

These notes are intended only as a reminder for participants who attended Mark Atkinson's recent seminar in Hertfordshire (February 2007). Anyone interested in learning this or any other DYYSG form is advised to contact an **accredited teacher** member of the English DYYSG Association.

HE WEI JIAN PI GONG
Harmonise the stomach
Reinforce the spleen
Second Form

This form has the objective of benefiting the Spleen & Stomach and thereby the digestive system.

PREPARATION

Stand upright, place both hands on *Dantian*, the left hand below, look forward, concentrate on *Qihai* CV6. Silently repeat the poem of preparation.

Lower the arms alongside the body.

The Poem of Preparation

*Deep in the night, all is quiet,
Completely free from worry and care,
With the seven orifices closed,
And the mind set on Dantian and there.
Breathe slowly, with the tongue tip
Touching the palate behind the teeth,
As light and brisk as a swallow,
Soar up and float in the air.*

THE MOVEMENTS

1ST MOVEMENT

All Rivers Lead To The Sea

hai na bai chuan

*The reference is to the point CV6,
Qihai,*

KEY POINTS OF THE MOVEMENT

- 1/ Make a sucking movement like a baby, four times and each inhalation.
- 2/ On each inhalation raise the toes.
- 3/ When exhaling, swallow the saliva and lower the toes.
- 4/ Concentrate on *dantian*.
- 5/ Finish with arms alongside body

The Massage:

- 1/ Inhaling, beginning at *Guanyuan* CV4, massage with the left hand underneath, from CV4 to *Juque* CV14.
- 2/ While exhaling, massage from CV14 to CV4.



Repeat 4 times or for 4 complete breaths.

Remember to lift toes.

3/ *Inhaling*, massage horizontally to the side and then up. Remember to lift the toes and “suckle”.

Exhaling, massage first horizontally and then down along the stomach meridian.

Repeat twice or for 2 complete breaths.

4/ Make the same movement in reverse i.e., inhaling go up CV and exhaling go down the outside.

Repeat twice or for 2 complete breaths.

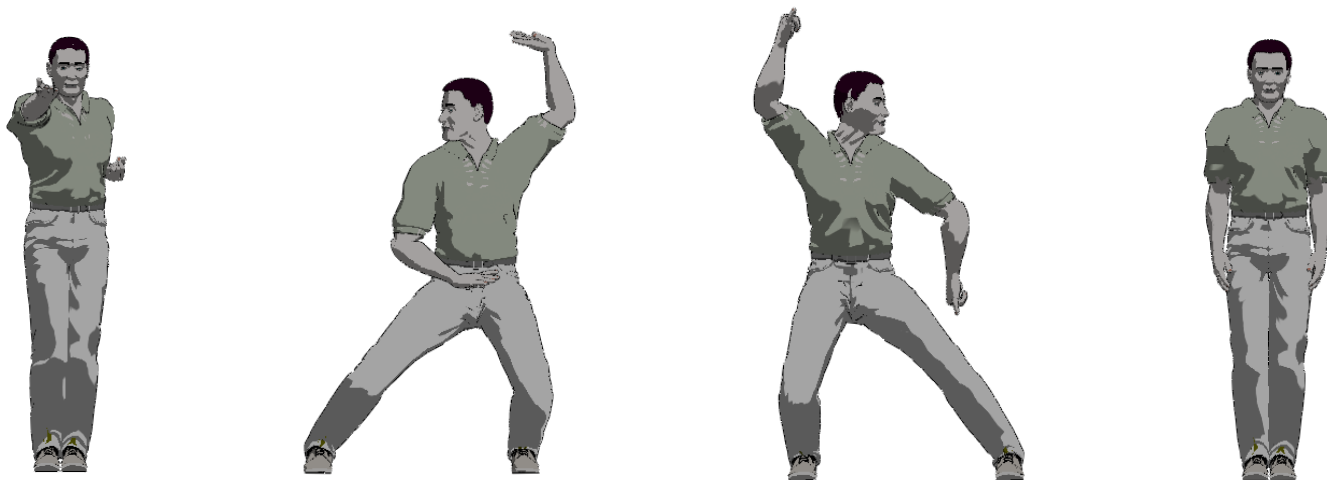
PURPOSE

Releases and stimulates the meridian of the spleen and the stomach.

2ND MOVEMENT The sacred deer gathers happiness *shen lu ying xiang*

The deer is a symbol of longevity.

The circles formed by the arms symbolize the Yin and Yang fish.



