

YANSHENG TAIJI JIN 2 REMINDER NOTES

These notes are intended only as an *aide memoir* of those who attended Mark Atkinson's recent seminar in Hertfordshire. If you are interested in developing your practice in DYYSG, we recommend that you seek out an accredited instructor.

INTRODUCTION

Taiji Jin 1 and 2 are two series of exercises which Professor Zhang has created which are intended to benefit the health in general, but at the same time extend our knowledge and understanding of the philosophies and attitudes which underpin the whole system of *Daoyin Yangsheng Gong*.

In general, one might say that Taiji Jin 1 illustrates various aspects of Taoist thoughts relating to the creation of the universe.

Just as in the Christian tradition, we have the notion of the Earth being created in six days, Adam and Eve, the Garden of Eden, and in modern scientific thought, we have the theory of the "Big Bang", from a Taoist perspective, the universe emerged from the *Wuji* – the void. From this void emerged the two principles of Yin and Yang, which permeate everything and led to the creation of Earth, Sky, Mankind, and everything in the universe.

Taiji Jin 2 continues to illustrate various aspects of this concept, in particular making reference to the *I Ching*, traditional stories and poems, and ways in which we might conduct ourselves in order to promote good health, and longevity which in essence, is the meaning of the term *Yangsheng* in our system *Daoyin Yangsheng Gong*.

THE POEM OF PREPARATION (*Lian gong kou jie*)

Stand with the feet together, (*Bin bu zhan li*)
Keep the body upright and in balance. (*shen zhong zheng*)
Lead energy into the *dantian*, (*Qi chen dan tian*)
The body relaxed. (*ti fan song*)
The tip of the tongue touches the palate (*She di shang er*)
To connect the ren and du meridians. (*tong du ren*)
Concentrate the attention inside, (*Jing shen nei shou*)
The mind is calm and empty. (*nai xu jin*)

KEY POINTS

- 1 / Close the eyes slightly or to look to the front. Lightly close the teeth.
- 2 / Silently repeat the poem.
- 3 / At the end of this mental repetition, lower the arms alongside the body.

BREATHING FOR THE WHOLE SEQUENCE

1 / Unless specifically instructed otherwise, inhale on the odd numbers of the sequences: 1 - 3 - 5 - 7.

At the end of the inhalation, briefly contract the anus and to tighten the perineum, the tip of the tongue touches the palate.

2 / Exhale on the even numbers of the sequences: 2 - 4 - 6 - 8.

During the exhalation, progressively relax the anus, release the perineum and lower the tongue.

MOVEMENT 1

QIAN YUAN QI YUN

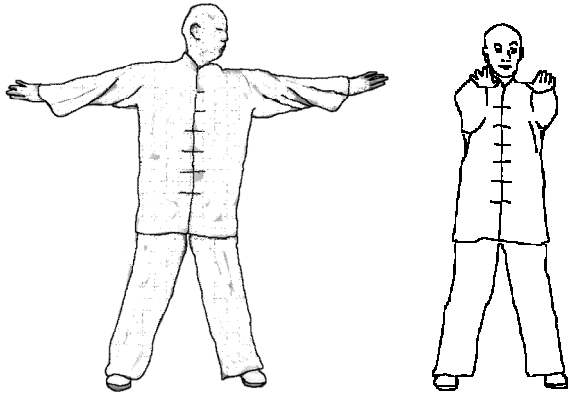
Qian, The Primordial Yang Breath, Wakes The Vitality Of Existence:

THE MEANING OF THE TITLE

The reference here is to the hexagram 11 **TAI (PEACE)** in the "*I Ching*".



At first sight, this hexagram appears to be upside down, with the lines representing Heaven on the bottom and those representing the Earth on the top. However, in fact it denotes a time in nature when Heaven seems to be on Earth. Heaven has placed itself beneath the Earth and so their powers unite in deep harmony.



In the **Taiji Jin**, the title **Qian Yuan Qi Yun** suggests **releasing the mind of problems** and of concerns in order to bring calm to it and to give dynamics to all the movements.

KEY POINTS OF THE MOVEMENT

ELEMENT 1

- **INHALE**
- Raise the hands to **SHOULDER LEVEL**.
- Step slightly wider than shoulder width.

ELEMENT 2

- **EXHALE**
- Elbows in front of body, forearms parallel with the floor.
- Turn the elbows in slightly when descending.
- Leave a slight space under the arms.**

GENERAL

- While inhaling and exhaling, make a light sucking movement: 4 suctions per number in the sequence.
- Change the weight on 8.
- concentrate on *dantian* or carefully guide the movement with the mind.

