

9 MOVEMENTS FOR THE PREVENTION OF XIAO KE (DIABETES)

SAN XIAO JIU ZHI GONG

These notes are offered as an *aide memoir* for participants in Mark Atkinson's recent seminar in Hertfordshire. As always, we recommend that if you wish to improve your practise and understanding of DYYSG, you should seek out a fully accredited instructor member of the English DYYSG Association.

INTRODUCTION

This sequence is based on the TCM perspective of the causes and treatment of diabetes. **Unsurprisingly, this perspective is very different from that of Western medicine.**

DIABETES ACCORDING TO TRADITIONAL CHINESE MEDICINE

Diabetes in TCM is called *xiaoke*.

The principal symptoms are: **excessive drinking, over eating, excessive urination** accompanied by weight loss and disorders of the urine which can be sweet or fatty.

Chinese doctors classify diabetes (*xiaoke*) into **three categories**:

higher diabetes (*shang xiao*), middle diabetes (*zhong xiao*) and lower diabetes (*xia xiao*).

HIGHER - SHANG XIAO: the principal symptom is **great and excessive thirst**, said to be due to **excess of heat in the Lung** which **damages the organic liquids**.

MIDDLE - ZHONG XIAO: the principal symptom is **excessive hunger**, said to be due to **excess of heat in the Stomach causing too rapid digestion**.

LOWER - XIA XIAO: the principal symptom is **thirst** accompanied by **abundant urine** with the **urine fatty or sweet**, said to be due to a **deficiency of Kidney yin** which has lost its function of maintaining. **It cannot control and maintain the urine**. This deficiency of Kidney *yin* causes **the essence gained from food to be lost; this is why the urine is fatty or sweet**.

THE CAUSES AND EFFECTS OF DIABETES

A Poorly Balanced Diet.

Imbalance of the Emotions.

An Excess of Bodily or Sexual Fatigue.

PREPARATION

Stand upright, feet together; relax the whole body.

Breathe calmly; calm the mind and concentrate on *dantian*; adopt a quiet and comfortable position.

Look to the front or close the eyes slightly.

The tip of the tongue touches the palate; the teeth lightly touch each other.

Silently repeat the poem of preparation: it grows dark...

Important points:

Bring both hands to the surface of *dantian*, the left hand in contact with this zone for everyone.

At the end of the preparation, lower the arms alongside the body.



MOVEMENT 1
Swallow Saliva

TUN JIN YAN YE

THE MEANING OF THE TITLE

During the period of the "3 Warring States", a celebrated doctor, *Huang Pulong*, described the secret of health as, " **Every morning you must swallow the jade spring and click the teeth together. These two methods make it possible to have a solid body as well as beauty**". The **jade spring** *yu quan* = **saliva**. Each morning before rising, rinse the mouth to create an abundance of saliva, then swallow it and click the teeth 14 times. This method is called, "exercises for the transformation of the subtle essences".

KEY POINTS OF THE MOVEMENT

ELEMENT 1

INHALE and raise the toes.

massage lightly upwards fingers downward.

Without stopping, swivel the heel of the hand, separate the hands until the fingers are face-to-face the heels of the hands on the sides.

During the movement suckle 4 times.

ELEMENT 2

EXHALE, toes grip the ground.

At the same time, push the hands towards the belly pressing on the abdomen as well as the Pancreas, Spleen and Stomach.

Without stopping, bend the legs and push the hands downwards with progressive force.

At the same time, **swallow the saliva**.

At the end of second 8, lower the arms alongside the body, then make **LUNG FISTS** and bring them to the waist.

GENERAL

Bend the knees according to **individual capabilities**.

Concentration: one can imagine an orchard of plum trees or concentrate the mind on the two points *jinjin* and *yuye* which are under the tongue, to stimulate the secretion of saliva.

