

## INTRODUCTION

These are the original exercises devised by Professor Zhang, and still considered by him to be the most important. It is said that by practising these exercises diligently, the Professor recovered from serious illness where the conventional methods of the time had failed.

Each section of the exercise is self-contained, and the first two sections are very beneficial and well within the scope of even the most inexperienced. Section Two has particular value.

The characteristic features and requirements of the exercise are:

1. Ease the mind and concentrate attention;
2. Direct energy flow with the mind;
3. Consolidate energy as it is required;
4. Combine dynamic with static states.

## AT THE BEGINNING

### I. Hun Yuan Zhanli (Standing Erect with Composure)



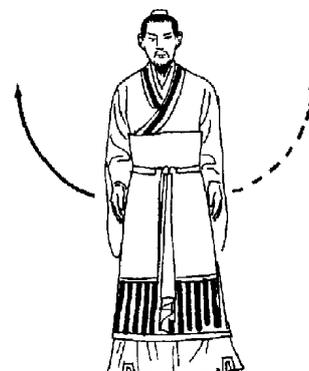
Stand erect with feet together. Allow yourself to relax mentally and physically. Breathe smoothly, with energy stored in **Dantian**. Close the eyes lightly or look straight ahead. Keep the mouth lightly shut and the tip of the tongue touching the palate behind the teeth. The palms hang loosely at the sides with fingers pointing downward.

### 2. Tiaozheng Yinyang (Adjusting Yin and Yang)

Sink the weight and step to the left to shoulder width. Equal the weight and straighten the legs. Look straight ahead.

Mentally recite the following poem:-:

*Deep in the night. all is quiet.  
Completely free from worry and cares;  
The seven orifices are closed to distraction  
And the mind set on Dantian.  
Breathe slowly with the tongue tip  
Touching the palate behind the teeth;  
Feel as light and brisk as a swallow.  
Soaring up and floating in the air.*



## SECTION 1 – TONGJING - OPENING THE CHANNELS

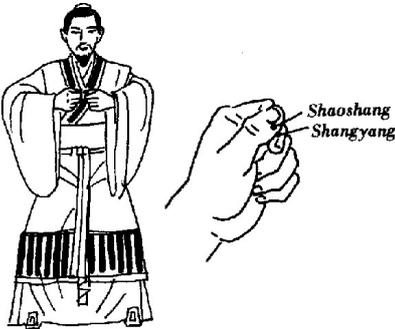
Exercises **1-10** open especially the **Lung** and **Large Intestine Meridians**. At the same time the blood vessels are extended to improve the circulation of blood and **Qi**.

The **healing sound** for the **Lungs/Large Intestine** is “**Si**”. When you make this sound, it is only necessary to make it gently, almost inaudibly.

When we make the **twisting movements** of the exercise, we extend the **Lung & Large Intestine** meridians and make them more able to conduct **Qi** (pervious). This is even more effective when we use the “**8 – Position**” of the hand – stretching out the thumb and forefinger (so called because it resembles the Chinese character for “8”) – and the intensive twisting of the wrists.

**Posture 1. Huaizhong Baoyue (Embracing the Moon)**  
**and**  
**Posture 2. Shang-Shang Xiangjie (Shaoshang and Shangyang Coming into Contact)**

These two postures are best taken together as one.



- Curl the fingers in (except the forefingers and thumbs)
- Bend the knees as you bring the tips of the fingers and thumbs together.
- Form a large “diamond” with the thumbs and forefingers.
- Gaze gently on the tips of the fingers and thumbs and focus the mind on **Shaoshang** and **Shangyang** points until a sensation of “getting energy” is experienced. (Pos.1)
- Once this feeling is established, begin the process of bringing the points into contact. (Pos.2)
- Inhale as you rise, exhale as you sink.
- As you sink, bring the **Shaoshang** and **Shangyang** points together by “rolling” the thumbs towards the tips of the fingers.
- Make an almost silent hissing sound as you sink (“Si”). When making the sound, stick the tip of the tongue against the palate behind the teeth.
- Keep **Shaoshang** in contact with **Shangyang** point and the tips of the index fingers of the right and left palms in contact, as if holding a full moon in the arms, giving one much warmth and consolation
- Do three, then – while still sunken – point the forefingers forward and stretch out the thumbs, keeping the other fingers tightly curled and pulled back. You should feel a tension in the hands.

**Posture 3. Zhangtui Huashan (Pushing Mt. Hua with the Palms)**



- Inhaling, pull the elbows back and bend and lower them, drawing the palms back and up and finally setting them in front of the chest, making the index fingers point upward instead of forward as they did. (Still Y-shaped). Meanwhile, straighten the legs and look at **Shangyang** points.
- Exhaling, bend the legs. Push the Y-shaped palms forward and extend the arms. Turn down the wrists and raise the index fingers high and lower the elbows. Continue to look at **Shangyang** points.
- Do three rounds, then – while still sunken – straighten the arms and turn the palms upwards.
- Set the mind on **Shangyang** points, and feel the energy deposited in **Dantian**.
- Keep the waist relaxed and the buttocks in.
- When pushing the palms forward, the elbows must be straightened, the wrists held low and the index fingers raised so as to produce a sensation of extension.