PRINCIPAL ACTIONS

- **releases the lung meridian** and **large intestine meridian** .
- **Reinforces central energy** to reinforce the **Stomach** and **Spleen**
- Also assists the **Large Intestine** (treat constipation) and frees and regulates the **Triple Heater**.

- **Reinforces the centre**, invigorates energy and **consolidates correct energy** to reinforce the body and to **increase the defensive forces**.
- The **thought** which guides the movement **allows us to eliminate concerns**, purify the brain while reinforcing and **consolidating internal energy in order to invigorate the body**.

MOVEMENT 2

LAO JI FU LI

An Old Horse Rests In The Stable: (nourishing the ambition to gallop again)

THE MEANING OF THE TITLE

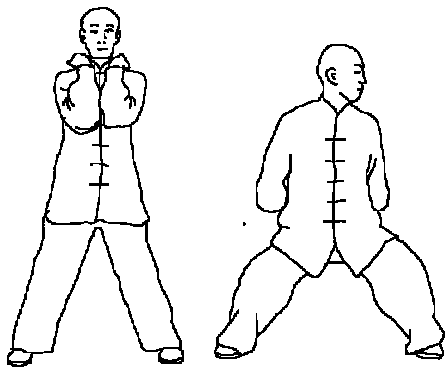
This title is taken from a famous **POEM**

"An old horse rests in the stable while nourishing the ambition of galloping again.

The hero, even at the end of his lifetime always keeps his heart alive".

This poem means: age is no bar to activity. The horse's heart and will are still strong, and he believes that he has much life left in him, while at the same time dreaming of the life he has had.

KEY POINTS OF THE MOVEMENT



ELEMENT 1

- **INHALE** when raising the hands and **EXHALE** when clenching the fists.
- Take a **very wide** step.
- MAKE "SQUARE" FISTS.
- When the hands form fists under the chin, the ends of the middle fingers press **LAOGONG**.
- Press the elbows into the chest.
- Finishes with hands under the chin.

ELEMENT 2

- **INHALE** when pushing the hands upwards, **and EXHALE** when stretching the arms backwards.
- Bend the legs according to individual ability.
- MAKE " LUNG " FISTS when stretching the arms.
- Bend the wrist to the maximum possible when the hand takes the shape of the bird's beak -- *goushou*.
- Stretch the arms to the maximum.
- Finishes in horse stance with arms stretched behind.

ELEMENT 3

- **INHALE only.**
- Coordinate straightening of legs with clicking nails.

ELEMENT 4

- **EXHALE only.**
- Element 4 = simple close-up.

GENERAL

- When inhaling, the tongue lightly touches the upper palate.
- When exhaling, the tongue touches the lower teeth in a sucking movement.
4 suction per number in the sequence .
- carefully guide the movement with the thought.

PRINCIPAL ACTIONS.

- The pressure on *LAOGONG* (8HP) increases cardiac capacities.
- Cocking the wrist and making the LUNG FIST, the contact of the wrists and the knuckles induce a massage of the *yuan* points of the LUNG -- *TAIYUAN* (9LU), HEART PROTECTOR -- *DALING* (7HP), HEART -- *SHENMEN* (7H). This reinforces the Heart as well as the Lung .
- Stimulates *Yunmen* (2Lu) -- Cloud Gate. Here the cloud represents energy. When *Yunmen* is open energy circulates freely.
- Reinforces central energy, consolidates original energy to reinforce correct energy and to invigorate the body.

MOVEMENT 3

SHUAN YU XUAN GE

Two Fish Hang In A Pagoda

THE MEANING OF THE TITLE

Refers to a drawing " *TAIJITU* ", suspended on a wall of a pagoda, composed of two fish. One is *yin* and the other is *yang*, each one of a different colour, the head and the tail of the one connects the tail and the head of the other.

This image describes movement, changing, as well as the transformation of yin and yang energy in nature.

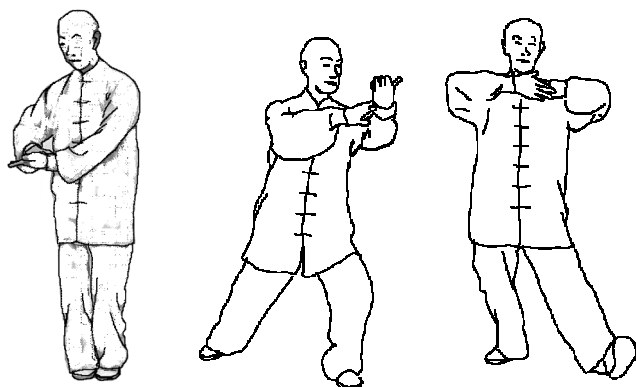
The image symbolizes the source of culture and of traditional Chinese philosophy and is shown by end of position 3.