PRINCIPAL ACTION:

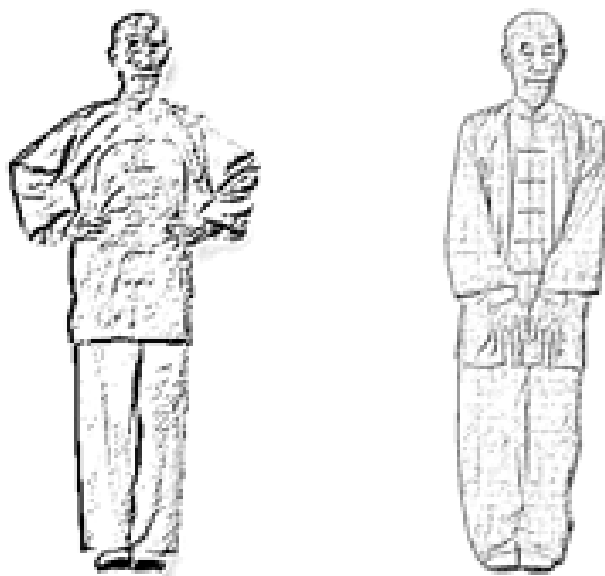
The **upward** massage is **light** and provides **tonification**.

The **downward** massage is **heavier**, massaging the **stomach** and **pancreas**, and **stimulating the secretion of insulin**.

The "suckling" stimulates **the production of saliva** with all its attendant benefits.

Overall, this movement

reduces stomach fire
humidifies the stomach
stimulates the secretion of insulin



MOVEMENT 2

The Dragon of Wisdom Raises Its Head

SHEN LONG ANG SHOU

THE MEANING OF THE TITLE

The dragon has always been a cultural symbol to the Chinese. Several thousands years ago according to Chinese myth, the dragon created Chinese culture.

Here, in the movement of raising the head, one finds the idea of intensifying energy and courage. In this movement, one imagines the various changes of the dragon which can fly in the sky, and travel up to the clouds.

KEY POINTS OF THE MOVEMENT

First Round of Eight

ELEMENT 1

INHALE raising the toes

At the same time, open the fist, and raise the hand in front of the ear, slightly touching it.

Turn the trunk; continue to push this arm upwards, turning it at the same time.

During the movement, suckle 4 times. Turn the head.

ELEMENT 2

EXHALE toes gripping the ground

At the same time, turn the body forward, and lower the hand to the waist following the same path as when lifting it.

Progressively close the hand

At the same time, swallow saliva.

Look to the front.

Second Round of Eight

ELEMENT 1

INHALE raising the toes

At the same time, open the hands and push them forward, massaging the sides of the body. Join the backs of the hands, then push them upwards, extending the arms. In the process, turn the hands so that the backs, then the palms, then the backs touch.

Suckle 4 times during this part of the movement.

ELEMENT 2

EXHALE toes gripping the ground

At the same time, separate the hands and lower the arms to the sides, then return the hands alongside the body and bring them back as fists to the waist.

Swallow saliva.

Look to the front.

At the end of second 8, lower the arms alongside the body.

GENERAL

Open the chest and extend the trunk. Stretch all the joints to the maximum possible.

Picture an image of an orchard of plum trees or concentrate on the zone of *jinjin*, and *yuye*, the two points underneath the tongue.

PRINCIPAL ACTION:

Producing a great deal of saliva in the mouth improves the symptoms of thirst, dry throat etc...

Turning and stretching the arms as much as possible works the Lung meridian and helps to free this meridian and eliminate excessive heat. This is why we must do this as much as possible.

Turning the body stimulates *mingmen* and also opens *Yunmen*. The more these gates are open the more the heat escapes.



MOVEMENT 3

XING ZHE TUO KAO

Wu Song Releases Himself from the Yoke

THE MEANING OF THE TITLE

Wu Song was a Chinese hero.

He was a very courageous man who always tried to do what was right to help the poor. One day he drank alcohol and beat a man of the village who had acted badly. This man gave money to the chief of the village to lay a trap for *Wu Song*. The chief of the village said that he wanted his adopted daughter to marry *Wu Song*. He accused *Wu Song* of wanting to recover the money given on that occasion and *Wu Song* was thus imprisoned. *Wu Song* resisted in a heroic way and succeeded in releasing himself from the yoke.

In this movement, when one separates the elbows to the sides, this is a reference to *Wu Song* releasing himself from the yoke.

