

YU ZHEN BU YUAN GONG – EXERCISES TO NOURISH VITAL ENERGY AND TONIFY ORIGINAL ENERGY. (SECOND FORM)

INTRODUCTION

This set works on the Kidney meridian, but also consolidates the Stomach and Spleen, because Earth (Stomach/Spleen) controls Water (Kidneys/Bladder). It also works on the Heart because Water controls Fire (Heart), and on the Lungs because Metal (Lungs) gives birth to Water. In particular, we want to calm the Heart and tonify the Lungs because Heart = Blood & Lungs = Qi, and Fire (Heart) is controlled by Water (Kidneys). i.e. if the Heart is over-active, the Kidneys have to work harder to control it. If we calm the Heart through the exercise then we assist the Kidneys. If we tonify the Lungs (Metal) we help the Kidneys because Metal produces Water and therefore strong Lungs strong Kidneys.

"Kidneys" include the urinary system and the genitals. Kidneys govern the bones which stock subtle substances which transform into marrow. The Kidney meridian exits at the ears. The strength of the bones, quality of hearing and potency depend on the strength of the Kidney energy. Kidneys store Jing = SUBTLE ENERGIES

1. Sperm etc (basic genetic material). Comes directly from the parents.
2. Subtle essences which are transformed from alimentation.

These are the substances which form the body and change it at each stage of life. Imbalance in emotional/sexual activities/chronic illness can damage the Jing. Little by little we lose our Jing, so we must try to protect it. Marrow nourishes the bones, giving them solidity and suppleness.

Therefore, we can see that many problems with bones are linked with the Kidneys.

Inherited illnesses are connected with the Kidneys.

Because the Kidneys are the source of life, the set is very important.

N.B. These notes do not contain detailed descriptions of the movements themselves as they are aimed at those who attended the recent seminar in Hertfordshire.

1. SAN HUAN TAO YUE - THREE SUCCESSIVE CYCLES OF THE MOON.

KEY POINTS:

- 1) Make a circle of the arms which signifies the Taiji, without a beginning or an end.
- 2) Press the heels of the hands when making the circle to "squeeze" the Qi as it comes to Dantian.:
- 3) Keep the body upright.
- 4) Fold the hips.
- 5) Concentrate on Dantian.
- 6) When holding the "Moon" legs are bent, when bringing Qi to Dantian, legs are straight.

TCM

- 1) Regular/fine/deep breathing assists Dantian.
- 2) Circle of arms assists arm meridians.

CULTURAL REFERENCE: Chinese calendar is based on the Moon. This year the 3 cycles begin on 15th January (Great Yuan), 15th July (Middle Yuan), 15th October (Lesser Yuan).

Embracing the circle = embracing the Taiji.

2. DA KAI XIN FEI. - OPEN THE DOOR OF THE HEART.

KEY POINTS

- 1) Lower hands, then lift them. Separate the hands in front of the face and spread them out at head height.(Inhale)
- 2) Drop elbows slightly, without moving anything else. (exhale)

TCM

The Heart Protector is the child of Blood and Jing. This move frees the Heart Protector meridian. By eliminating the worries of the Heart, you help the Heart.

3. BI YUE XIU HUA - THE MOON INTIMIDATED BY A BEAUTIFUL FLOWER.

KEY POINTS

- 1) Keep the body upright. In this position, Qi can nourish you.
- 2) Concentrate on Dantian.
- 3) Bring both hands towards each other, *Laogongs* facing - approx 20cm apart.
- 4) Breathe normally when holding position

TCM

- 1) Regularises and concentrates the mind.

4. FU ZI BAI TONG - CONFUCIUS TAKES INSTRUCTION FROM A CHILD.

KEY POINTS

- 1) Stand up straight, first pushing hands forward and then bringing hands down. Then bend and cover *Heding* with *Laogong*.
- 2) Slide to below knees. Keep head up. Stay about 15 seconds.
- 3) Bend further to place hands on top of feet.
- 4) Separate the hands, and press *Taixi* and *40 GB*.
- 5) One does this movement progressively, slowly and with pauses.
- 6) Fold the hip joint not the Lumbar region, because the Governing Vessel travels up the spine, and *Mingmen* (4GV) is especially important.
- 7) Seek the "origin" point - *Taixi* (Kidney 3) . Press hard.
- 8) Keep the head lifted
- 9) Return to upright slowly and carefully
- 10) Keep the respiration natural (ie not regulated)

TCM

This movement reinforces the Kidneys

Qi in the zone of the *Mingmen* corresponds with the Qi of the Kidneys coupled with that of the Bladder. Also there are the *Shenshu* Points which transform Kidney energy into general energy. Freeing the energy of the Governing Vessel frees the energy of all the Yang meridians

CULTURAL REFERENCE:

Confucius was in the process of bringing his pupils together, but a small boy had blocked the road through his village and refused to let them pass through. He said that they could pass if Confucius could answer 2 questions - How many stars in the sky? How many hairs have you got?

