

REMINDER NOTES ON THE HEART EXERCISES

INTRODUCTION

Shu Xin = calm the Heart/ make the Heart feel at peace. **Pingxue** = Stabilise the blood pressure.

The breathing should be smooth and long to invigorate the respiratory system and open the blood vessels related to that system. This will stabilise the rhythm of the Heart and the Blood.

There is a need to be relaxed (Song) – Clear the mind/relax the brain, enabling you to focus as you develop your skills on the pressure points required.

PREPARATION

- Stand with hands by sides until poem begins (*Yie lan ren jing*)
- Place hands over *Dantian* (men left against body, women right against body) when poem is being read.
- Bring hands back to sides when poem ends.

1. WENJI QIWU (RISING TO PERFORM THE SWORD DANCE AT COCK-CROW)

ELEMENT 1

INHALE:

- Stretch arms forward, **little finger higher. The wrists twisted**
- Raise hands to **shoulder level, shoulder width.**
- Lift heels

ELEMENT 2

EXHALE:

- Grip the floor with the toes.
- half squat, keeping the knees together.
- **AT THE SAME TIME.....**
- Draw the hands back to the **outer hip, PROGRESSIVELY** making fists
- Press **LAOGONG** with **ZHONGCHONG**
- Concentrate on **LAOGONG**

ELEMENT 3

INHALE: same movement as **ELEMENT 1**, but stretch both arms sideways. Look at the left palm (1st time).

ELEMENT 4

- **EXHALE:** same as ELEMENT 2 but draw the hands down **sideways**

Repeat 1 to 8 twice.

On the final 8, lower the hands to the sides WITHOUT BENDING THE KNEES

2. BAIYUAN XIANGUO (WHITE APE OFFERING FRUITS)

ELEMENT 1

INHALE:

- **Turn torso** leftward (1st time), **less than 45 degrees.**
- **At the same time**, rotate arms **inward** with **palms outward.**
- Move the arms in an arc to the **upper front left.**
- Straighten arms naturally at **shoulder level.**
- Keep the palms apart **less than shoulder-width.**
- Look at both palms.

- **Without stopping**, lower body weight and **STEP DIAGONALLY LEFT** onto the heel.
AT THE SAME TIME...
- Rotate both arms slightly outward, bending elbows and drawing palms to the front of shoulders.
- Look straight front left.

ELEMENT 2

EXHALE:

- Advance weight.
- Shift weight onto left foot.
- Step through with right leg and place toes on the ground in front of left leg.

AT THE SAME TIME...

- Move the palms first sideways, then downward, then hold them up forward and upward.
- Straighten arms naturally, moving palms up above the shoulder level and keeping them less than shoulder-width.
- Keep palms upward with both little finger tips tilted up, as if offering a gift.

ELEMENT 3

INHALE:

- Lower weight by bending left leg slightly.
- Step right foot backward. Shift weight to right foot.
- Bend right knee and straighten left leg with left foot tilted up to form left empty stance.

AT THE SAME TIME....

- Stretch both arms sideward in a slight arc with palms upward. Straighten arms naturally with lowered elbows.

ELEMENT 4

EXHALE:

- Shift weight forward to form left bow stance.

AT THE SAME TIME....

- Slightly bend both elbows and rotate both palms backward and inward using wrists as the axis.
- Keep hands **below head height**.
- Press palms forward and downward, **SLOWLY MAKING FISTS** as they approach the sides of left knee.
- Use **ZHONGCHONG** acupoints to press **LAOGONG** points.
- Tilt up fists slightly to make the centres of fists downward.
- Keep both arms in an arc shape.

ELEMENT 5

INHALE:

- Shift weight to the right foot slowly. Bending right knee, straighten left leg with **left foot tilted up** to form left empty stance.

AT THE SAME TIME....

- **Turn fists into palms**, rotate arms slightly inward and stretch forward.
- Then draw back palms in an arc to the front of shoulders.
- Bend elbows a little, rotating palms outward to the front sides of shoulders.
- Keep palms forward.

ELEMENT 6

EXHALE: REPEAT ELEMENT 2

ELEMENT 7

INHALE:

- Lower weight by bending left knee.

- Turn body to the right by stepping out on right foot, straightening left leg.

- **TURN LEFT FOOT**

AT THE SAME TIME....

- Keep palms upward and swing them sideward.
- Straighten arms naturally.

ELEMENT 8

EXHALE:

- Shift weight onto right foot.
- Close left foot to right foot.
- Straighten both legs slowly.

AT THE SAME TIME....

- Rotate both arms inward and bend elbows.
- Move both palms in front of the face and lower them to the outer sides of legs.

