

REMINDER NOTES FOR DAO YIN BAO JIAN GONG (DAO YIN GENERAL HEALTH EXERCISES)

1. TIAOXI TUNA (REGULATING THE BREATH)

- straighten arms on way up, cock wrists and drop elbows on way down
- co-ordinate arms with bending & straightening of legs
- do not lean forward or backward, but slightly shift weight forward when arms begin to rise.
- concentrate thought on **Dantian** or **Laogong** point
- Benefits the **Heart, Stomach** and **Spleen**
- **Note change**



2. SHUNSHUI TUZHOU (PUSH THE BOAT DOWNSTREAM)

- keep the upper body vertical
- bend the back leg as you sit back
- Keep the elbows down
- keep the arms bent when pushing.
- concentrate thought on **Laogong** point
- Benefits **Heart** and **Lungs**



3. JIANDAN RIYUE (SHOULDER THE SUN AND MOON)

- ensure movement comes from the wrist & not the shoulder
- angle between upper arm & forearm is about 100 degrees
- hands are above shoulders & elbows below shoulders
- concentrate thought on **Mingmen** point
- Benefits the **Kidneys, Bladder & Lungs**



4. PENGNAO ZHANCHI (A ROC SPREADS ITS WINGS)

- co-ordinate arms & legs
- on forward movements, stretch up as high as possible while keeping waist relaxed
- concentrate thought on **Dantian** point
- ensure there is a good space between the hands when raised
- to benefit the **Triple Heater & Pericardium**



5. LIBAN PANSHI (LIFT THE MILLSTONE)

- try to keep back upright throughout exercise
- when rising, try to "lift stone with the breath not with the muscles"
- concentrate thought on **Dantian** point
- Benefits the **Stomach & Spleen**



6. TUICHUANG WANGYUE (PUSH THE WINDOW TO LOOK AT THE MOON)

- at beginning of third movement turn back foot first
- when squatting, keep body straight, wind legs tightly
- concentrate thought on **Laogong** point
- to benefit the **Gall Bladder, Liver, Heart, Lungs, Bladder & Kidneys**

7. YINGFENG DANCHEN (BRUSH THE DUST AGAINST THE WIND)

- sweep arms wide
- don't cock wrists
- concentrate thought on **Laogong** point
- Benefits the **Heart, Lungs, Large & Small Intestines**



8. LAOWENG FURAN (THE GOD OF LONGEVITY STROKES HIS BEARD)

- "stroke beard" on each even numbered call
- when "stroking beard" lift up **Baihui** point (centre of top of head) & give impression of radiating vigour
- concentrate thought on **Dantian** point during movements & be aware of **Hegu** point (area between thumb & forefinger) when stroking beard.
- comprehensive benefits
- **Note change**

