



QIFLOW CARDS

YI JIN JING

QIGONG PRACTICE CARDS

Yi Jin Jing

1. Presenting the Pestle (3)
2. Plucking A Star to Form the Big Dipper
3. Turning 9 Cows Around by their Tails
4. Extending Claws and Exhibiting Wings
6. 3 Plates Falling to the Ground
7. Black Dragon Displays its Claws
8. Tiger Pouncing on its Prey
9. Bowing Down
10. Swinging the Tail

Yi Jin Jing

HEALTH QIGONG PRACTICE GUIDE

健身气功指导指南

Follow these steps daily to a healthier you

每天锻炼健身气功以强身健体

Yi Jin Jing 易筋经



1 Wei Tuo Presenting
The Pestle One
韦驮献杵第一式



2 Wei Tuo Presenting
The Pestle Two
韦驮献杵第二式



3 Wei Tuo Presenting
The Pestle Three
韦驮献杵第三式



4 Plucking A Star And
Exchanging A Star Cluster
摘星换斗势



<https://smabloggers.com/2018/01/04/tips-for-practicing-yi-jin-jing/>



5 Pulling Nine Cows By Tail
倒拽九牛尾势



6 Flexing Paws And Displaying Wings
出爪亮翅势



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九鬼拔马刀势



8 Three Plates Falling On The Floor
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9 Black Dragon Displaying Claws
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11 Bowing Down In Salutation
打躬势



12 Swinging The Tail
掉尾势

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Yi Jin Jing

Also known as Muscle and Tendon Changing Classic, Tendons and Sinews Limbering Exercise, Tendon-Muscle Strengthening Exercises.

There are many variations of Yi Jin Jing. This one consists of 12 postures, including the 3 postures of Presenting the Pestle.

According to Balanced Life Tai Chi the “movement combinations stretch the body’s muscles, tendons and ligaments for improved range of motion, mobility, resiliency, balance, and coordination. The movements are continuous and focus on tendon stretching, bone flexing, and combining both softness and strength. As well, these exercises improve the movement of the fluids of our bodies such as blood, synovial fluid and lymph. Practicing Qigong also helps build body awareness and proprioception (how it moves through space).”

Below is a Link to Yi Jin Jing YouTube video performed similar to how presented here.



Yi Jin Jing

According to Mimi Kuo Deemer each posture has certain benefits.

She describes these as follows:

1. Presenting the Pestle (3 Parts)

- 1A.** This practice is believed to help balance the nervous system, build mental focus, improve blood circulation and reduce fatigue.
- 1B.** Circulates energy through the upper body, heart and lungs.
- 1C.** This form helps to regulate your triple heater or thermostat of the body.

2. Plucking A Star to Form the Big Dipper

This form is a very good one for the kidneys. It also strengthens the muscles and the tendons of the back, neck and shoulders.

3. Turning 9 Cows Around by their Tails

This form creates a dynamic tension that strengthens, tones, balances and enhances blood flow and Qi through the organs and meridians of the body.

4. Extending Claws and Exhibiting Wings

This form is very good for the lungs. It also opens and strengthens the muscles in the back, chest, hands and arms.

5. 9 Ghosts Drawing Swords

This form is good for the shoulders, neck and spine and is very therapeutic for the stomach and spleen. It's also good for the kidneys and the urinary bladder.

6. 3 Plates Falling to the Ground

This form helps regulate the Qi in the chest and abdomen.

7. Black Dragon Displays its Claws

This form can strengthen the arms and shoulder joints. It's also good for the hands, wrists, waist and legs. It's helpful for the liver, which relates to wood energy and the emotion of anger

8. Tiger Pouncing on its Prey

This form is very good for balance. It also strengthens the legs and opens the main Yin channel running down the center of your front body, also known as the Ren Mai, or the conception meridian. The Ren Mai is important, helping access and transform the three treasures, essence, energy and spirit, or in Chinese, Jing Qi.

9. Bowing Down

This form stimulates the main Yang channel running along the back of the spine and over the head to the upper lip and gum, also known as the Du Mai or Governing Vessel. This form helps the general health of the spine and whole body. In addition to a good stretch, the brain is also refreshed. It helps with fatigue and may improve hearing.

10. Swinging the Tail

This practice is good for both the main Yin and Yang channels on the front and back of the body, or Ren and Du Mai respectively. It's very therapeutic for your back, provides mobility throughout the main muscles and joints of the body.

