi routine designed for you to follow along. This is a pathway into the richness of traditional Tai Chi as it was meant to be studied. Learn part of the rare and powerful Ancient Yang Family Tai Chi Long Form from the supreme lineage of Grandmaster Wong Jackman — with detailed instruction that goes far beyond surface-level movement. Discover how to practice in a way that transforms your body from the inside out, improving your posture, strength, energy, and awareness. Learn how to align your body for optimal health, breathe to calm your mind and nourish your energy, and move with grace, precision, and intention. Sifu Jensen shows you how to apply this form for healing common ailments. Receive expert tips on making your practice more beautiful and powerful. With each lesson, develop not just skills, but yourself. Be introduced to the elegant 46 Style Tai Chi Sword Form — a beautiful and inspiring glimpse into the art of internal weapon training, which extends your energy, refines your coordination, and enriches your sense of artistry.

Plus... you'll receive these bonuses too!



Bonus

Qigong Healing Standing Meditation

Guided Audio With Sifu Scott Jensen

This powerful standing meditation is the exact method Sifu Jensen used to heal himself from severe injuries, including a shattered pelvis and spinal trauma. Through precise posture, deep internal stillness, and gentle breaths, this practice awakens your body's natural healing potential. Rooted in ancient wisdom and refined through personal experience, this practice guides you to align your structure, calm your nervous system, and circulate healing energy throughout your body. Receive a one-minute version of this meditation for quick daily tuning and recovery, as well as a longer 16-minute version with expanded instruction and deeper guidance for immersive practice.



Bonus

Mystical Healing Qigong From the Martial World – An Introduction

PDF Ebook From Sifu Scott Jensen

For centuries, elite martial artists relied on secretive, powerful, and often mystical Qigong methods to recover from injuries, rebuild strength, and restore inner harmony. These were not merely health exercises. They were meditative survival tools, refined in the crucible of combat and passed down quietly within trusted lineages. In this beautifully designed Ebook, be introduced to rare and potent Healing Qigong practices drawn from the ancient martial tradition. Steeped in mysticism and internal cultivation, these methods were used by warriors to speed recovery, regenerate energy, and transform pain into power.