

THE INTERNATIONAL INSTITUTE OF DAO YIN YANG SHENG GONG

Presented by Professor Zhang Guang De

Interview conducted by Mark Atkinson and André Perret, with translation by
Zhu Miansheng

Dao Yin Yang Sheng Gong is a method of Dao Yin (Qi Gong) developed by Zhang Guangde. A Professor of the Beijing Sports University, Zhang Guangde is one of the most famous Masters of Wu Shu in China. His fame has become world wide because of the extraordinary development of his technique not only in the East (where tens of million practise) and also in the West. At 74 years of age, he has decided to establish a base for his teaching in Europe by opening an Institute offering a complete training in his method. Here he introduces the Institute and Dao Yin Yang Sheng Gong.

Qn. *Professor Zhang Guangde, for several years now you have taught your system of Dao Yin Yang Sheng Gong in more than thirty countries. Today you are founding an International Institute of Dao Yin Yang Sheng Gong in Europe, why is that?*

Ans DYYSG is inevitably expanding in relation to the world environment on the one hand and also to a growing demand in the many countries where it is practised. The decision to open this Institute therefore rests on 4 essential points:

The first point is related to our time. The 21st century is a period of scientific breakthrough, rich in inventions, and scientific, political and economic achievements. But at the same time, this environment produces an increase in social pressure, accelerating the rhythm of life. To compensate for this, it is more necessary than ever to find places of rest, of pleasure and activity to maintain our physical and mental health. The creation of this Institute is part of the process of trying to eliminate or decrease the psychological pressure related to heavy work loads and the acceleration of the rhythm of life. The Institute provides a centre for helping people.

Qn. *So the first reason for the creation of the Institute is therefore a social one, please explain the second.*

Ans Everyone wishes to maintain their health and longevity. For thousands of years, the medical profession and others have searched for ways to achieve these goals, and an important body of research has resulted from that. But now we have a population which is living longer, and so maintaining good health has become the first need for all. The Institute will make it possible to train people in the practice, the quality and the theory of DYYSG to help people to maintain good health.

Qn. *So you are responding to the need for correct training in Dao Yin YangSheng What is your 3rd reason?*

Ans Various studies have noted that in the world, on average 20% of people are in extremely good health, 20% are seriously ill and the remaining 60% are in an unstable condition between health and illness. This third state is experienced by more people after the age of 50. One is in a state of transition either towards improved health, (i.e. life), or towards worsening health, illness and death. In creating the Institute, we have deeply considered this third group and its changing development. The purpose of the Institute is to help people to move their physical and mental health towards "life" while also adapting to the changes in society.

Qn. *In this respect the action of Dao Yin Yang Sheng Gong is in the prevention of illness and as an additional aid to health recovery. But why open the Institute in France? Is this your 4th reason?*

Ans It was necessary to find a place which could meet our needs in the opening of the Institute. France has a long history and a very developed culture; it is a well known place of great cultural richness and vitality. In that sense it is like China which has been a great source of Eastern culture for 5000 years, and whose cultural development is currently attracting world attention. By opening in France, the Institute will be able to make its contribution more easily to cultural exchanges between the East and West in its work for health

Qn. *Why Biarritz ?*

Ans There are at least 5 reasons. Biarritz is a town which receives the world, a town of international exchanges, opened to various cultures. The inhabitants are open and cultivated there. It is a place for tourists but also for wellbeing. Biarritz gives an international identity to our Institute. Then, the municipality of Biarritz supports this project in a way which is very important for us by placing a sports hall, a conference centre, an office etc at our disposal.

Furthermore, in Biarritz there is already a very solid base provided by the Kunming Association which has great experience in organization, management, publicity and finances. It is led by a team of volunteers and it has more than 15 years of experience in Dao Yin and cultural exchanges. It is therefore a very important base.

Finally, this project can be created thanks to the willingness of Doctor Zhu Mian Sheng and Doctor André

Perret, who bring to it their skills and their medical knowledge. Mark Atkinson, Treasurer of the European Dao Yin Federation, and Helene Sasco, President of the Kunming Association also join us in our work. We have the same objectives and goals: to disseminate the system of Dao Yin Yang Sheng Gong in an enjoyable way for the wellbeing of those who practise it.

All these elements coming together represent an opportunity, a chance; it is the moment to open this Institute of training in DYYSG.