MOVEMENT

ELEMENT 1

INHALE

Simultaneously, step left (shoulder width +), raising the hands up to shoulder level, palms upwards .

ELEMENT 2

EXHALE

Bend the legs into horse stance.

Look to the front.

Without stopping, close the hands, and push the elbows sideways twice.

Turn the head

ELEMENT 3

INHALE

Keeping the knees bent, use the arms to press the sides of the trunk, then open the hands and bring the palms together in front of the chest.

Without stopping, straighten the legs, at the same time pushing the hands upwards, and passing them in front of the face then separating them to the sides.

Extend the arms naturally; drop the elbows.

ELEMENT 4

EXHALE

Close up, lowering the arms alongside the body.

Look to the front.

At the end of the second 8, bring the hands as SQUARE FISTS to the waist.

GENERAL

Bend the knees according to **individual ability**.

Concentrate on ***yunmen* (2Lu)**.

PRINCIPAL ACTION

Pushing the elbows opens 2 doors: ***yunmen* (2Lu)** and ***qihu* (13St)** which is located above the Lung, which assists in purifying heat, humidifying the Lung, and stimulating the secretion of the organic liquids in order to calm thirst.

This movement acts in particular on the *shang xiao* (higher diabetes).



MOVEMENT 4 *dao shang yin xia*
Release The High, Regulate The Low

THE MEANING OF THE TITLE

When the disorder is in the upper part, one can choose a point in the lower part or *vice versa*; one can equally choose to treat the lower and upper parts at the same time. This is what is meant by "releasing the top and regulating the bottom".

In this movement, at the top, in the trunk, one chooses ***yunmen (2Lu)***; at the bottom, one chooses ***shenshu (23Bl)***.

These two points are important for ***shangxiao*** (higher diabetes) and ***xiaxiao*** (the lower diabetes).

KEY POINTS OF THE MOVEMENT

ELEMENT 1

INHALE

The fists remain at the waist, and without stopping, step left foot (shoulder width +), equal weight, straight legs

At the same time, open the fists, then cock the wrists, and push the hands forwards, leading with the zone of ***shenmen (7H)***, keeping the hands shoulder width apart and bringing the wrists to shoulder level. Extend the arms naturally.

ELEMENT 2

EXHALE

Close the hands into SQUARE FISTS, the point of the middle finger lightly pressing *laogong*.

Then, turn the body to the right, at the same time, open the hands. Use the right hand to strike the left *shenshu*, the left hand striking the right *yunmen*.

Without stopping, turn the trunk to the left, the left hand striking the right *shenshu* and the right hand strikes the left *yunmen*.

Pay attention to turning the foot strongly to stimulate the zone of **yongquan (1 Kid)**.

ELEMENT 3

INHALE

At the same time, open the hands and pass them from the left side towards the front at shoulder height and shoulder width. Palms turned downwards.

ELEMENT 4

EXHALE

Close up, Straighten the legs, then lower the hands, and then bring them as square fists into the waist.

Look to the front.

At the end of the second 8, lower the arms alongside the body.

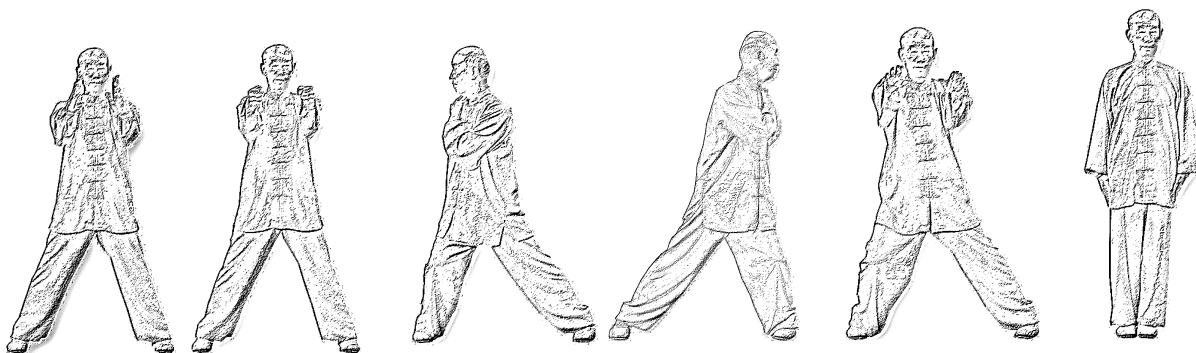
GENERAL

Place of concentration: *shenshu* (23Bl).

