

These notes are intended only as a reminder for participants who attended Mark Atkinson's recent seminar in Hertfordshire (February 2007). Anyone interested in learning this or any other DYYSG form is advised to contact an **accredited teacher** member of the English DYYSG Association.

YI JIN JING

Consolidate the muscles and tendons

INTRODUCTION the

Yijinjing is a very old method of *daoyin*. The word *Yi* means changes or movement. *Jin* means the whole of the muscles, tendons, skin and bones (the locomotive system). *Jing* denotes a traditional method.

The emphasis is on changing everything about the locomotive system which is weak, tight, or soft into strong, comfortable or firm.

Although the form promotes changes in the body, it is essentially an internal work.

Because of the simple movements, this is a form which is suitable for people of any age or condition.

In keeping with the theory of TCM, this form is concerned with the Spleen, Liver and Kidney, which relate respectively to the muscles, the tendons, and the bones.

In particular, this version of Yi Jin Jing works on the **Kidneys**

PREPARATION

Stand upright, feet together: both arms alongside the body. Look to the front

Bring the hands in front of the face and to join them as for prayer.

Concentrate the attention on the *dantian* or imagine that you are in a temple.

THE MOVEMENTS

First Movement *Wei Tuo Offers the Ceremonial Baton Wei tuo xian chu shi*

Wei Tuo was the chief warden of Buddha's guard; he carried a ceremonial baton as an offering.

Left Fist = Sun (Greatest Symbol of Yang). Right-Hand = Moon (Greatest Symbol of Yin).

When we lift the hands this symbolises clarity everywhere.



ELEMENTS OF THE MOVEMENT

- 1/ Bring the hands in front of the chest at a distance of 30cm.
- 2/ When lifting hands above head, place the tip of the middle finger in line with *jianyu* 15L.I..
- 3/ Repeat once on each side.
- 4/ When making the fist, press *laogong*.

PURPOSE

1. Regulates the breath and opens the Heart Meridian
2. Closing the fists stimulates *laogong* 8H.P. to release the Heart Protector meridian.
3. Separating the arms to the sides, regulates the breathing and reinforces the lungs.
4. Forming a circle above the head with the arms, releases the Triple Heater meridian.
5. Raising the heels stimulates *yongquan* 1 Kid, .

2nd Movement Pick the Star, Move the Star *zhai xing huan dou shi*
The star referred to is the Pole Star, symbol of orientation.



ELEMENTS OF THE MOVEMENT

- 1) When raising the palm, raise the small finger slightly.
- 2) When forming the hook, fold the wrist as much as possible. Keep this position and take two fine, long and deep abdominal breaths.
- 3) When twisting the hand, make the movement as forcefully as possible and stretch the fingers.
- 4) Place the back of a hand on Mingmen.
- 5) Perform once on each side.

PURPOSE

1. Making the hook stimulates the *yuan* points of the Lung, the Heart Protector and the Heart.

2. Abdominal breathing helps to eliminate internal perverse energy.

3rd Movement **Unsheathe the Claws, Spread the Wings**

chu zhua liang chi shi

Here we imitate the movements of animals' claws and wings.



ELEMENTS OF THE MOVEMENT

- 1) While inhaling raise the toes.
- 2) Keep the palms facing the ground as far as shoulder level.
- 3) While exhaling the toes grip the ground.
- 4) Repeat three times, and at the end drop the arms alongside the body.
- 5) Gradually increase the force when pushing forwards.

PURPOSE

1. Work on the toes and the fingers stimulates the whole of the tendino-muscular system.
2. Opening the eyes wide releases the liver.
3. Pushing the hands stimulates the *yuan* points of the hand.
4. Stimulates the Yin Yuan (source) points of the arm -- i.e. Lung, Pericardium and Heart, and stimulates the Yang Yuan (source) points of the arm -- i.e. Large Intestine, Small Intestine and Triple Heater.

4th Movement **Pull the Tails of Nine Oxen Towards You**

dao zhuai jiu niu wei shi

*The nine oxen referred to means, **great physical force**.*



ELEMENTS OF THE MOVEMENT

- 1) Step out obliquely; place the heel on a ground in order to form an empty step.
- 2) Stretch both arms out to form one line.
- 3) When shifting the weight backwards, draw both fists towards oneself.
- 4) Perform twice on each side.