Yin/Yang emerged from the Taiji. The Taiji is the beginning of everything. The root and base of the 10,000 things. i.e. Everything stems from the Taiji.

In the movement, the Taiji is expressed in the circling of the arms and then the Yin and Yang appear.

The hands together represent the door of the Taiji through which appears the Yin and Yang and the 10,000 things.

KEY POINTS OF THE MOVEMENT



ELEMENT 1

- **INHALE** as the arms open, and **EXHALE** as you take the pulse.
- The hand which is going to have the pulse taken passes in front of the body.
- Place the index, middle finger and ring finger on the wrist, with the ring finger on *TAIYUAN (9L)* as if taking a pulse.
- Finishes just before stepping.

ELEMENT 2

- **INHALE** when **moving the hands outward, stopping when you reach the side of the body.** **EXHALE** when **returning.**
- The "pulse" hand goes on the inside when the hands are placed together.
- Finishes with the weight backwards and the hands covering each other.

ELEMENT 3

- **INHALE** only.
- Begins with bringing the leg back, then "slipping" the hands.
- The "outside" hand goes upwards.
- Finishes with the Yin/Yang position.

ELEMENT 4

- **EXHALE** only.
- Look at the descending hand, and lower the hand slightly obliquely.
- Finishes at the starting point, arms at the side.

GENERAL

- Concentrate on ***Dantian*** or carefully guide the movement with the mind.

PRINCIPAL ACTION

- Taking the "pulse" connects 7, 8, and 9 **Lungs** and therefore tonifies the **Lungs** and reinforces energy.
- **Pulling the toes back** tonifies the **Kidneys.**
- Lifting the arms **helps and stimulates the capacity** of the **Spleen** and the **Stomach**, assisting with **digestive disorders, abdominal and stomach pain.**

MOVEMENT 4 : XI MEN JIE JI The Point Ximen Assists With An Urgent Case

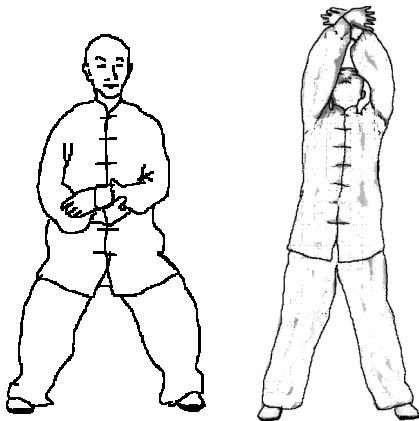
THE MEANING OF THE TITLE

In the practice of acupuncture, the *xi* (cleft) points are very often used to treat emergencies or violent pains.

In this movement, one places the **thumb** on the *xi* point of the Heart Protector *XIMEN* to relieve acute pathologies of the **heart, the stomach** and the **chest**.

Behind the movement we may perceive the message that as life develops, we can meet and overcome difficulties, through effective action.

KEY POINTS OF THE MOVEMENT



ELEMENT 1

- **INHALE**
- Place the left thumb on the right *XIMEN* (4HP), place the left middle finger on the right *GUIZHONG* (7TH), place the right middle finger on the left *XIMEN* (4HP), place the right thumb on the left *GUIZHONG* (7TH).

ELEMENT 2

- **EXHALE**
- When making *mabu*, **press the four points**.

ELEMENT 3

- **INHALE**
- When raising the head, put a pressure on *DAZHUI* (14GV) and *DINGCHUAN* (17HP).
- Keep the wrists in contact and fingers pointing backwards when pushing the arms upwards
- Do not to lean the body backwards when crossing the hands above the head but only raise the head.

ELEMENT 4

- **EXHALE**
- 4 = close up.

GENERAL

- Concentrate on the two points.

