# Yin Yang Qigong [Yi Jin Jing]

## Chen Xiao Wang

K.A. Notes from London Workshop 9-10 November 2013

Out breaths usually made with a gentle long ‘Hoo’ sound.

## Preparation

* Start feet together.
* Separate feet. Hands lightly on thighs. Check posture.

## 1 - Buddha Warrior (Wei Tuo, a Mahayana Bodhisattva) Presents Cudgel

* Raise straight arms to front at shoulder height, palms facing each other.
* Palms together and withdraw to chest in an arc so fingertips come to mouth level before sinking down. Hands touch chest. Fingers finish pointing up in prayer position. Forearms almost level.
* Push the elbows out to the sides. Arms lift to shoulder height. Palms face down. Longest fingertips touch. [In breath]
* Slowly lower hands back to prayer position [Out breath]
* Pause

## 2 - Holding Cudgel Horizontally

* Push the elbows out to the sides. Arms lift to shoulder height. Palms face down. Longest fingertips touch. [In breath]
* Lower hands palm down front centreline then separate to rest on thighs.
* Pause

## 3 - Palms Prop Up Heavenly Gate

* Open the arms wide to the sides to shoulder height. Hands palm down.
* Then continue the circles to overhead. Palms push up. Raise body on to toes.
* Lower body and separate hands to horizontal at the sides of the body.
* Make fists.
* Release fists and arms lower to thighs.
* Cover Dantien and pause.

## 4 - Pick Stars to Replace the Dipper

* Lower hands to thighs
* Raise arms to front, palms down. Shoulder height.
* Sweep both arms right
* Pivot left. Back foot (right) is at 45° and takes the weight. Front foot (left) only touches with tip of toe.
* Arms drop with the pivot.
* Right hand goes to Mingmen. Left hand rises up to forehead level – palm away. [In breath]
* Turn top hand palm in and look at Laogong.
* Lower top hand until forearm is about horizontal. [Out breath]
* Raise hand [In breath]
* Lower hand [Out breath]
* Raise hand [In breath]
* Lower hand [Out breath]
* Raise hand [In breath]
* Lower hand [Out breath]

Three cycles of rising and falling of the hand.

* Hands drop and pivot right. Back foot (left) is at 45° and takes the weight. Front foot (right) only touches with tip of toe.
* Left hand to Mingmen as right hand rises up palm away
* Repeat the procedure on the right side.

The set of movements are repeated a total of 3 times on each side. Hand rises and falls 3 times in each set.

* On conclusion of last set, pivot to front, hands to thighs.
* Cover Dantien. Pause

## 5 - Pull Back The Tails of Nine Bulls

* Lower hands to thighs
* Raise arms to front, palms down. Shoulder height.
* Sweep both arms right
* Side step out with left foot and spread both arms wide
* Pinch fingertips and hook wrists
* Right arm drops to waist height away from the body. Fingertips point back.
* Left arm folds so hand is near head, fingers pointing front.
* Weight shifts left as body leans left. Eyes look past right foot.
* Elbow of left arm rises a bit and hand gets closer to head – without touching – as if leaning on a pillow. [Out breath]
* Release lean, left arm softens a little. [In breath]

Repeat total of 3 times

* Raise body and sweep both arms right.
* Pivot right 180° as left foot steps round into a wide posture.
* Arms spread wide
* Pinch fingertips and hook wrists.
* Continue to repeat the set leaning to the right 3 times

Repeat 3 times to each side.

## 6 - Outstretch Claws and Spread Wings

* On turning back to the front for the last time, only step to shoulder width.
* Both arms sweep horizontally to the front, palms down.
* Withdraw hands to chest.
* Push forwards (fingers point up), starting softly then getting stronger as arms extend. ‘As if pushing a mountain.’

Repeat 3 times

* On conclusion of last push, lower hands to thighs.
* Cover Dantien. Pause

## 7 - Nine Ghosts Draw Sabre

* Lower hands to thighs
* Right hand wraps round back of head with fingertips on the edge of left ear. Left hand sides up the spine as far as possible.
* Make small body turn right with a small shift in weight right.
* Then twist left with a small shift in weight to left.
* Continue twist left an look at right heel round the back of your hip, finish will a small weight shift right.