PRINCIPAL ACTION

Stimulates the secretion of **saliva** to calm thirst, humidify the *yin*, and consolidate the Kidney in order to improve certain symptoms particularly for *shangxiao* (higher diabetes) and *xiaxiao* (lower diabetes).

Hitting with Laogong while twisting the foot, **clarifies heat in the Heart** and assists the crossing of **Fire and Water**.



MOVEMENT 5

DONG QI XIANG YUN

The Good Clouds Surround the Door

THE MEANING OF THE TITLE

The clouds correspond to energy. **The function of the higher Triple Burner is to transform the clouds/mist.** When the clouds/mist, meet the cold they will descend. At the bottom they will meet heat and then they will rise and disappear. This door deals with the function of change of the mist of the clouds, which is why it bears this name. In this movement one uses the thumb to massage in rotation and press on the point *yunmen* **to clarify and to eliminate heat in the chest in order to humidify the Lung.**

MOVEMENT

ELEMENT 1

INHALE

Step to the left (shoulder width +) raising the arms forward, then folding the elbows and facing the thumbs on the zone of *yunmen*, folding the other fingers.
Look to the front.

ELEMENT 2

EXHALE

Bend the knees.
At the same time, massage with a rotation of the thumbs on *yunmen*, moving the fists first inwards then downward and outward 3 times, at the end pressing *yunmen* firmly.
Look to the front.

ELEMENT 3

INHALE

Straighten the legs and at the same time cross both wrists in front of the chest, left hand inside.
Then, push the hands upwards, and form a circle between the two arms, the palms slightly upwards and fingers backwards.
Look at the hands.

ELEMENT 4

EXHALE

Close up, straightening the legs.
At the same time, separate the arms then lower them sideways.

KEY POINTS

When massaging *yunmen*, **use some force** and **lightly pronounce the sound "sī"**.
Place of **concentration**: *yunmen* (2Lu).

PRINCIPAL ACTION

Purifies heat, humidifies the Lung; stimulates the secretion of the organic liquids in order to calm thirst and thus help the prevention of *shangxiao* (higher diabetes).
Releases the Triple Heater meridian and balances the 5 organs.



MOVEMENT 6
The Metal Hammer Nourishes the Kidneys

jin chui zi shen

THE MEANING OF THE TITLE

The name "metal hammer" indicates **the shape of the hands as fists**.
The expression "**Nourishes the Kidney**" means that in the movement of **striking *shenshu*** one nourishes the Kidney.

MOVEMENT

ELEMENT 1

INHALE

Lean the trunk backwards, pushing the hands backwards at the same time.

Raise the head and look upwards.

Without stopping, raise the arms upwards and stretch them, palms towards the front, fingers directed upwards.

ELEMENT 2

EXHALE

Bend the knees which touch each other.

Without stopping, close the hands and **use the back of the fists to strike *shenshu* twice**.

ELEMENT 3

INHALE

Keeping the knees bent, open the fists and massage the sides of the body with the arms until the hands meet in front of the chest, the two *laogong* touching.

Without stopping, straighten the legs and, following an internal rotation of the arms, separate the hands and pass them in front of the face then outwards and sideways.

Extend the arms in a circle, fingers directed upwards.

ELEMENT 4

EXHALE

Straighten the legs and lower the arms to the sides.

At the end of the second 8, make LUNG FISTS, and bring the fists into the waist.