PRINCIPAL ACTION

- Prevents the acute pressure of **cardiac** and **pulmonary** diseases.
- **Regulates the Triple Heater.**

MOVEMENT 5: Two Dragons Fly In The Room

ER LONG RAO SHI

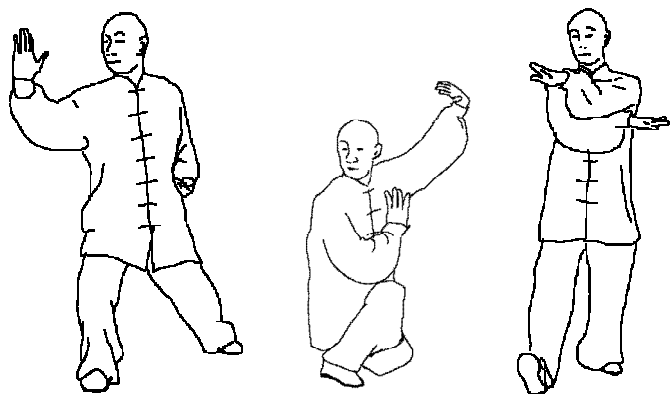
THE MEANING OF THE TITLE

There are many stories concerning the birth of Confucius. One of them, the extraordinary and curious story " *Shiyi ji* " tells the legend of the birth of Confucius. In the night, two dragons flew into the room, a sign of the birth of a great sage.

In the movement, the arms and the hands, crossing successively, form circles and give the image of the Dragons flying.

It is not necessary for us to be as wise as Confucius, only wise enough to appreciate that we possess the means to improve ourselves.

KEY POINTS OF THE MOVEMENT.



ELEMENT 1

- **INHALE** as you massage with the "**Tiger's Mouth**" following the path of **CV** as far as **22 CV TIAN TU**, fingers downwards.
- Massage with the **RIGHT** hand first time, step **LEFT**.
- Finishes in forward position.

ELEMENT 2

- **EXHALE**
- Before squatting, turn the back foot.
- Finishes with squat. Squat according to individual ability.

ELEMENT 3.

- **INHALE**
- First stand, and let high hand lower to the side, advance weight and bring hand to the front, "wipe" head and move weight to the back, open both arms to the sides then move weight forward again. Look towards the hand that passes in front of the face
- Finishes in forward position with arms out to the side.

ELEMENT 4

- **EXHALE**
- Close back foot to front foot.
- When returning, try to end up back at the starting point.
- Finishes with hands at the side. Final 8 – Make **SQUARE FISTS**

GENERAL

- Concentrate on *Yongquan*.

PRINCIPAL ACTION

- Increases the capacities of the **Heart, Lung, Kidney, Spleen** and **Stomach**.

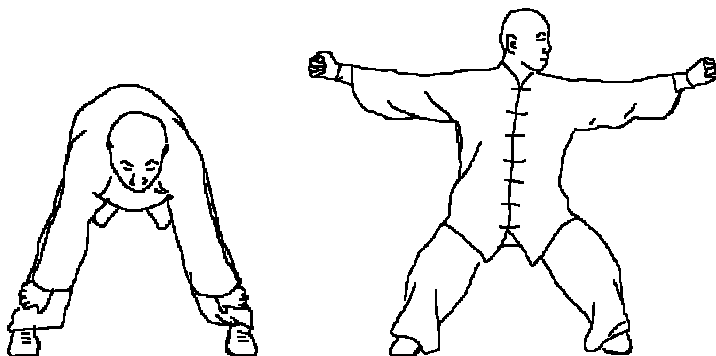
MOVEMENT 6: QIA SUO SAN YIN **Grip And Connect The Points Sanyin (6SP)**

THE MEANING OF THE TITLE

The point **Sanyinjiao** is the crossing place of the **Spleen** (*zu taiyin*), **Liver** (*zu jue yin*) and **Kidney** (*zu shaoyin*) meridians.

This is why it is called the "**crossing of the 3 yins.**"

KEY POINTS OF THE MOVEMENT



ELEMENT 1

- **INHALE**
- Raise hands and turn them at the same time.
- Finishes with fists closed.

ELEMENT 2.

- **EXHALE**
- Place the thumbs on *sanyinjiao* (6SP) [4 fingers above the internal ankle bone], while the four other fingers are placed on the other side of the leg.

ELEMENT 3

- **INHALE**
- **When standing**, the points **Baxie** (Extra) of the hands **touch each other**. [4 points on the skin in between the knuckles].

ELEMENT 4

- **EXHALE**

- Begins with opening the fists
- Finishes with closing up towards the direction in which one is looking.

GENERAL

- People prone to **hypertension** must **take care to raise the head** when **bending forward**
- Carefully guide the movement with the mind.

PRINCIPAL ACTION

- Improves the functions of the **Liver, Spleen** and the **Kidneys**.