Turn back to front then repeat 3 times

After third repetition change hands over so left hand touches right ear.

Repeat set 3 times with 3 repetitions each time.

* On conclusion of last movement, lower hands to thighs.
* Cover Dantien. Pause

## 8 - Three Body Section Drop to the Ground

* Lower hands to thighs
* Raise arms to front, palms down. Shoulder height.
* Sweep both arms right
* Side step out with left foot and spread both arms wide
* Squat down and lower hands to hip level with straight arms
* Turn hands palm up and raise body

Repeat squat 3 times

## 9 - Blue Dragon Outstretches Claws

* Hands make claws.
* Right hand folds in so fingertips touch right side of chest.
* Left arm bends so hand folds palm down to front. Wrist bends down a little.
* Maintain finger contact on chest with right hand.
* Throw out Dantien (and chest) as left hand flicks back (like back hand strike). Left hand finishes palm to front. The back flick does not bend the left wrist backwards.
* Out breath with the flick making the sound ‘Shh’. Short focused sound.
* Relax and return to start position.

Repeat flick 3 times

After third repetition change hands over so left hand touches chest.

Repeat set 3 times with 3 repetitions each time.

* On conclusion of last movement, lower hands to thighs.

## 10 - Crouching Tiger Pounces on its Prey

* Pivot left. Hands make claws.
* Step out left foot as arms circle back – up –down centre, bending down so claws touch floor. (OK to place palms on floor if fingers not strong enough. Also OK to just put both hands on front knee if bending all the way down is not possible.)
* Back heel is raised off the floor so only tip toe touches. [In breath]
* Push heel down with an out breath.

Repeat 3 times.

* After third in breath, raise back foot off the floor so that sole of foot is parallel to floor
* Put foot down and raise body. Turn right.

Repeat set 3 times to each side.

* After the last foot lift, place it down, keep body low and turn to front in a squatting position.
* Palms cover ears with fingers pointing back.
* Stand up.

## 11 - Make Deep Bows and Beat Heavenly Drums

* Twist body to front-left corner. Tap fingers on back of head, alternating hands 3 times. Beat is ‘da-da-daa’ starting left hand.
* Turn body front and continue 3 taps starting with next hand ie right.
* Twist to front-right corner and continue tapping.
* Then bend forwards.
* Raise body

Repeat set 3 times

## 12 - Turn Tail and Swing Head

* Hands off ears.
* Push hands forwards, interlock fingers and pull back to body, palms face body.
* Push hands, palm down, to the floor while bending forwards.
* Quickly flick head left, right, up then down. (The side flicks are like ear to shoulder, not rotations.)
* Stand up and lift up interlocked hands.
* Push hands forwards, back, then down again before repeating head flicks.

Repeat for 3 sets of bending and head flicks

## Closing - Buddha Warrior Presents Cudgel

* On raising the body after the last set of head flicks, push interlocked hands forwards, palms away.
* Release the finger interlocks and spread arms wide at shoulder level.
* Continue to circle wide, back and round, so hands finish palm up on floating ribs.
* Rub the ribs with the forearms so hands push forwards (palm up) to shoulder level as body rises on to balls of feet.
* Spread arms wide to sides of body. Finish palms down.
* Drop weight suddenly on to heels.
* Continue arms spreading and circling backwards then round to ribs again. Palms up.

Repeat for 3 drops. Finish with hands, palm up on ribs.

* Rub ribs and push out hands palms facing each other.
* Palms together and withdraw to chest in an arc so fingertips come to mouth level before sinking down. Hands touch chest. Fingers finish pointing up in prayer position. Forearms almost level.
* Push the elbows out to the sides. Arms lift to shoulder height. Palms face down. Longest fingertips touch. [In breath]
* Slowly lower hands back to prayer position [Out breath]
* Pause
* Push the elbows out to the sides. Arms lift to shoulder height. Palms face down. Longest fingertips touch. [In breath]
* Lower hands palm down front centreline then separate to rest on thighs.
* Cover Dantien. Pause
* Lower hands and close in left foot.