

HEWEI JANPI GONG

EXERCISES TO HARMONISE THE STOMACH AND REINFORCE THE SPLEEN 1ST FORM.

REMINDER NOTES

N.B. These notes are intended for those who supported my recent seminar in Hertfordshire. They are very little use to someone unfamiliar with this form, but they may be of interest nonetheless.

PREPARATION

While listening to the introduction, first stand with feet together and hands held by the sides. Then, when the poem begins, bring the hands together to cover *Dantian*, with the **left** hand touching the body (men and women), and the *Laogong* points of each hand in line.

NOTE:

Bring their hands to the surface of *dantian*, left hand beneath for men and women.

At the end of the preparation, **lower the hands alongside the body.**

EX. 1 KOU CHI YAN JIN (CLASHING THE TEETH AND SWALLOWING THE SALIVA)

THE MEANING OF THE TITLE

Yanjin, (Swallow saliva) is an important technique of *yangsheng* (nourish life).

MOVEMENT

Preparation: On the announcement of the exercise, place the **left** palm on the body just below the navel on the Conception Vessel. Take hold of the left wrist with the **right** hand, with the right thumb resting on the *Neiguan* 6 HP point.

ELEMENT 1

INHALE:

- The tongue touches the palate.
- **Lift the toes.**
- Relax the right hand, **do not press *neiguan*.**

ELEMENT 2

EXHALE:

- **Click the teeth 5 to 8 times.**

AT THE SAME TIME.....

- **Press *neiguan*** with the right thumb.
- **The toes grip the floor.**

3,5 and 7 = 1.

4,6 and 8 = 2.

Rotate the hands around the right thumb to change positions at the end of the first round of 8.

NOTE:

- **Swallow saliva as it is secreted.**
- Concentrate the mind on *Dantian*.

EX. 2 ZHAI XING HUAN DOU (PICK STARS FROM THE SKY AND TRANSFORM THE WORLD)

THE MEANING OF THE TITLE

Here the word ***dou*** indicates the *Pole Star*, the symbol of orientation.

MOVEMENT

ELEMENT 1

INHALING:

- **Lift the toes**, turn the body obliquely to the left. (1st time)

AT THE SAME TIME...

- Place the back of the right hand on *mingmen 4 GV*.

AT THE SAME TIME...

- Place *hegu 4 L. I* on the stomach.

THEN

- Following the rotation of the trunk, massage the pathway of the Conception Vessel **as far as the point *tiantu 22 CV***.
- Turn the left wrist to place the palm upward, fingers lightly pointing towards the face.

ELEMENT 2

EXHALING:

- **The toes grip the floor.**
- Push the palm upward past the ear, and when the arm is fully stretched,
- Rotate the wrist and form the hook, the point of the hook downward.
- **Push the wrist upward**; the right hand remains on *mingmen*.

ELEMENT 3

INHALING:

- **Lift the toes.**
- Turn the body **forwards**.

AT THE SAME TIME...

- Open the left-hand, turning the palm upward, fingers pointing backward.
- The right hand does not move.

ELEMENT 4

EXHALING:

- **The toes grip the floor.**
- **AT THE SAME TIME.....**
- Lower both arms alongside the body at the same time.
- **At the end of the last " 8"**, bring the hands as fists to each side of the waist.

NOTE:

- Point of concentration: *dantian*.
- When lifting the hand, **push with the heel of the hand**.

EX. 3 BAWANG JUDIN (TITAN LIFTS THE CAULDRON)

Preparation: Stand with feet together with **the hands as fists in the waist**.

ELEMENT 1:

INHALING:

- Make a **wide step**.
- Then **equalise the weight and straighten the legs**.

AT THE SAME TIME...

- Open the fists, **palms upward**;
- Raise the **right hand** in front of the chest, fingers pointing left;
- Bring the **left hand** in front of the belly, fingers pointing right; the distance between the hands and the body about 20 cm.

ELEMENT 2

EXHALING:

- Form *mabu*.

AT THE SAME TIME ...

- Rotate and lift the right hand in front of the face, and push the hand up above the head.

AT THE SAME TIME

- Rotate the left hand and push it downward, fingers pointing to the right, the arm naturally stretched.

ELEMENT 3

INHALING:

- Shift the bodyweight to the right.

AT THE SAME TIME ...

- Naturally extend and lower the right arm forward **to shoulder level**, turning the palm upwards.

AT THE SAME TIME ...

- Naturally extend and lift the left arm forward to shoulder level, turning the palm upward.

ELEMENT 4:

EXHALING:

- Bring the left foot to the right foot, straightening legs.

AT THE SAME TIME

- Bring the hands as fists to each side of the waist.

NOTE:

- Point of concentration: *dantian*.

