

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.

Yansheng Taiji jin 1st Form

GENERAL INTRODUCTION

*Based on the prime cultural source of Chinese thought. Begins with **Taiji** and continues through the emergence of Yin/Yang, the appearance of plants and animals (including mankind) to the establishing of peace and harmony.*

THE POEM OF PREPARATION (N.B. The poem is different from that with the other sets, but the message is the same.

Stand upright with feet together, balanced and keeping the body vertical. (**Regulates the breathing**). Lead energy to the *Dantian* keeping the body relaxed.

The tip of the tongue touches the palate to connect the meridians of *renmai* (CV) et *dumai* (GV). (**Freeing G. V. and CV frees all the other meridians.**)

Concentrating the attention on the inside, the mind is calm and empty. (**Place the attention on Dantian in order to purify the brain (interior).**)

PREPARATION

Stand upright, Silently repeat the poetry of the preparation.

Place both hands on the zone of *qihai* (6CV), left hand beneath for both men and women.

At the end, lower the arms alongside the body.

BREATHING

1/ Unless specifically instructed otherwise, inhale on the odd numbers of the sequences: 1 -3 -5- 7. While inhaling, contract the anus and tighten the perineum, the tip of the tongue touching the palate.

2/ Exhale on the even numbers of the sequences: 2 -4 -6 -8.

While exhaling, relax the anus and the perineum and lower the tongue.

MOVEMENT 1. Taiji Is In The Yijing Yi you Taiji

Reference to the Taiji which gives birth to Yin and Yang. Symbolically this can be represented as a circle. Taiji thus represents complete unity. The circle is therefore the source of the whole of the sequence.

ELEMENTS OF THE MOVEMENT

1/ Begin by turning the wrists strongly enough to feel an internal force on the thumb.

2/ **Don't lift the hands too high. 60°**

3/ Follow the movement of the hand with the gaze.

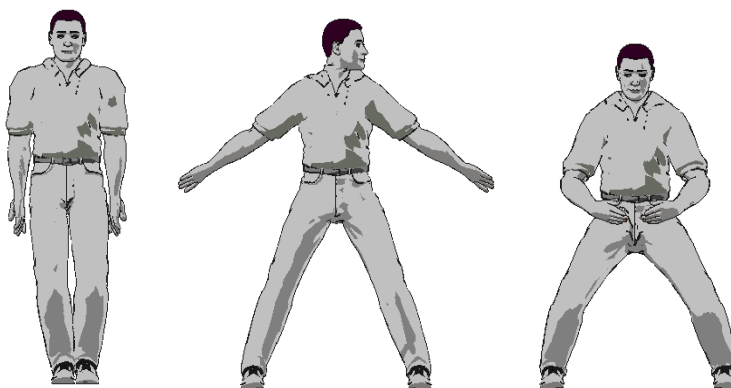
4/ Bend the knees according to individual ability.

5/ Hands in front of Dantian

6/ When hands are raised, the tips of the middle fingers are in line with *Jianyu* (LI15).

7/ Lower the hands by first lowering the elbows.

8/ Bring hands back to the sides.



PURPOSE

- 1/ Invigorates central energy.
- 2/ Stimulates lung and heart.
- 3/ Harmonises the stomach, regulates the spleen.

MOVEMENT 2 *Taiji Gives Birth To Yin And Yang: shi sheng lian yi*

Following the first movement, yin and yang appear. This is expressed in the movement of the two arms, which form a yin fish and a yang fish.

ELEMENTS OF THE MOVEMENT

- Remember to begin by raising the **right** hand
- Make the Yin/Yang "fish" when you roll the hands.
- Make the lung fist.
- Make a good horse stance
- Feet should be 3 foot lengths apart.
- Keep the notion of a circle



PURPOSE

- 1/ Reinforces the function of the spleen and stomach, and the immune system.
- 2/ Clears the spleen and the stomach, harmonizes the liver and the kidneys.
- 3/ Regulates the energy of the intestines and the stomach and restores the function of transformation-transport.
- 4/ Gives internal massage to help the function of the viscera.

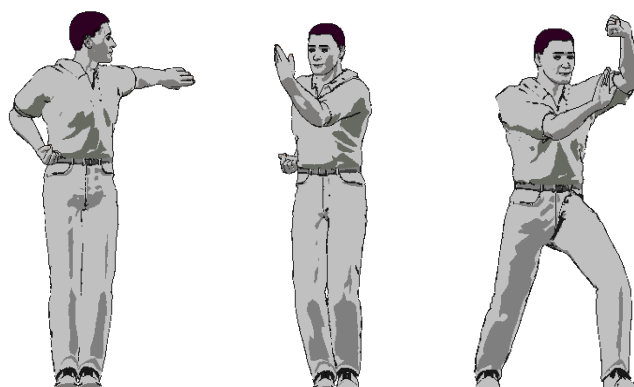
MOVEMENT 3 *The Sun And The Moon Are Perfectly United: ri yue he bi*

Symbolises uniting the sun and moon, the most perfect manifestation of Yin/Yang.

The raised fist indicate the Sun (most powerful symbol of yang), the pushing hand expresses the luminous clarity of the Moon (most powerful symbol of Yin).

ELEMENTS OF THE MOVEMENT

- Make **lung fists**.
- Bring the palm in front of the face.
- Twist the arm while making a fist.
- Before making hooks, push the top hand gently forward.
- When the hands are together, hold them at the level of the throat.