#### Posture 4. Jinlong Panzhu (Gold Dragons Twining on a Pillar)



- At the end of the previous movement, turn the palms upward, keeping the Y-shaped hand
- Concentrate the mind on **Shangyang** points.
- Breathe naturally, and have the energy deposited in **Dantian**.
- Perform the whole movement with legs bent
- Once the arms are extended, rotate the hand using the wrist as axes.
- Point the index finger backwards at the end of the first twist.
- Brings the hands back slowly with the index fingers leading the twining movement.
- On the first movement, follow the left hand with the eyes, on the second, follow the right hand, on the third look ahead.
- Do three, then – while still sunken – turn the hands palm down, and bring them towards the body for the next posture.

The two arms are stretched, with the palms facing upward, as if two gold dragons were twining on a jade pillar, ready to ride the clouds and travel in the air.

Pay attention to the wrist movements, moving them rather than the shoulders.

#### Posture 5. Zhudi Tongtian (Standing Firmly and Stretching Oneself up in the Air [Connecting the Heaven and the Earth])



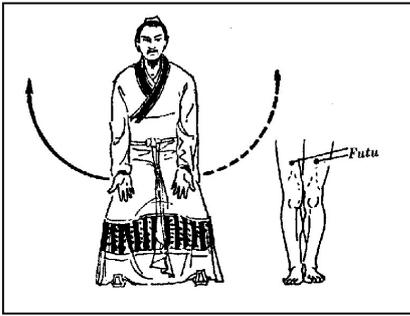
- Pull the palms down to the sides of the body, with the arms hanging naturally and the palms facing downward.
- Push the Y-shaped palms behind the body, facing backward.
- Stretch the arms and take in air and direct energy down to **Yongquan** points with the mind. Lift the heels at the same time.
- When bringing the arms forward once more, direct energy back to **Dantian** with the mind while exhaling.
- The mind should be set on conducting energy up and down.
- The action of contracting the anus and keeping the buttocks in should be coordinated with breathing. Direct the top of the head upward and keep the body upright.
- Stand firmly as if digging the toes into the ground.

#### Posture 6. Yedi Canghua (Hiding Flower under Leaves)



- Inhaling. Open the chest and stretch the whole body. Lift the heels off the ground and at the same time change the Y-shaped palms into willow-leaf shaped and massage with them from both sides of the spine upward toward the armpits.
- Rotate the arms inward and make the hands crooked like hooks, with the tips facing downward, and the elbows bent and held inward. Look straight ahead.

### Posture 7. Qinzhuo Futu (Catching the Rabbit in Hiding)



- Draw the palms forward and then downward in arcs to slap **Futu** points with the wrists relaxed.
- Contract the anus and keep the buttocks in.
- Lift the centre of gravity as high as possible.
- Practise fine, even, deep and long breathing.
- The slapping of the palms must be done with elasticity, speed, and precision.
- Keep the torso upright and make the healing sound at the same time.
- Do the movements of posture 6 and posture 7 in succession three times.

### Posture 8. Huaizhong Baoyue (Embracing the Moon)

Same as Posture 1.

### Posture 9. Shang-Shang Xuangjie (Shaoshang and Shangyang Coming into Contact)

Same as Posture 2

### Posture 10. Qichen Dantian (Depositing Energy in Dantian)

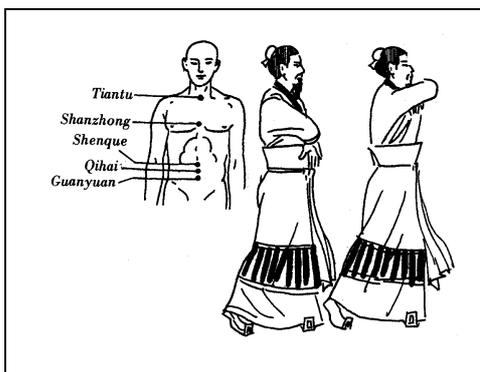


- Inhale and at the same time straighten the legs gradually.
- Swing the palms forward with fingers wide apart.
- Then exhale and at the same time pull the palms downward to the front of the belly, with the arms curved, the palms facing downward and the fingers pointing diagonally inward.
- Direct energy into **Dantian**.

## PART 2 – XUNXING (STROLLING) STIMULATING THE CIRCULATION

These are the most important exercises of the whole sequence. By using the guidance of the mind along the acupoints of the 4 meridians – **Lung, Large Intestine, Pericardium and Triple Heater** – the circulation of blood and **Qi** in all the meridians is stimulated. Therefore by use of these movements we can prevent/remove blockages of blood and **Qi**.

### Posture II. Chunfeng Bailiu (Willow Swinging in Spring Breeze)



- Inhaling, turn the body to the left. Lift the heel of the right foot and turn it outward.
- Lift **Hegu** point on the right hand from **Guanyuan** through **Qihai**, **Shenque**. **Shanzhong** points to **Tiantu** point.
- At the same time, rotate the left arm inward and stretch the left palm backward, with its back pressing against **Mingmen** point.
- When the body turns to the front, the palms hang down and energy is directed back to **Dantian**.
- The mind must follow the points massaged successively.
- Contract the anus while inhaling and relax it while exhaling.