EX. 4 DAPENG YASU (THE ROC PRESSES ITS CROP)

THE MEANING OF THE TITLE:

Dapeng, according to Chinese legend is a great bird. When he goes to the Southern Ocean, his wings strike the water for 1500 kilometres then he flies through the sky and covers 45000 kilometres.

MOVEMENT:

Preparation: Stand with feet together, fists in the waist.

ELEMENT 1

INHALING:

- Turn the body slightly left, **lift the toes**.

AT THE SAME TIME...

- Open the left fist and massage up the left side of the body with it, fingers pointing downward.

ELEMENT 2

EXHALING:

- **The toes grip the floor**,

- Turn the body forward.

AT THE SAME TIME...

- Massage the **stomach downward and obliquely right** with the heel of the left hand as far as the navel.

ELEMENT 3:

INHALING:

- **Lift the toes;**
- Turn the body to the right.
- Change the right fist into open hand, and lightly massage up the right side of the body with it, fingers pointing downwards.

AT THE SAME TIME ...

- Continue to massage the stomach **downward and obliquely right** with the heel of the left-hand.

ELEMENT 4:

EXHALING:

- **The toes grip the floor;**
- Turn the body forward.

AT THE SAME TIME ...

- Massage the stomach with the heel of the right hand **downward and obliquely left.**
- **Cup the left hand and with the side of the little finger**, massage across the front of the lower stomach in order to strengthen the action of the internal organs.

Repeat these actions to the left and the right for two counts of eight.

THEN....

- **Cross the hands**, placing *laogong* on the navel, the **left hand underneath.**

THEN,

- Massage the stomach with both hands, using a **circular clockwise motion.**
- **Begin with small circles**, which **become progressively bigger.**
- **Count two for each circle** -- 1 from bottom to top; 2 from top to bottom.
- Make 4 circles.

AFTER THE FOURTH CIRCLE,

- Change the hands and massage on the other direction.

After the last movement, **leave the hands crossed on the stomach.**

NOTE:

- On odd numbers you will have **one hand high, one low**; one even numbers you will have **both hands low.**
- Point of concentration: *dantian*.

EX. 5 JIN GANG ROU QIU (THE GIANT PLAYS WITH THE BALL)

THE MEANING OF THE TITLE

Jin gang is the name of the guardian of Buddha; images of him are often found on each side of the doors of Buddhist temples.

MOVEMENT

ELEMENT 1

INHALING:

- Make a **wide step.**

AT THE SAME TIME..

- Turn the wrists, lift the arms sideways to **shoulder level**, palms backward.
- Look at the left hand (1st time).

WITHOUT STOPPING....

- Equalise the weight, straighten the legs.

AT THE SAME TIME...

- Turn the palms **upward**.

ELEMENT 2:

EXHALING:

- **The toes grip the floor.**
- Form *mabu*.

AT THE SAME TIME....

- Circle the arms upward and inward.
- When the hands arrive in front of the shoulders, form fists (progressively).
- Lower the arms downward and forward.

ELEMENT 3

INHALING:

- **Lift the left toes and grip the floor with the right toes.**
- **Lift the left shoulder and push it backward** to bring the left fist backward and slightly upward.

AT THE SAME TIME...

- **Lower the right shoulder and push it forward** to guide the right fist forward and downward.
- Extend both arms.

THEN, EXHALING...

- **Lift the toes of the right foot and grip the floor with the toes of the left.**
- **Lift the right shoulder and push it backward** to bring the right fist back and slightly upward.
- **Lower the left shoulder and push it forward** to guide the left fist forward and downward.
- Naturally extend both arms.

4, 5 and 6 = 3.

ELEMENT 7

INHALING:

- Shift the body weight to the right.
- Bend the right leg, straighten the left leg.

AT THE SAME TIME...

- Open the fists, turn the wrists, open the hands and open the arms sideways to shoulder height, palms upward.
- Look at the right hand.

ELEMENT 8

EXHALING:

- Bring the left foot back to the right foot.
- Then progressively straighten the legs.

AT THE SAME TIME ...

- Bend the elbows and pass the hands in front of the face and lower them in front of the abdomen.

Once to the left; once to the right.

NOTE:

- Point of concentration: **dantian**.
- When stepping left, bring the left hand back first – stepping right, right hand first.
- Lift the toes of the arm that is coming back.

EX. 6 CHUIKOU SANLI (POUNDING ZUSANLI)

THE MEANING OF THE TITLE

Zusanli 36 St. is a general point for tonifying the body.

MOVEMENT OPEN ON THE COUNT

ELEMENT 1

INHALING:

- Keeping the legs still, lift the arms sideways 45°, palms downward.

ELEMENT 2

EXHALING:

- Extend the right leg, lift the left knee, the toes of the left foot downward.

AT THE SAME TIME...

- Hit **zusanli 36 St** with the left hand, and **yinlingquan 9 Spl** with the right hand.