3. JINXIANG JUANBI (GOLDEN ELEPHANT LOOPS ITS NOSE)

ELEMENT 1

INHALE:

- Make a **wide** step. (foot length x 3)
- **Equalise the weight** between legs and straighten both legs.

AT THE SAME TIME....

- Rotate arms inward with palms outward, stretch them forward.
- Keep palms to shoulder level, shoulder-width.

ELEMENT 2

EXHALE:

- Form horse-riding stance, **TURNING PALMS UPWARD**.
- Bend elbows and curve the fingers from the little one successively to form hook hands to press **JIANYU** (15 LI).
- Draw elbows close together while pressing.

ELEMENT 3

INHALE:

- Turn elbows outward, and turn hook hands into palms, with palms turning upward.
- Move palms past ears and stretch them up.
- Keep palms upward and finger tips opposite each other.
- Straighten legs and arms slowly.

ELEMENT 4

EXHALE:

- Close up.
- Straighten both legs gradually.
- Lower arm sideways.
- On the final "8", return to the starting position and make fists at the waist.

(5) to (8) repeat movements (1) to (4) , but move right foot to the right. Keep the centres of fists upwards.

4. HUANGYING DIEBANG (ORIOLE FLAPS ITS WINGS)

ELEMENT 1

INHALE:

- Make a **WIDE** step. **Look left** (1st time)
- Straighten both legs.

AT THE SAME TIME....

- Turn the palms and open arms sideways, left and right.
- "Unroll" the arms. **Palms face up**. Look left

ELEMENT 2

EXHALE:

- Sink into "**horse stance**" and bend elbows.
- Bend both legs.

AT THE SAME TIME....

- Rotate hands inwards, **palms facing the body and opposite the shoulders**.
- Shake palms up and down, **4, to 8 times**.
- Bend the fingers from the little one successively.
- Move palms **under ARMPITS** and massage along the bladder meridian down the sides of the spine to **YAOSHU** (GV 2). Keep palms backward and fingertips downward.
- Look straight ahead.

ELEMENT 3

INHALE:

- Naturally stretch the arms behind the back and open them sideways, then bring them in front of the body, **shoulder width apart** and palms facing each other.
- Straighten arms naturally, relaxing palms and shaking palms in and out with **wrists as axis**, 5 to 8 times. Look straight ahead.

ELEMENT 4

EXHALE:

- Return to starting point.

AT THE SAME TIME....

- Make palms **PROGRESSIVELY** into fists and draw them to the waist as if gathering Qi into the palms.
- The tips of the middle finger *briefly* presses **LAOGONG** (HP8).
- Look straight ahead.

On the last "8", place middle finger tips (**Zhongchong** points) on **Chengjiang** points on the face. Look straight ahead or close eyes slightly.

5. SHANGGONG ROUER (MASSAGING THE EARS)

ELEMENT 1

Massage the points: **CHENGJIANG** (24 VC), **DICHANG** (4 ST), **YINGXIANG** (20 LI), **JINGMING** (1 BL), **CUANZHU** (2 BL) and **MEICHONG** (3 BL), then cover the face with the palm of the hands

ELEMENT 2

2. Massage the face towards outside, the ends of the middle fingers then massage the points **TOUWEI** (8 ST); then **ERMEN** (21 TH), **TINGGONG** (19 LI), **TINGHUI** (2 GB), **JIACHE** (6 ST), **DAYING** (5 ST); at the end put the palms on the sides of the nape of the neck

ELEMENT 3

3. Massage the nape of the neck backwards, until gripping the nape of the neck with the heel of the hands.

ELEMENT 4

4. Massage the nape of the neck forwards, then return to starting point.

PERFORM THIS MESSAGE TWICE

THEN :

1 - 4. Place the point of the index fingers on **XINXUE** inside the ears and the thumbs on the corresponding part behind the ears; massage this point 4 times by making rotational movements directed forwards and then 4 times backwards.

THEN:

1 - 4. Place the thumbs on **YIFENG** (17 TH), massage points **JIAOGAN** with the point of the index fingers, first forward and then backwards

THEN:

1 - 4. grip the top of the ears between the thumb and the second phalange of the index, the index in front of

the ears, the them behind. Massage the ears along **JIANGYAGOU**, at the end, tug the ear lobes.

THEN:

Massage around the ears with the index in front of the ears, from the bottom to the top, then behind the ears, from the top to the bottom.

THEN:

Massage behind the ears, from bottom to the top, then in front of the ears, from the top to the bottompoint downwards.

WITH THE LAST MOVEMENT, STEP TO THE LEFT, the arms alongside the body.

- Concentrate on the **points of massage**; locate the points well and apply an adequate force.
- **Breathe naturally**, do not block breathing.

6. CHOUBI KOUTUI (THUMPING THE LIMBS)

N.B. Inhale when moving the arms, exhale when striking or breathe naturally.