KEY POINTS OF THE MOVEMENT

1/ Lift the **right hand first**, the small finger higher than the others; Extended thumb and little finger stimulate the **Heart** and **Lung** meridians. Close the left hand – **lung fist**.

2/ **Right hand inside. Down hand centre.** Upper hand middle finger in line with the point *jian yu* L.115. look to the right.

3/ **Rising hand inside**

4/ Make the *mabu* position according to individual ability.

5/ Abdominal breathing.

6/ When exhaling, you may pronounce the sound " *si*".

7/ Concentrate on *dantian*.

8/ Finish with arms alongside body.

PURPOSE

1/ Improves the Spleen by stretching the Spleen meridian.

2/ The hand movements stimulate the Lungs and Heart. Heart fire supports Spleen's Earth.

3/ Extended thumb and little finger stimulate the Heart and Lung meridians.

3RD MOVEMENT The white tiger supports the roof beam *bai hu jia liang*

Refers to *feng shui* saying, "The green dragon is curled around a jade column, the white tiger supports the roof beam". The white tiger is a symbol of family happiness.



KEY POINTS OF THE MOVEMENT

- 1/ Begin by making **Lung fists** and bringing them to the waist.
- 2/ The gaze follows the moving hand.
- 3/ Middle finger in line with *jianyu* L.15. when forming *yin/yang* fish.
- 4/ Relax the lumbar region.
- 5/ The descending hand crosses the other at the level of 17 CV. **Descending hand inside.**

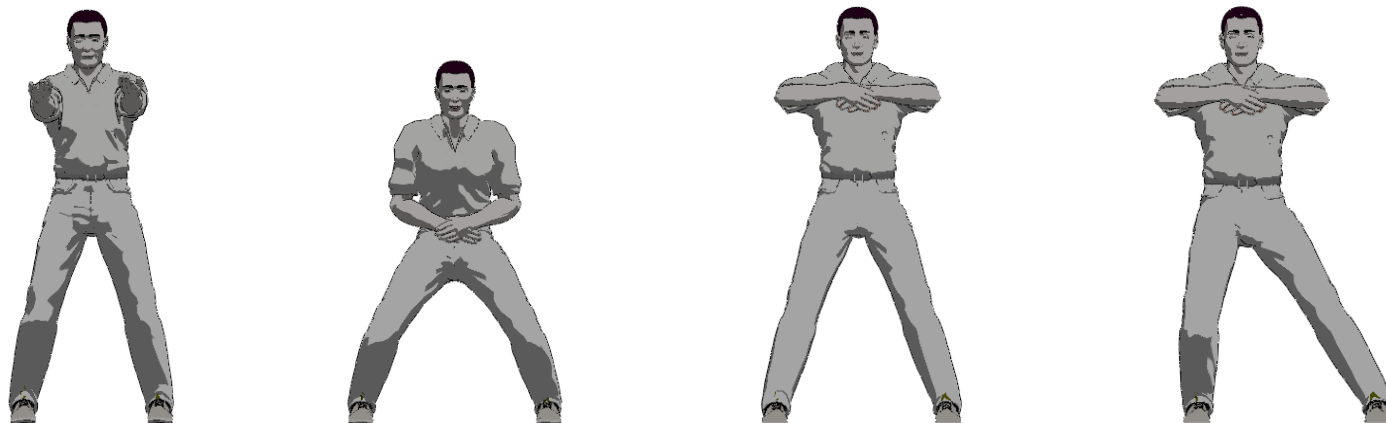
- 6/ Solidly "ground" both heels; push the top hand upwards "to support the beam".
- 7/ Concentrate on *dantian*.
- 8/ Finish with arms alongside body.

PURPOSE

- 1/ Regulates the function of the spleen.
- 2/ Eliminates stasis of the blood.

4TH MOVEMENT Nourish the great harmony *yi yang tai he*

Tai He refers to "Supreme Harmony " or a place of great power - e.g. The Forbidden City or *Dantian* in the body.



KEY POINTS OF THE MOVEMENT

- 1/ Massage the Conception Vessel CV as far as 22 *Tiantu* "Celestial Pivot".
- 2/ While massaging upwards, the pressure is on the edge of the hand, while massaging downwards; the pressure is on the thumb and the heel of the hand.

- 3/ Concentrate on *dantian*.
- 4/ Finish with arms alongside body.