It is suggested that the practice begin by standing in Wuji.

WUJI STANCE

1. Start the practice in the Wuji stance (standing in relaxed stillness).
2. Feet hips-width distance apart, feet flat on the floor, facing comfortably forward. Knees relaxed, slightly bent.
3. Tailbone tucked, hips slightly forward, having a flat back.
4. Top of the head lifted upward elongating the spine.
5. Chin level and slightly tucked in.
6. Shoulders relaxed with arms hanging slightly in front of the body.
7. Breath in and out through the nose.
If that doesn't feel comfortable or the breath feels constricted, try to breath in through the nose and out the mouth. Breathing out of the mouth allows energy that is no longer needed to be recycled back into the earth.
8. Sink into the stance, become still and grounded.

Another suggestion:

Perform “Clearing the Qi” between each posture.

Clearing the Qi

1. Inhale: Slowly raise the hands up the sides of the body to the level of the shoulders. Palms facing the body.
2. Exhale: Slowly lower the hands, palms down, along the centerline of the body to the abdomen.

As with any exercise program, consult your physician to determine if Qigong is right for you before beginning the program.

The information in this program is not intended to diagnose any medical condition or to replace your healthcare professional.

1A. Presenting the Pestle Frontways

1. Inhale: Lift the hands up to the level of the chest, palms facing the body, fingers overlapped.
2. Exhale: Lift the heels up and move hands forward in front of the chest.
3. Inhale: Lowering the heels down, knees bend as the hands move back in towards the chest.
4. Repeat several times.
5. Finish, lowering the hands down to the level of the abdomen.

1B. Presenting the Pestle Sideways

1. Inhale: Lift the hands up to the level of the chest, palms facing the body, fingers overlapped..
2. Exhale: Open the arms out to the sides as the heels lift. Extend the fingers to the horizon until the elbows are straight.
3. Inhale: Lowering the heels down, knees bend as the hands move back in toward the chest.
4. Repeat several times.
5. Finish, lowering the hands down to the level of the abdomen.

1C. Presenting the Pestle Upwards

1. Inhale: Lift the hands up to the level of the chest.
2. Exhale: Rotate the hands until palms up towards the sky, fingers in and slightly back, lifting the heels, while extending arms up until the elbows are straight. Stretch upwards.
3. Inhale: Lower the heels, knees bend while lowering the hands to about the level of the chin.
4. Repeat several times.
5. Finish, lowering the hands down to the level of the abdomen.

2. **Plucking A Star to Form the Big Dipper**

1. Place the right hand behind the lower back with the palm turned outward.
2. Exhale: Bend the knees crossing the left hand towards the right hip.
3. Inhale: Lift the left hand up diagonally back and behind, reaching upwards, straightening the legs and pluck a star. Eyes follow the palm during the entire movement. Hold for a moment.
4. Exhale: Sweep the raised hand to the opposite side spreading stardust across the sky. Eyes continue to focus on the palm. Hold for a moment.
5. Inhale: Moving the raised hand to the center above the body.
6. Exhale: Lowering the raised hand to the abdomen.
7. Repeat switching arms.
8. Repeat several times.

3. **Turning 9 Cows Around by their Tails**

1. Feet shoulder width apart, knees relaxed.
2. Wrists crossed at chest.
3. Stepping out with the right foot, bending the front right knee forward, while extending the right arm straight out in front and the left behind, palms turned upwards.
4. Extend fingers to the horizon. Hold for a moment.
5. Gather both hands into fists.
6. Inhale: Turn towards the right side pulling the fists in, the front fist to the shoulder and back fist to the back of the hip while bending the back knee.
7. Exhale: Straighten the back leg and bend the front knee returning to the, extending both arms and palms rotate up and open.
8. Repeat several times.
9. Repeat switching sides, arms and legs.

4. Extending Claws and Exhibiting Wings

1. Feet shoulder width apart, knees relaxed.
2. Inhale and extend your arms forward, palms facing each other to the height of the head.
3. Exhale: Bend the elbows and hands back to the sides of the head. The knees bend slightly, making claws with the fingers
4. Inhale: Drawing claws (hands) backwards.
5. Exhale: Move the claws forward, then extending the fingers forward, bending forward. When fully forward, fingers extend to the horizon.
6. Inhale: Retract the hands while drawing the fingers straight down from the knuckles and rolling back to upright.
7. Repeat extending and retracting the hands, claws and wings.
8. Repeat several times.
9. Finish, lowering the hands down to the level of the abdomen.