Confucius couldn't answer, so he said that the boy had become his teacher, and bowed to him. The boy said that if he were his teacher, then he would allow them to pass.

5. XIAN HE ROU XI. - THE CRANE MASSAGES ITS KNEES.

KEY TEACHING POINTS

- 1) Keep the feet flat
- 2) Concentrate on the knees.

TCM

- 1) Tonifies Kidneys
- 2) Stimulates the Heart through Heart Protector (*Laogong*).

CULTURAL REFERENCE:

Crane is a symbol of longevity, reputed to live 1000 years and travel to the ends of the earth. The Dragon and Phoenix represent the Emperor and Empress, and the Crane could be worn by the 1st category of aristocrat. The crane was regarded as a kind of Saint.

6. TU GU NA XIN - REJECT THE OLD, SWALLOW THE NEW.

KEY TEACHING POINTS

- 1) Bend backward only as far as *you* can comfortably.
- 2) Concentrate on Mingmen

TCM

Associated with the Lungs. Lungs are the means of "washing" the body. By exchanging air, they get rid of the old and bring in the new. Lungs (metal) = "mother" of Kidneys (water). Tonifying the mother helps the child.

7. SHOU DAO SAN SONG - LONGEVITY STRONGER EVEN THAN THREE PINE TREES.

KEY TEACHING POINTS

- 1) When pushing, don't let the elbow point forward. Keep it in line with the body.
- 2) Put waist hand on *Daimai* - in line with the navel.
- 3) Don't shift weight when leaning body.
- 4) Push hand out to full extent before returning.
- 5) Incline as much as possible to stimulate the zone of the Kidneys.
- 6) Close the ear with *Laogong*

TCM

Movements 5, 6 & 7 = forward, backwards & sideways. The Governing Vessel is associated with the energy of the Kidneys, so Movement 7 works by working the *Mingmen* area, left - right to add to the effect of Movements 5 & 6. Nourishes the Yin and reinforces the Yang of the Kidneys.

Daimai (Belt Meridian) This action guards the Kidney energy.

Closing the ear conserves the Kidney energy and stimulates the ears.

8. ZHANG TUO TIAN MEN - SUPPORT THE CELESTIAL GATE WITH THE HAND.

KEY POINTS

- 1) When bringing hands up at beginning, palms face inwards.
- 2) turn wrists v strongly and co-ordinate bringing in hands with bending knees.
- 3) Look at back of hands when pushing upwards – straighten legs and arms.
- 4) Lower hands to front.
- 5) Upwards movement = Yang = begin from outside ie hands. Down movements = Yin = begin from inside ie shoulders

TCM

The rotation of the hands is important because each meridian relies on energy circulation and the condition of the origin point. If the point is open, Qi moves freely. If the origin point is blocked, Qi is quickly blocked in the meridian. On the wrist we have origin points for the Heart (*Shenmen*), Heart Protector (*Daling*) and Lungs (*Taiyuan*). This move stimulates them.

As the Lungs is the "mother" of the Kidneys, this stimulation helps the Kidneys. ie reinforce the mother to help the child.

Heart Protector/Heart: Fire descends and water rises to mix (good). If they are separate the fire rises and the water descends and this produces health problems.

If water is weak, the fire grows, In this situation one could either strengthen the water or reduce the fire. This move calms the fire.

The elbow is a good place for dispersing perverse Qi. This is why problems often manifest in the elbows. This move stimulates the elbow points.

9. KAI LIAN ZHAN YUE - OPEN THE CURTAIN, LOOK AT THE MOON.

KEY TEACHING POINTS

- 1) Move 1 = 2 elements – a) Step left, open arms (inhale) –b) Left hand to *Yunmen*, right to *Dantian* (exhale)
- 2) Move 2 = 2 elements – a) gently lift elbow (inhale) – b) lower elbow, push *Yunmen*, obliquely, turn head (exhale)
- 3) Moves 3 inhale, 4 exhale

TCM

Pushing in 2 directions – *Yunmen* and *Dantian* consolidates the Lung and the Qi of the *Dantian*.

Original Qi in the Kidneys gradually diminishes, but its loss can be compensated for by consolidating the source Qi in the *Dantian*.

Pushing the hands upwards regularises the Triple Heater and Heart Protector.

Heart Protector is the mother of Yin and Blood, Triple Heater is the father of Yang and Qi

Health ultimately depends on Qi and Blood.

Turning the head stimulates *Dazhui*.

With this move we can improve the quality of the Blood, reinforce the immune system and consolidate the Lungs.