PURPOSE

- 1) Releases and stimulates the three *yin* and the three *yang* well points of the hand.
- 2) Enlivens the energy and blood circulation and increases the physical force of the lower limbs.

5th Movement

Unsheathe the Sabre

ba ma dao shi

This title comes from a story in which nine spectres unsheathed their sabres: in the story, they display great courage.



ELEMENTS OF THE MOVEMENT

- 1) Place the back of the hand on *Mingmen* 4GV; look at the high hand. Turn the body forward and place the high hand on the nape of the neck, fingers touching the ear. Look to the front.
- 2) Turn the nose one way, pull the elbow in the opposite direction.
- 3) Relax completely when turning the head to the front again.
- 4) Turn the head three times.
- 5) After the third turn, lift the hand upwards, straighten the elbow naturally.
- 6) Lower the hand starting with the shoulder, then the elbow, and the wrist, then repeat the whole exercise with the right hand.
- 7) Repeat **once** on each side.

PURPOSE

1) Works primarily on *dazhui* 14GV (the meeting point of all the Yang meridians).

6th Movement Sitting Three Times You Slowly Join the Earth *san pan luo di shi*



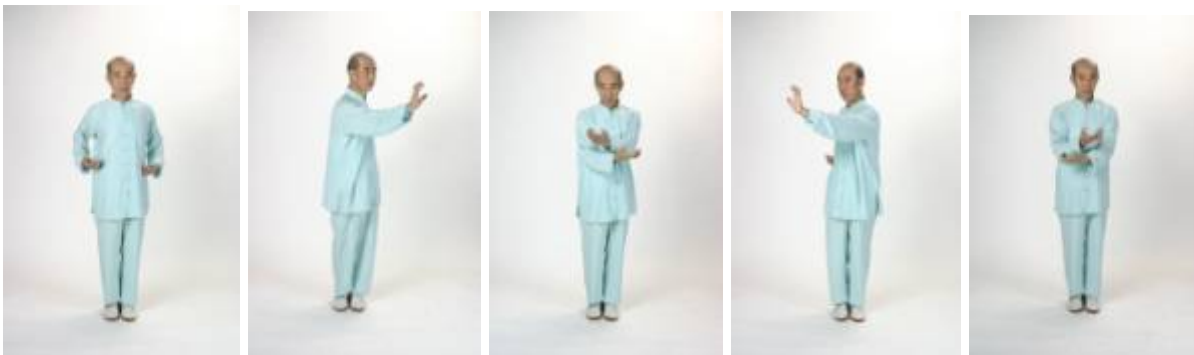
ELEMENTS OF THE MOVEMENT

- 1) Take a wide step (3 foot lengths), lifting the arms of the same time keeping a space of about 30 cm between the hands and the body. Look to the front. Inhale.
- 2) Lower the body in *mabu* according to individual ability; push the hands, palms towards the ground, on each side of the hips, the fingers directed towards the front. Exhale.
- 3) Straighten the legs; bring the hands inward and lift them again to chest height, palms towards the sky.
- 4) Repeat the main movement three times.
- 5) When returning, push the hands towards the ground down the centre line.
- 6) Perform the sequence once on each side.

PURPOSE

1. By using a strong physical force, one **circulates energy and blood**; one regulates the *yin* and the *yang*; it is an important exercise to increase the physical force.
2. The upright body allows Qi to circulate.

7th Movement The Green Dragon Unsheathes Its Claws *qing long tan zhao shi* *The green dragon has a symbolic connection with the liver. By making the movements of the Dragon unsheathing its claws, one works on the tendino muscular system in a subtle way.*



ELEMENTS OF THE MOVEMENT

- 1/ Bring the hands to the waist in the shape of dragon's claws, palms towards the sky. Look towards the extending hand
- 2/ Turn the trunk as you extend the claw.
- 3/ Begin with the right hand.
- 4/ At the end of 6, open the hands, and lower both arms alongside the body.
- 5/ Perform three times to each side.
- 6/ Coordinate the movement of the two claws: the rotation of the trunk brings back the claw.
- 7/ The Lao Gong point (HP 8) should be at shoulder height.