ELEMENT 3

INHALING:

- Place the left foot on the ground.
- Lift the arms forward then sideways, palms downward.
- Look ahead.

ELEMENT 4

EXHALING:

- Extend the left leg; lift the right knee, the toes of the foot downward.

AT THE SAME TIME...

- Hit **zusanli** with the right hand and **yinlingquan** with the left hand.
- Look ahead.

5 – 8 = 1 – 4.

Then repeat the sequence but hitting with the fists rather than the palms.

At the end,

- Place the right foot next to the left foot.
- **Lower the arms alongside the body.**

NOTE:

- Point of concentration: **zusanli 36 St.**

EX. 7 YINGFENG BAICHUI (POUNDING THE BODY LIKE A HAMMER SWINGING IN THE WIND)

MOVEMENT N.B. PROHIBITED FOR PREGNANT WOMEN

ELEMENT 1

- Step to the left, toes forward. **Lift the toes.**

AT THE SAME TIME...

INHALE and

- Turn the body to the left to begin the swinging of the arms.
- The hands make fists.

EXHALE and

- Hit with the inside of the arm on the *Tianshu* point
- The back of the left fist strikes the zone of *weishu 21Bl* .
- At the moment of hitting, the **toes grip the ground.**

2 = 1, but to the right etc.

1 – 8 REPEAT.

On the last “8”, shift the weight onto the right foot; bend the right knee.

AT THE SAME TIME...

- Open the hands and describe a circle, bringing the arms in front of the body at shoulder height.
- Keep a space between the arms of about shoulder width, palms facing downward.

WITHOUT STOPPING...

- Bring the left foot to the right; progressively straighten the legs.
- Lower the arms alongside the body.

NOTE:

- Point of concentration: *dantian*.

EX. 8 BAIHE LIANGCHI (THE WHITE CRANE TAKES WING)

THE MEANING OF THE TITLE

In ancient times, people of high virtue were often compared to the white crane.

MOVEMENT KEEP LEGS STRAIGHT THROUGHOUT MOVEMENT

ELEMENT 1

INHALING:

- Turn the wrists and place the *hegu* 4 LI points on the zone of *dantian*.

WITHOUT STOPPING..

- **Lift the heels.**

AT THE SAME TIME...

- Massage the Conception Vessel with *hegu* as far as the chest.
- Fold the arms, elbows slightly higher than the shoulders, fingers pointing downward.

ELEMENT 2

EXHALING:

- **Lower the heels.**

AT THE SAME TIME...

- Rotate the wrists, and describe a **forward circle with the hands.**
- Lower the arms alongside the body, palms facing forward.

ELEMENT 3

INHALING:

- Push *Baihui*, raise the heels.

AT THE SAME TIME...

- Turn the palms **inward**, raise the arms sideways, describing a circle until the hands are above the head, palms upward, fingers pointing toward each other.

ELEMENT 5

EXHALING:

- Lower the heels to the floor.

AT THE SAME TIME..

- Lower the hands to each side of the body, returning to the starting position.

5, 6, 7 and 8 = 1, 2, 3 and 4.

Perform 1 – 8 TWICE

NOTE:

- Place of concentration: **dantian**.

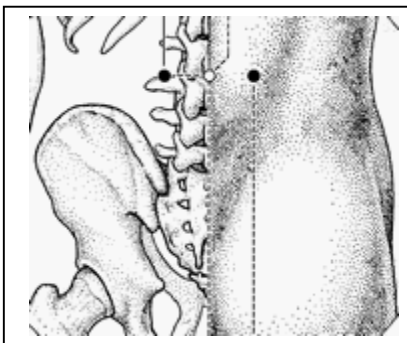
CONCLUSION

Cross the hands and place them on the zone of **dantian**: left hand touching for men, right hand for women.

ACUPUNCTURE POINTS USED IN HEWEI JIANPI GONG

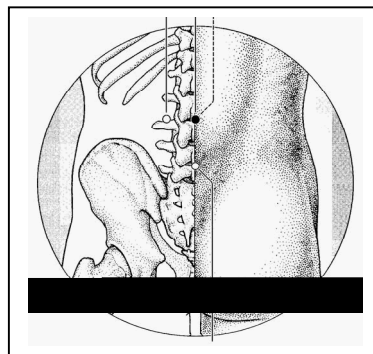
Shenshu

(Bladder – 23 Kidney Shu Point).