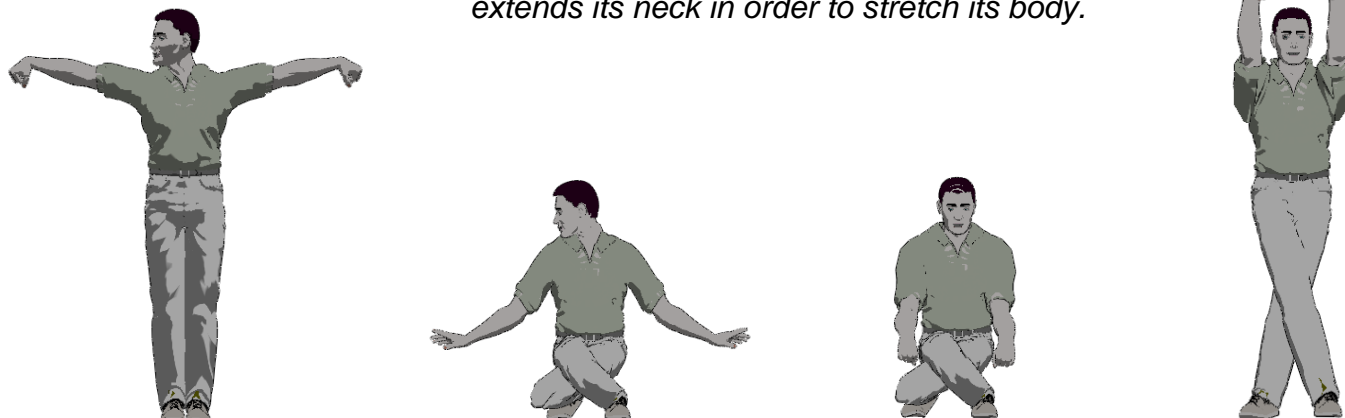
PURPOSE

- 1/ Helps to preserve Blood & Qi.

5TH MOVEMENT The deer and the crane enjoy the spring *he lu tong chun*

The crane and the deer represent longevity in the Chinese culture.

Imitate the crane which flies and the deer which extends its neck in order to stretch its body.



KEY POINTS OF THE MOVEMENT

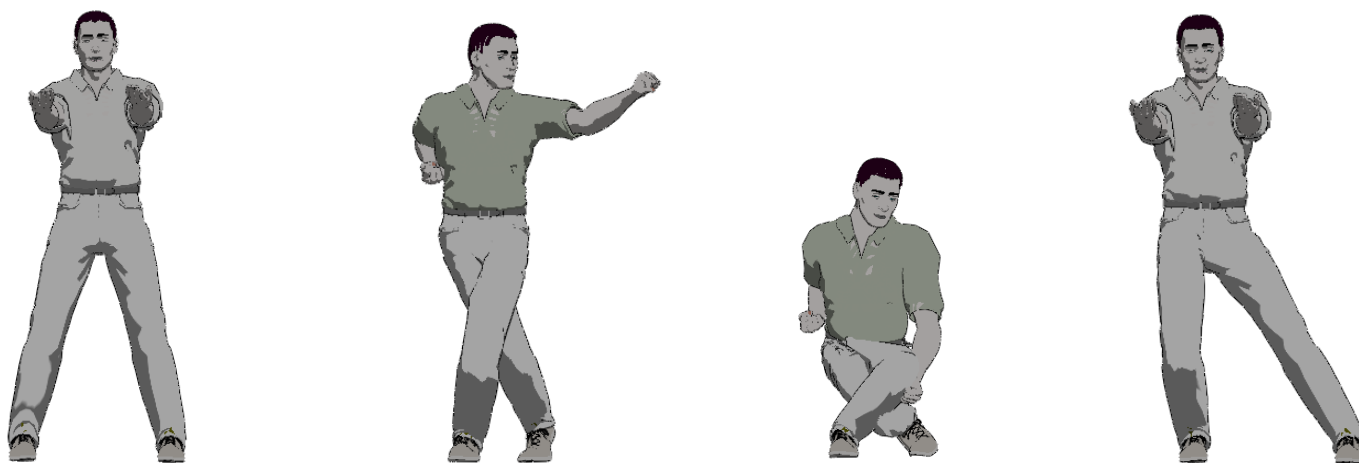
- 1/ lift the arms to the sides to shoulder height leading by the wrists.
- 2/ Use **lung fist**.
- 3/ Turn the head to the **right** at the beginning.
- 4/ The arms rise as high as possible above the head, the body is straightened, the gaze is to the front and the knees remain bent: this position represents the deer.
- 5/ In the position of *pangembu*, the support is on 4th and 5th toes, placing the buttocks between the feet, but take care only to make this position according to individual abilities.

- 6/ The concentration is on the *dantian*.
- 7/ Finish with arms alongside body.