5. 9 Ghosts Drawing Swords

1. Feet shoulder width apart, knees relaxed.
2. Bring the right hand up and behind to about the mid-back, palm out in a loose fist. While the left hand moves back of the head.
3. Inhale: Turn to the left while gently pushing the elbow up and back. Eyes follow the elbow.
4. Exhale: Bend at the waist and knees while the left elbow moves down and diagonally across the body.
5. Inhale: Lifting back up and back with the elbow crossing the same path that it came from.
6. Stand tall and windmill the arms exchanging the positions indicated in #2.
7. Repeat the above sequence with opposite elbow and arm.several times.
8. Finish, windmilling the arms out to the sides and lowering the hands down to the level of the abdomen.

6. 3 Plates Falling to the Ground

1. Feet wide apart, knees relaxed.
2. Arms at the sides with palms up.
3. Inhale: Raise the arms up along the sides until shoulder height.
4. Exhale: Bend the knees $\frac{1}{3}$ of the maximum way down, palms turn down and make the sound "Hai". Head lifted to the sky throughout the posture.
5. Inhale: Rise back up with palms facing upwards.
6. Continue the procedure moving deeper, first $\frac{2}{3}$ of the maximum way down, then to the maximum.
7. Start the whole process over. Repeating several times.
8. Finish exhale, stepping the feet in, moving the hands down to the level of the abdomen.

7. Black Dragon Displays its Claws

1. Feet shoulder width apart.
2. Fold the thumbs in toward the base of the ring finger then folding the fingers over the thumb, palms up, by waist.
3. Exhale: Lower the left hand down while opening the fingers. Eyes follow the hand for the entire movement.
4. Inhale: Lift the left hand to the left side to the level of the chest.
5. Exhale: Moving the hand, with a dragon's claw, across the chest moving to the opposite side without turning the body.
6. Inhale then Exhale: Move the left hand down the side of the body to the outside of the right foot. Bend the waist and knees, palm just above the ground as it moves to the outside of the left foot.
7. Inhale: Left hand moves up the left leg making contact.
8. Exhale: Back to starting position in step 2.
9. Repeat with the sequence with right hand.
10. Repeat several times.
11. Finish, lowering the hands down to the level of the abdomen.

8. Tiger Pouncing on its Prey

1. Feet wider than shoulder width apart. Wrists crossed at chest.
2. Turn to left and extend the left foot on heel. Shift weight forward, uncross the wrists, hands drop down and back. opening the chest.
3. Inhale: Circle the arms up along the back and sides until overhead.
4. Exhale: Shift the weight forward to the left leg, extend your claws forward to seize the prey as far and low as comfortable, as the right leg moves further back. Continue until fingers are on the ground.
5. Push the hips forward and lift the head slightly arching the back.
6. Draw the hips back and roll up until on heel of forward foot.
7. Rotate to the right side and repeat sequence with right leg going forward.
8. Repeat several times.
9. Finish stepping the feet back in with hands down to the level of the abdomen.

9. Bowing Down

1. Feet shoulder width apart, knees relaxed.
2. Place the palms over the ears with the fingers at the back of the head.
3. Exhale: Lean forward from the waist 1/3 of the maximum way down tapping the back of the head while sinking and rising.
4. Inhale: Raising back up quickly releasing the palms from the ears.
5. Repeat the process twice more bowing once 2/3 of the maximum and the second to the maximum.
6. Repeat the entire sequence several times.
7. Finish exhaling while lowering the hands down to the level of the abdomen

10. Swinging the Tail

1. Feet shoulder width apart, knees relaxed. Arms at the sides.
2. Inhale: Interlace the fingers palms up. Raise the arms up the centerline of the body to the level; of the chest.
3. Exhale: Rotate the hands as they are raised above the head, Palms up. Stretch upwards and look up as far as comfortable.
4. Inhale: Turn the interlaced hands over. palms down and lower the hands down the front of the chest.
5. Exhale: Continuing to move downward leaning forward from the waist lower the hands as close to the ground as comfortable.
6. Inhale: Hands push down. Lift head
7. Exhale: Release head and rotate to the left. Look over left shoulder.
8. Inhale: Rotate back to the center.
9. Exhale: Rotate to the right. Look over right shoulder.
10. Inhale: Rotate back to the center.
11. Exhale:
12. Inhale: Roll up to standing with arms lowered at the sides.

ENJOY
the
PRACTICE
and
SMILE