KEY POINTS

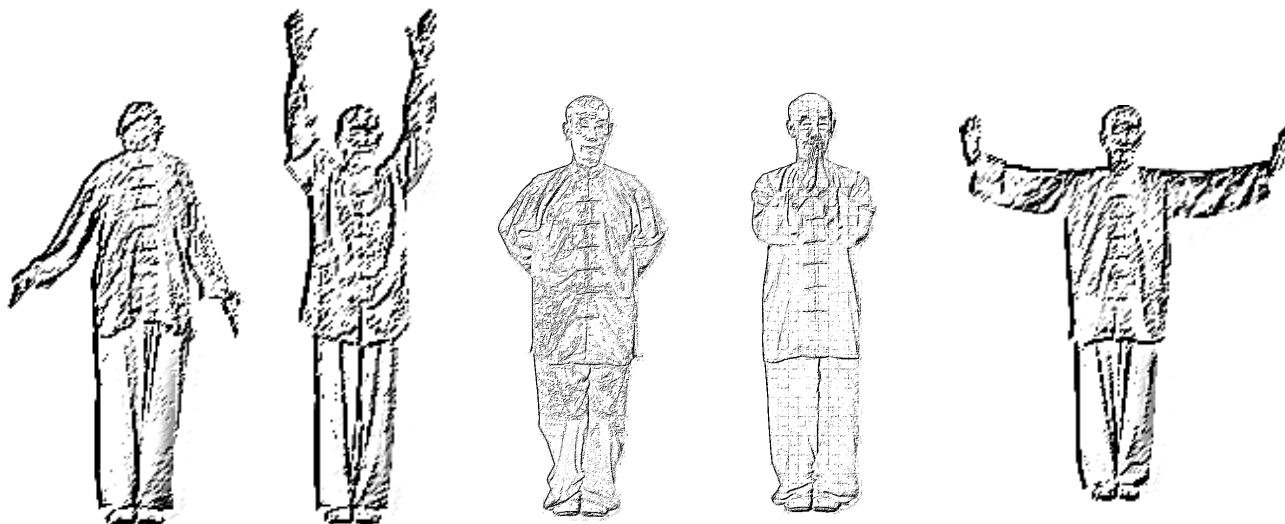
Bend the knees without straining, according to individual abilities.

Strike **shenshu (23Bl)** progressively more firmly until experiencing a feeling of very light pain in this point.

Place of concentration: **shenshu (23Bl)**.

PRINCIPAL ACTION

Improves the symptoms of *xiaxiao* (lower diabetes).



MOVEMENT 7

Ran Gu (2 Kid) Calms Thirst

RAN GU CHU KE

THE MEANING OF THE TITLE

Rangu is a point on the Kidney meridian.

The principal action of this point is to heat and invigorate the Kidney *yang*, to humidify and nourish the Kidney *yin* and thus return energy to the Kidney.

According to TCM, this point can treat *xiaxiao* (lower diabetes).

MOVEMENT

ELEMENT 1

INHALE

Push the hand downwards and backwards.

Without stopping, turn to the front and raise the hand upwards above the head. Extend the arm, palm forwards, fingers upwards.

ELEMENT 2

EXHALE

Turn the trunk, bending the knee. Step out on to 45°, sliding the ball of the foot on the ground. The ball of the foot lightly touches the ground.

At the same time, lean towards the foot and strike **shenxi** on the thigh **twice**.

ELEMENT 3

INHALE

Massage over the ball of the foot and place the thumb on *qiuxu* (40GB), the *yuan* point of the Gall Bladder (GB), and put the index finger on *rangu* (2Kid). When the hand passes over the ball of the foot, raise the toes

ELEMENT 4

EXHALE

Forcefully grip the points *qiuxu* (40GB) and *rangu* (2Kid) between the thumb and the index finger.

Close the feet, and simultaneously close the hand in a **LUNG FIST** at the waist

At the end of second 8, bring the fists back into the waist, then open the hands and place them in front of the abdomen, palms upwards, fingers facing each other.