PURPOSE

- 1/When descending, one massages the 3 *yin* meridians, and thus, one reinforces the spleen, releases the liver, stimulates the kidney.
- 2/ Benefits the Stomach, Spleen, Heart & Liver. (foot movement). Squatting stimulates all the leg meridians.

6TH MOVEMENT The Three Yang Bring Good Luck. *San yang kai tai*
Here, the Chinese character: **san** means three, indicating the point **Zusanli St36**.
The word **yang** indicates the yangming meridian of the foot: the stomach.
The word **kai tai** means: good luck and peace.



KEY POINTS OF THE MOVEMENT

- 1/ Make the seated step *xiebu*, the hand in the waist is in the **lung fist**. The other is an ordinary fist.
- 2/ Pay attention to the changing of the weight.
- 3/ Concentrate on *Zusanli St36*.
- 4/ Finish with arms alongside body.

PURPOSE

- 1/ Strike *Zusanli* to improve the functions of the spleen and the stomach. Chinese saying - "knocking at *Zusanli* is better than eating an old hen."

7TH MOVEMENT The Golden Hammer Strikes The Stomach *Shu Point jin chui kou shu*
The Chinese character *shu* indicates the stomach *shu point BI21*.

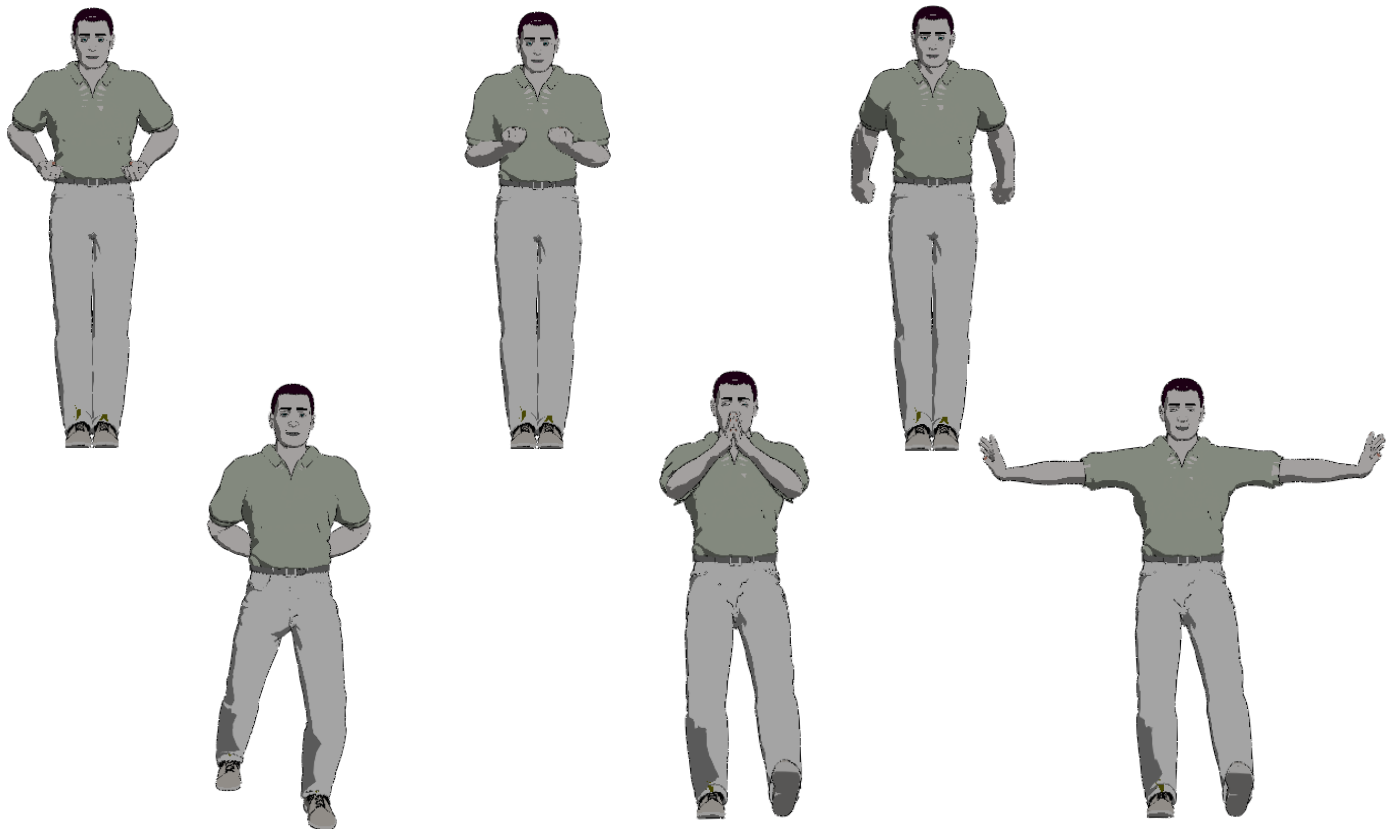
KEY POINTS OF THE MOVEMENT

- 1/ Begin by placing the hands at the waist as (ordinary) fists, the heart of the fists upwards.
- 2/ Massage the floating ribs (*Zhangmen G.BI24*) and the belly (*St25*) with the external edge of the fist, palms towards the sky. Extend the arms backwards.