ELEMENT 1

- Gently turn the body first to the left and then to the right with the **arms following the movement**.
- Hands form a fist. With the "eyes of the fist" gently hit the upper arm **FROM THE SHOULDER TO THE ELBOW FOUR TIMES**.
- As one hands strikes the arm so the back of the other fist strikes the SHENSHU (BI 23) area.

ELEMENT 2

- Hit the upper arms **FROM THE ELBOW UP TO THE SHOULDER** four times each alternately.

ELEMENT 3

- Place hands on hips with the thumbs pointing back.
- With the **instep**, using the point **TAICHONG** (Liv 3), alternately hit the legs from **WEIZHONG** (BI 40) to **FUYANG** (BI 59) along the bladder meridian four times.

ELEMENT 4

- Now hit the legs from **bottom to top**, also four times alternately.
- **Transition:** After the last hitting "circle" hands one fist away from the belly. Palms face up. Fingers are one fist apart.

7. KUSHU PANGEN (A WITHERED TREE DEEPLY ROOTED)

ELEMENT 1

INHALE:

- Make a **WIDE** step. **shifting the weight to the left.**

AT THE SAME TIME....

- Turn the palms outward, and open the arms left and right.
- Look at left palm.
- Gently “unroll” the arms.

ELEMENT 2

EXHALE:

- Cross right foot over left one, and squat down

AT THE SAME TIME....

- Move palms up and bring them down in front of chest in an arc.
- Make **fists WHEN REACHING THE SIDES OF LEGS.**
- Briefly press **LAOGONG**
- Rotate both arms slightly to form an arc.
- Look **diagonally away** from the direction of the step.

ELEMENT 3

INHALE:

- Stand up, step back to starting point.

AT THE SAME TIME....

- “Glue” the backs of the hands together, finger tips downward.
- Move both palms upwards to the front of chest. Bend elbows and raise them to shoulder level, Look straight ahead.
- Shift weight back to starting point.

AT THE SAME TIME....

- "Unglue" hands
- Finally, with a snap of finger nails, stretch them out and open arms sideways to shoulder level.
- Straighten both arms naturally.
- Look straight ahead.

ELEMENT 4

EXHALE:

- Close up, straightening legs slowly.

AT THE SAME TIME....

- Reform starting position for hands (circle)

(5) to (8) repeat movements in (1) to (4). Do two rounds of eight steps.

- At the end of the last "8", place the hands by the sides.

8. PINGBU LIANHUAN (A CALM WALK)

FIRST ROUND

ELEMENT 1

INHALE:

- Turn torso left (1st time) about 45 degrees.
- Massage the **BAIHUANSHU** points at both sides of the spine with both palms, and move upward via **PANGGUANGSHU, XIAOCHANGSHU, GUANYUANSHU, DACHANGSHU, QIHAISHU, SHENSHU** to the end.

- Look straight front left.

ELEMENT 2

EXHALE:

- Make a diagonal step to left, keeping weight on the back.
- Then shift weight forward and lower it, placing left foot fully on the ground.
- Straighten both legs, **LIFTING RIGHT HEEL**.
- Meanwhile, both palms massage with force back to **BAIHUANSHU** Points.

ELEMENT 3

INHALE:

- Transfer weight backward and lower it.
- Straighten left leg, toes lifted.

AT THE SAME TIME....

- both palms massage up, as the movements of palms in (1).

4), (6) and (8) repeat (2), (5) and (7) repeat (3)

When finishing the 8th step, turn torso to the upright position. Move left foot close to right foot.

SECOND ROUND

Stand with feet close together. Overlap palms at **GUANYUAN** point in front of belly, with **left palm** inside and **LAOGONG** points of both palms facing other. Look straight ahead.

ELEMENT 1

INHALE:

- Turn torso left.
- The over lapping palms massage up from **GUANYUAN** point via **ZHONGWAN, TANZHONG** to **TIANTU** point.

ELEMENT 2

EXHALE:

- Take a diagonal step left, keeping weight on the back.
- Shift the weight forward and then lower it, placing left foot fully on the ground. **Lift right heel up** and straighten both legs.

AT THE SAME TIME....

- the overlapping palms massage down from **TIANTU** point to **GUANYUAN** point.

ELEMENT 3

INHALE:

- Slowly shift weight backward and lower it.
- Straighten left leg with toes lifted.

AT THE SAME TIME....

- The overlapping palms massage upward from **GUANYUAN** point to **TIANTU** point.

(4), (6) and (8) repeat (2), (5) and (7) repeat (3).

SHOUSHI – WINDING UP

At the end of the exercises, once again place the hands over *Dantian*, Left for men, right for women, touching the body. Lower them to the sides as the music ends