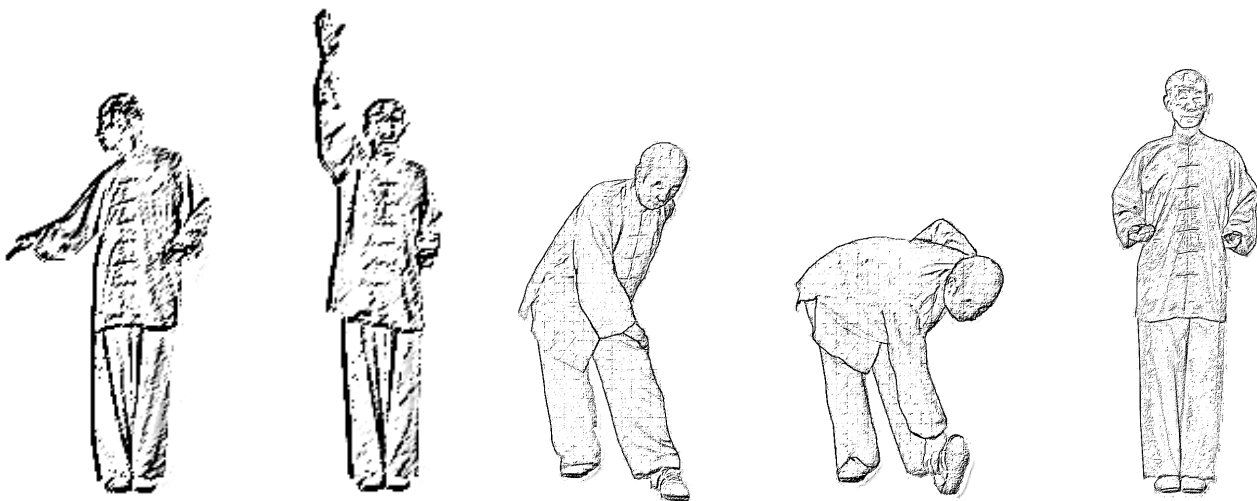
GENERAL

Place of concentration: *rangu* (2Kid)

PRINCIPAL ACTION

Humidifies the *yin*, and consolidates the Kidney

Releases the Governing Vessel GV, the Kidney and Bladder meridians to give a favorable stimulation to the lumbar region especially to the zone of *mingmen* (4GV) and *shenshu* (23Bl).



MOVEMENT 8

yin chui tong guan

The Silver Hammer Opens the Gateways

THE MEANING OF THE TITLE

Here, the "silver hammer" is the fist and "releasing the gateways" indicates that one must use the fist to strike *guanyuan shu* (26Bl).

MOVEMENT

ELEMENT 1

INHALE

Step sideways.

At the same time, raise the arms sideways up to shoulder level. Extend the arms, palms facing backward.

Without stopping, move the body weight to the side bringing the palms upwards.

ELEMENT 2

EXHALE

Step behind on the right foot and squat.

At the same time, bring in the hands, finger by finger, and pass them underneath the armpits towards the back, then stretching the arms palms backwards.

Without stopping, close the hands and, using the backs of the fists, strike *guanyuan shu* twice.

ELEMENT 3

INHALE

Lightly raise the trunk, then opening the hands, and moving them in front of the knees, bringing the backs of the hands together, and raising them until they are in front of the chest. Step out, bringing the body weight to the side. At the same time, bend the wrists and all the joints of the fingers in 4 stages.

Finally click the nails by separating the hands sideways. Straighten the arms, fingers upwards.

ELEMENT 4

EXHALE

Close up straightening the legs gradually.

Lower the hands **to the sides** and return them in front of the belly.

At the end of the second 8, lower the arms alongside the body.

GENERAL

The elderly or frail can perform this movement with a higher posture.