- 3/ Form *gongbu* -forward stance. At the same time, close the hands, and use the back of the fists to strike the *weishu BI21*. Look to the front

- 3/ Massage the waist using *Hegu* (fingers pointing downwards), and bring them together in front of the point *danzhong CV17*, fingers pointing upwards.
- 4/ Concentrate on *weishu*.
- 5/ Finish with arms alongside body.

PURPOSE

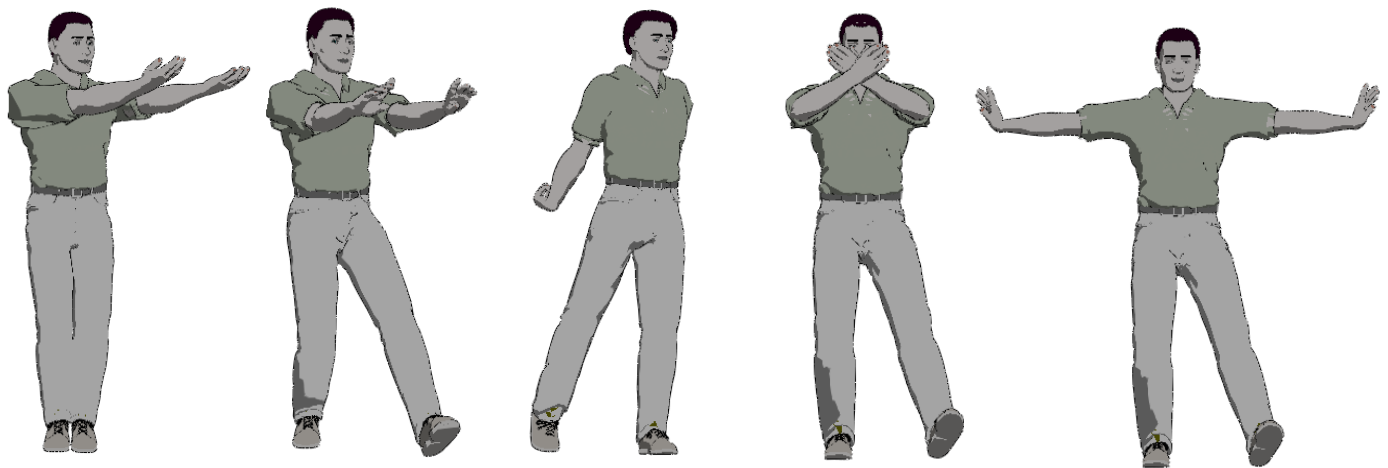
- 1/ Strike this point to prevent and treat various diseases of the digestive system.
- 2/ Releases the stomach meridian.



8TH MOVEMENT The Phoenix Brings A Greeting *feng huang lai yi*

The Chinese expression "laiyi" indicates a phoenix (happiness) flying towards us.

A visit from a Phoenix is great luck. The Phoenix is created from a chicken's head, a snake's neck, a fish's tail, a swallow's throat and a turtle's back. It is about 2 metres tall and has 5 colours. Its appearance is a sign of great luck and a reason for congratulations.



KEY POINTS OF THE MOVEMENT

- 1/ stretch the arm to the front, the little finger lifted.
- 2/ make lung fist . Stretch the arms as much as possible.
- 3/ when crossing the hands in front, left hand inside on the left side, right hand inside on the right side.

4/ concentrate on *dantian*.

5/ Finish with arms alongside body.

PURPOSE

- 1/ Stimulates the Stomach and Spleen meridians.
- 2/ Good for the metabolism as a whole.

END OF THE SEQUENCE

Finish the sequence with a moment of calm, the hands on the zone of *dantian*, men placing the left hand below and the women the right.