- The whole body must be kept completely at ease, swinging freely and gracefully like a willow.
- Look straight front left
- Exhaling. Turn the body to the right. Rotate the right arm outward and lower the back of the right palm from **Tiantu** to **Guanyuan** point.
- When returning to the front, hang the palms along the sides of the body and direct energy back to **Dantian**.
- Repeat the movements left and right three times

### Posture 12. Qixing Taiyin (Energy Circulating through Taiyin Channels)



- Turn the body to the left and at the same time rotate the right arm inward and lift **Hegu** point from **Guanyuan** up to **Shanzhong** point.
- Rotate the left arm inward and stretch the left palm backward, with its back pressing against **Mingmen** point.
- Then bend the knees and at the same time rotate the right arm outward, turn the right palm upward and swing it to the left front in an arc. The arm is extended naturally.
- Send your mind to **Zhongfu** point.
- Turn the body to the right. Shift the centre of gravity to a position between two legs. Meanwhile, the right palm is swung forward and then to the right in an arc with the arm fully extended to the level of the shoulders, with the palm facing upward, sending your mind to **Tianfu**, **Chize** and **Shaoshang** points in succession.
- Breathe naturally.
- Keep the waist relaxed and the buttocks in.
- Deposit energy in **Dantian**.
- Keep the arms entirely relaxed.
- Keep in mind the passages of the movements and acupuncture points related.

### Posture 13. Qixing Yangming (Energy Circulating Through Yangming Channels)



- This is continuous from the previous movement
- Rotate the right arm inward to make the palm face downward. Then turn the body to the left, and swing the right palm forward and then to the left horizontally in an arc, with the arm extended naturally and the tip of the elbow hanging down.
- Meditate upon **Shangyang**, **Quchi**, **Jianyu** and **Yingxiang** points in succession.
- The left palm is still held pressing against **Mingmen** point.
- The arms, hips and waist should be kept loose and the buttocks in.
- Breathe smoothly, with energy deposited in **Dantian**.
- Keep in mind the passages of the movements and the acupuncture points related.

### Posture 14. Qiquan Baihui (Taking in Energy Through Baihui Point)



- Exhaling. Direct **Baihui** point upward and straighten the legs, meditating drawing in cosmic energy into the body through **Baihui** point and storing it in **Dantian**.
- Meanwhile, pull the right palm down slowly to the front side of the belly.
- Direct the flow of energy with the mind.
- The cosmic energy drawn in may be conducted down to **Youngquan** points.
- The three postures: 12, 13 and 14 should be performed in succession. Do them one or three rounds on either side.

### Posture 15 Laogong Kaiwei (Opening the Side Gate of Laogong)

- Shift weight to the right. Make a posture similar to “Play the Lute” (Tai Chi), but with the left palm in front of the face, facing inward, with the elbow bent naturally. The right **Laogong** point is made to face **Tianjing** point on the left elbow until a sensation of warmth is experienced.
- Keep the waist loose and the buttocks in while making an empty step.
- Just keep the upper part of the body relaxed and the lower part tight. Breathe naturally. Don't hold your breath.
- Set the mind on **Laogong** points.



### Posture 16. Laoweng Furan (Old Man Flicking Beard)

Perform this movement on the spot exactly as in **Dao Yin Bao Jian Gong**

**Key points:** Direct energy to **Yonquan** points with the mind.  
Keep the whole body at ease, and with radiating vigour .

### Posture 17. Qixing Jueying (Energy Circulating Through Jueying channels)



Turn the body to the left. Meanwhile, rotate the left palm inward and press its back against **Mingmen** point.

Rotate the right arm inward, lifting **Hegu** point on **Hukou** (Tiger's Mouth) from **Guanyuan** point up to **Shanzhong** point.

Transfer weight onto the right foot. Pull the right palm downward before the belly in an arc to the right side of the body with the palm facing upward, meditating at the same time on **Tianchi** , **Quze** , **Laogong**, and **Zhongchong** points.

Keep the upper part of the body upright and at ease.

Breathe naturally.

Commit to mind the passages of the movements and the acupuncture points related.

### Posture 18. Qixing Shaoyang (Energy Circulating through Shaoyang channels)



Shifting weight to the left, swing the right palm from the upper front of the head to the left side of the body in an arc.

Meanwhile, meditate on **Guanchong**, **Waiguan**, **Tianjin** and **Jianliao** point on **Sanjiao** channel of hand **Shaoyang** in succession.

### Posture 19. Qiguan Baihui (Taking in Energy through Baihui Point )

Same as Posture 14.

### Posture 20. Huaizhong Baoyue (Embracing the Moon)

Same as Posture 1.

### Posture 21. Shang-Shang Xiangjie (Shaoshang and Shangyang Coming into Contact)

Same as Posture 2.

### Posture 22. Qichen Dantian (Depositing Energy in Dantian)

Same as Posture 10