Qn *You are a professor of martial arts, so why did you create the Dao Yin Yang Sheng Gong?*

Ans It is a long story which begins at the time of the Cultural Revolution in China. At that time my family experienced sudden very serious problems because of the policy. This created a mental trauma for me which caused a yin-yang imbalance resulting in hypertension, immunological disorders, renal, blood and respiratory disorders. After emergency care, my health improved, but the drugs used were very expensive and insufficient to deal with the fundamental cause. My idea was to seek a method to regain my health without using these drugs. DaoYinYang Sheng Gong was the result of this research.

Qn *After more than does 30 years since its creation, how many sequences does Dao Yin Yang Sheng Gong consist of now?*

Ans I have created two systems:

Dao Yin Yang Sheng is composed of about thirty sequences which one can choose from for the benefit of: the Spleen, the Heart, the Lungs, the Liver and the Gall Bladder, the Kidney, for the urogenital problems, the muscles, the sight, tinnitus and deafness, the 49 movements to reinforce correct energy and to increase the defenses of the body, for the nervous system, etc.

Yang Sheng Tai Ji comprises 2 Yang Sheng Tai Ji Jin (preparation forms for Tai Ji), 3 Tai Ji Zhang (palm forms), 2 Tai Ji Pang (stick forms), 1 Tai Ji Dao (knife), 2 Tai Ji Shang (fan), 2 Tai Ji Tian (sword).

Qn *We know several of these sequences; they are very rich and very beautiful. What is your theoretical source?*

Ans The source of the creation of these two systems lies in six aspects of Chinese culture: YI of "I Ching", (The Book Of Changes), YI, Chinese traditional medicine,

GONG, Chinese traditional martial arts,
YI, " art ",
MEI, the art of the beauty,
YUE, music;

The principal theory rests on the concepts of Yin Yang, Wu Xing (5 movements), Zang Fu (internal organs and viscera), Jing Luo (meridians), Qi (energy), Xue (blood) and Jin Ye (organic liquids). Associated with this, I have a long experience of practice, teaching and research in the martial arts. I have also assimilated various old and current practices of these arts to produce a personal creation. It is thus a broad vision and the coming together of all these elements which has led to the creation of this style of Dao Yin.

This creation follows a method. Initially, I search out the essential cause of the Yin Yang imbalance which causes disease in each system (Kidney, Heart, Lung, etc). Then, I look for the corresponding principle of care. Finally, I identify the characteristics each sequence needs to provide this principle of care. This is why the various sequences are aimed at the particular systems and the diseases which are associated with them. Take, for example, bronchitis, one of the diseases of the respiratory system. One of the causes is the blocking of the Lung meridian, resulting in the blockage of Qi and the stasis of blood. Clearing the Lung meridian, releasing blocked Qi and dispersing the stasis of blood constitute the principle underlying the origin of the movements in the sequence for the Lungs.

In the two systems Yang Sheng Dao Yin and Yang Sheng Tai Ji, I always use the great principle of Chinese traditional medicine: " Pian Zheng Shi Zhi ", i.e. " differentiate the syndromes in order to provide the care ". For example in the respiratory system, if there is a problem, apart from treating the meridians associated with the Lung and Large Intestine, it is also necessary to pay attention to Spleen and the Kidney. Indeed, according to the theory of Wu Xing (5 movements/elements), the Spleen corresponds to the Earth, the Lung with Metal. The Earth is the " mother " of Metal and thus the Spleen can help the Lung. By tonifying the Spleen, one reinforces the Lung. This is an important principle in the treatment of respiratory disorders. This is why in Yi Qi Yang Fei Gong (sequence to nourish the Qi and to invigorate the Lung) I created movements to tonify the Spleen. I also created a sequence for the Spleen which can be used in association with the sequence for the Lung in order to address respiratory problems. The Kidney corresponds to Water. Metal is the " mother ", Water is the " child ". For example, the dominant cause of asthma, especially in old people, is generally a deficiency of the Kidney energy. One says in traditional medicine that " the son steals the energy of his mother ". This is why in Yi Qi Yang Fei Gong there are movements to reinforce the energy of the Kidney. I have also created another sequence for the Kidney which one can associate with the prevention and the care of the respiratory disorders.

Dao Yin Yang Sheng Gong provides two principal innovations: first is that one can choose the sequence according to pathology, second is that one can distinguish the syndrome to provide prevention and the care.

There is still much to say, in particular to explain how a precise movement can have such a major action. It would take too long here, but all these elements are included in the course offered by the Institute.

The Institute offers both practical and theoretical training, providing a precise and thorough knowledge of the method in order to practise it, progress and teach correctly. This quality training will be the basis of the development of the method, its popular success and its good results in the prevention of ill health the promotion of well being..

For further Information:

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