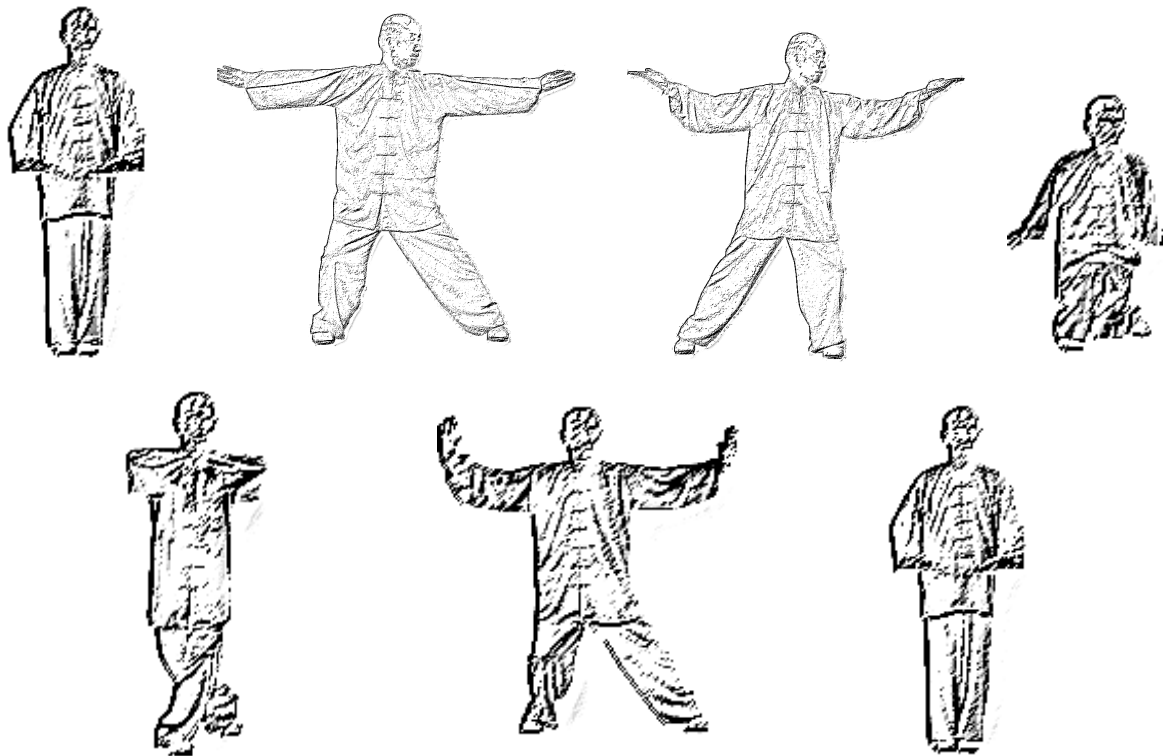
When squatting, keep the thighs firmly together; the support point is on the side of the little toe of the back foot.

Progressively strike *guanyuan shu* (26BI) initially with a light force then getting stronger until feeling a vibration in the zone of the lumbar region.

Place of concentration: *guanyuan shu* (26BI).

PRINCIPAL ACTION

This movement humidifies the *yin*, reinforces the Kidney, and clarifies the heat of the Stomach.



MOVEMENT 9 *tong chui shu wei*
The Bronze Hammer Strikes The Stomach *Shu* Point

THE MEANING OF THE TITLE

Here “*Tong chui*” refers to the two fists. “*Shu wei*” indicates that one strikes a particular acupuncture point. Thus, this title indicates that one uses two fists to strike the *shu* point of the Stomach - *weishu* (21Bl) in order to release it.

MOVEMENT

ELEMENT 1

INHALE

Stretch the legs and turn the trunk 45°
 At the same time, push the hands past the body and obliquely behind.
 Stretch the arms, palms slightly upwards.

ELEMENT 2

EXHALE

Step out 45°, changing *xubu* into *gongbu*. The back heel remains on the ground.
 At the same time, close the hands and use the back of the fists to strike *weishu* twice.

ELEMENT 3

INHALE

Bring the weight back, raise the toes of the front foot and at the same time open the fists.
 Keep the body upright.
 Bring the hands forwards past the waist and cross them in front of the chest, left hand inside.

Without stopping, lower the body weight then bring the hands in front of the face and separate them sideways.
Look to the front.

ELEMENT 4

EXHALE

Close up gradually straightening the legs and lowering the arms alongside the body.
Lower energy to *dantian*.

GENERAL

When striking *weishu*, strike with a progressive force from light to strong.
Place of concentration: *weishu* (21Bl).

PRINCIPAL ACTION

Stimulating *weishu* has a therapeutic action for *zhongxiao* (middle diabetes).



END

1 Overlap the hands on the surface of *dantian*, the left hand below for men, the right hand below for women.

2 Remain for one moment in this position then lower the arms alongside the body.

Quietly and slowly bring the sequence to an end.