MOVEMENT 7:

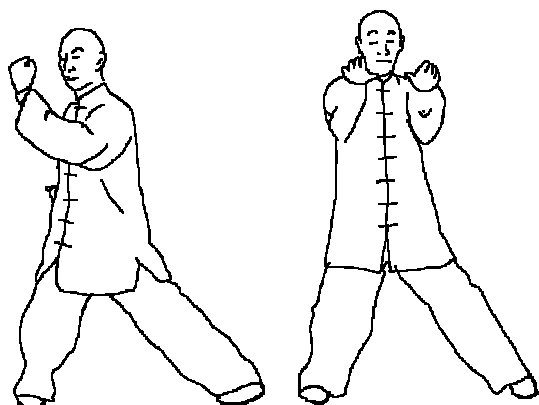
LIU HE TONG CHUN

Six Cardinal Points Generate The Spring

THE MEANING OF THE TITLE

The commentary of the *I Ching* states: " the Tao of Heaven, Tao of the Earth, the Tao of Man, these three aspects are related to the *yin* and *yang*, together they form **the six cardinal points** " The harmonisation of these three aspects with *yin* and *yang* is the principal base of the balance between nature and the condition of good health for man.

KEY POINTS OF THE MOVEMENT



ELEMENT 1

- **INHALE** while pushing fist behind.
- **EXHALE** while stepping out and "blocking".
- Finishes inside forward step. Look at front fist.

ELEMENT 2

- **INHALE** while bringing the fist back to the waist and extending the other fist.
- **EXHALE** while changing weight and bring the other fist in front of the face.
- Finishes in above position

ELEMENT 3

- **INHALE**
- Bring the fists back into the waist and then open the hands and the arms.
- Circle the arms while changing weight.
- Finishes with arms forward

ELEMENT 4

- **EXHALE**

- First close the leg and then bring the arms back to the sides.
- Finishes in starting position

GENERAL

- When the fists pass in front of the face, **relax the shoulders, drop the elbows** and **lightly press laogong (8HP)** with the tip of the middle finger .
- Carefully guide the movement with the mind.

PRINCIPAL ACTION

- Supports the **crossing** and the **harmonisation** of **fire and water**, the **heart** and the **kidney** in order to give balance and peace to the five organs.
- **Develops flexibility** and the **harmony** of the body.
- **Develops** the **functions** of the **heart**, the **kidney**, the **lung** and the **large intestine**.

MOVEMENT 8 :

Man Bu Shu Lin

Walk At Ease In The Forest Of Books

THE MEANING OF THE TITLE

Since the Han period, *Shulin*, The Forest of Books has been the name for a library in China. Thanks to the development of printing in the Tang period, Shulin can be found in China in several provinces.

It is an important place for intellectual meetings. One often uses this title to encourage people to study and carry out research.

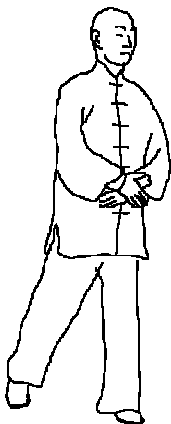
This movement is an example of practising Qi Gong with the body and the mind. As we practise, we can imagine storing the treasures of the body and the mind.

For old people it is interesting not only to practise Dao Yin regularly, but also to widen their knowledge by study. It is a pleasant and intelligent way to age well.

The walk imagined is leisurely and tranquil.

This movements has a particular significance for older people – i.e. even our later life can be peaceful, filled with experience and happiness.

KEY POINTS OF THE MOVEMENT



ELEMENT 1

- **INHALE**
- Turn the arms as much as possible.
- Keep the body upright
- Finishes with body upright and arms extended in front.

ELEMENT 2

- **EXHALE**
- Begins with stepping out into *xubu*.
- Cross the hands over *Qihai (CV6)* – left inside if stepping left...- and stretch the legs.

ELEMENT 3

- **INHALE**
- Begins with sinking back into *xubu* and letting the hands rise up, still crossed.
- Turn to the front, opening arms sideways, fingers upwards.

ELEMENT 4

- **EXHALE.**
- Close the feet first, then lower the arms while straightening the legs.
- Finishes with arms to the sides. At the very end cross the hands over *dantian* – left for men, right for women.

GENERAL

- **Rotate the arms as much as possible**
- **Coordinate the movements** and the **breathing**.
- Carefully guide the movement with the mind.

PRINCIPAL ACTION

- **Reinforces** the capacity to of the **heart** and the **lung**,
- **Supports correct energy, consolidates the roots** to improve the functions of spleen and the stomach.