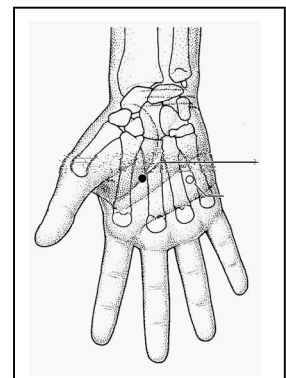
Mingmen

(G.V.4 – Gate of life)



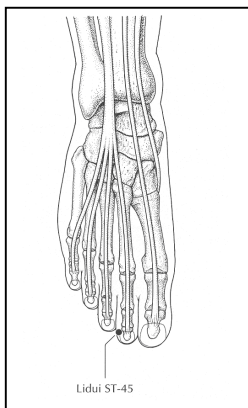
Laogong

(Pericardium 8 – Palace of Labour)



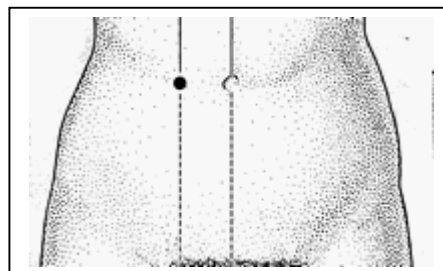
Lidui

(St.45 – Strict Exchange)



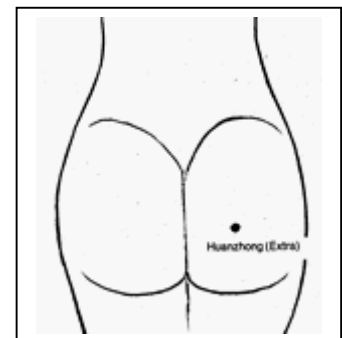
Tianshu

(St. 25 – Heaven's Axis)



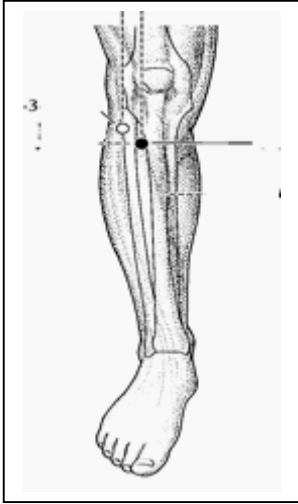
Huanzhong

(Extra – Circle Centre)



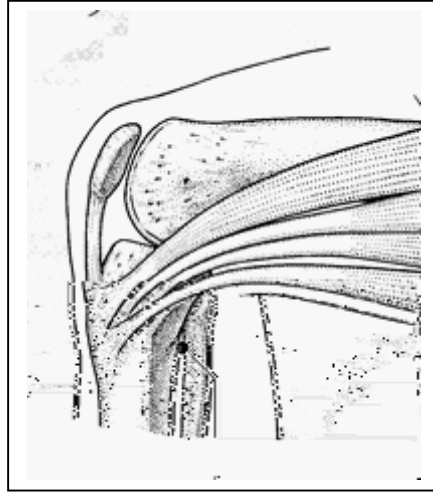
Zusanli

(St. 36 – Leg Three Miles)



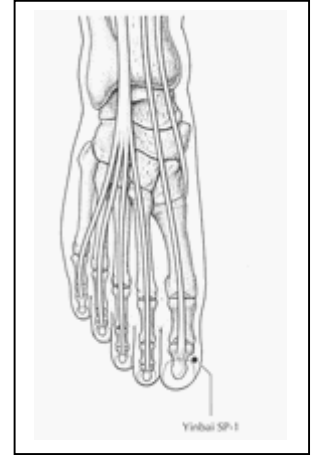
Yinglinquan

(Sp. 9 – Yin Mound Spring)



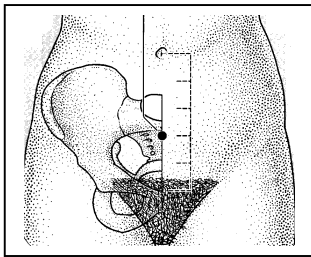
Yinbai

(Spleen1 – Hidden White)



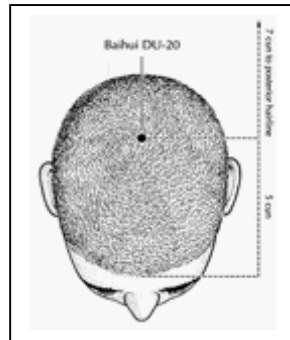
Guanyuan

(C.V. 4 – Home of Yuan Qi)



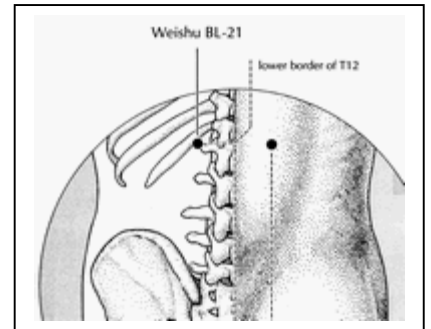
Baihui

(G.V. 20 – Hundred Meetings)



Weishu

(Bl. 21 – Stomach shu point)



Neiguan

(Pericardium 6 - Inner Pass)