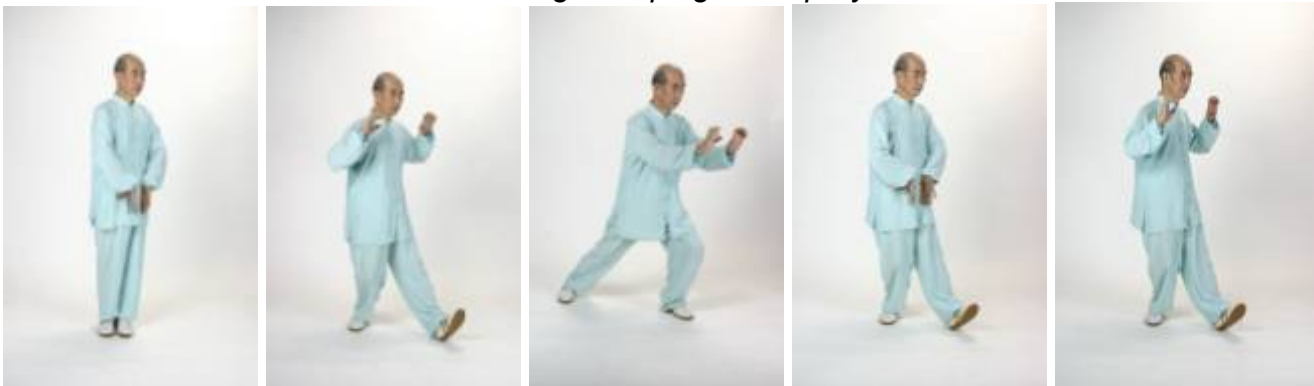
PURPOSE

1. The rotation of the trunk releases the GV, Bladder as well as the points *mingmen* 4GV, *shenshu* 23 Bl.
2. Consolidates the kidneys
3. Releases the 3 *yin* and 3 *yang* of the hand.

8th Movement The Courageous Tiger Leaps on Its Prey

meng hu pu shi shi

Here we imitate the movement of the tiger leaping on its prey.



ELEMENTS OF THE MOVEMENT

- 1) Rotate the trunk 45°.
- 2) Massage up the body and form the claws while standing in *xubu*.
- 3) While exhaling, change to bow stance; at the same time, push the claws forward, using explosive power at the last moment.
- 4) Perform once on each side

PURPOSE

1. This movement works internally on the subtle essences, the energy and the mind; outside, on the tendons, the bone and flesh.

9th Movement Fold the Hips, Lower the Chest Towards the Ground *da gong shi*



ELEMENTS OF THE MOVEMENT

- 1) Inhale while raising the arms to shoulder height.
- 2) Exhale while covering the ears. Place *laogong* 8H.P. on the ear, the fingers directed backwards; block the ears firmly.
- 3) Inhale while bending forward as far as possible (aim for the chest to touch the thighs); lower the head. Use the index finger to strike the zone of *yuzhen* (jade pillow) 3 times: strike the celestial drum.
- 4) When striking the celestial drum, you must block the ears in order to cause a sound " *dong* ".
- 5) For old people or those with problems of hypertension, one should not lower the trunk too low and keep the head well raised.

PURPOSE

3. This movement stimulates the area of the kidneys as well as GV and the bladder BL.

10th Movement

Work the Coccyx

diao wei shi



ELEMENTS OF THE MOVEMENT

1. Cross the fingers in front of the pelvis, palms towards the sky.
2. Look at the back of the hands when pushing upwards.
3. When bending forwards, keep the legs straight and raise the head. Remain one moment in this position.
4. When straightening the body the hands massage the front of the legs naturally.
5. Place both *laogong* 8H.P. on *shenshu* 23Bl, strike the heels on the ground 7 times.
6. For old people or those who have health problems, perform this movement according to individual capabilities.

PURPOSE

1/ The coccyx is an important area of the spinal column. This movement, by working the coccyx, consolidates the whole of the spinal column.

END OF THE SEQUENCE

Finish the sequence with a moment of calm, the palms of hands in contact with the zone of *dantian*: The right hand below for women. The left hand below for men.

Lower the hands alongside the body.