PURPOSE

- 1/ Regulates the spleen, and the stomach.
- 2/ Stimulates the meridians *Shao tai yin* (Lu), and *shou yangming* (L.I.).
- 3/ Releases the meridian *shou jueyin* (HP) to reinforce the Heart.
- 4/ Regulates the function of all the organs.

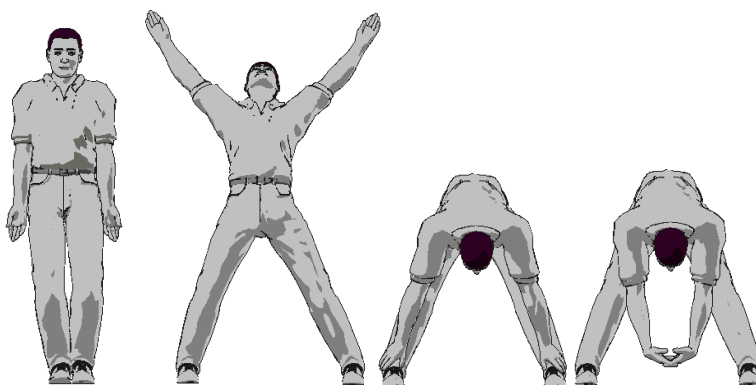
MOVEMENT 4 The Jade Palace Reflects the Sun: *yu tang yin ri*

Symbolises the appearance of Man

This position equates to the Sun shining on the Jade Palace -- i.e., the main part of the house. (CV 18 and 19). When we naturally expose ourselves to the Sun we make this movement.

ELEMENTS OF THE MOVEMENT

- Turn the wrists before stepping out.
- Step out widely.
- Stretch the arms, and lean backward, but keep the legs straight.
 - Place the thumbs on *taixi* (3Kid) and the middle finger on *qiuxu* (40GB) and massage these two points.
 - Keep the chin raised when bending.
 - Fold the hips when bending forward.
 - Grip with toes when bending backwards. Push the hips forward.



PURPOSE

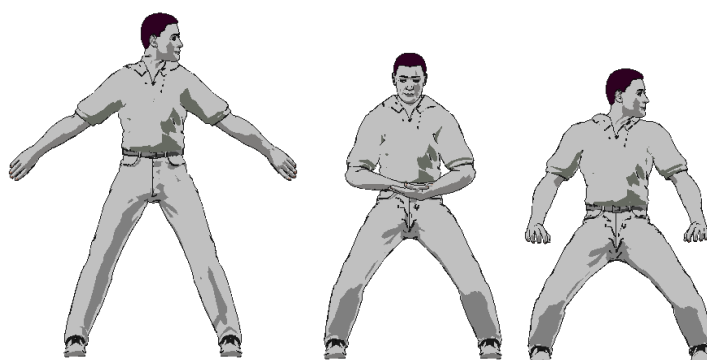
- 1/ Increases the capacity of the Heart and the Lungs.
- 2/ Regulates the Triple Heater.
- 3/ Harmonises the function of the kidney.
- 4/ Turning the hands stimulates the Heart and Lung.
- 5/ Stretching stimulates CV and G. V.
- 6/ Bending forward stimulates **Ming Men**.

MOVEMENT 5 The Dragon Leaps And The Tiger Sits: *long teng hu zuo*

The rotation of the joined hands represents the dragon -- coming from the depths of the earth into the sky. The bending of the knees accompanied by the pushing of the hands at the level of the hips portrays the sitting position of the tiger.

ELEMENTS OF THE MOVEMENT

- Do not lift arms too high.
- The left-hand goes under when stepping to the left.
 - Lift joined hands to the base of the throat.
 - Push the claws backwards.
 - Return by reversing the process.



PURPOSE

- 1/ Harmonises the function of the Heart and the Vessels.
- 2/ Releases the 3 yin and 3 yang meridians of the arm.
- 3/ Controls hypertension and treats certain cardiac pathologies.
- 4/ Turning the arms in and out stimulates Lung and L.I. and regulates Triple Heater.

MOVEMENT 6 The Lotus Flower Opens In The Water: *fu rong chu shui*

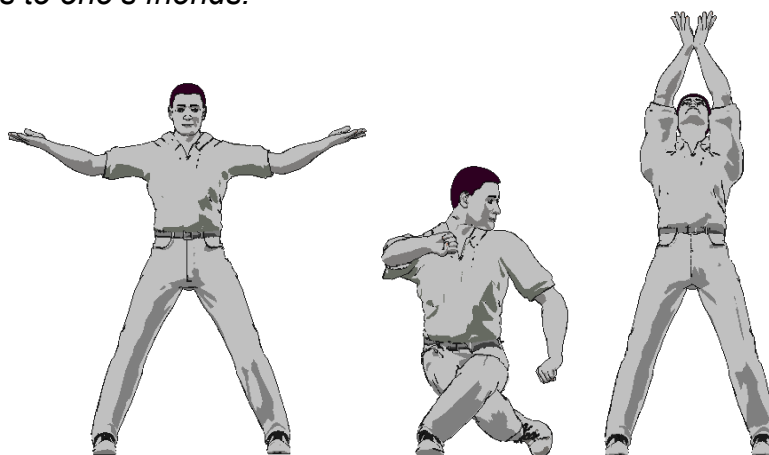
The World Of Plants.

The Lotus symbolises all that can be good in men. A symbol of personal purity.

A symbol to wish happiness and success to one's friends.

ELEMENTS OF THE MOVEMENT

- When opening the hands make the movement slowly.
- When stepping to the left, the left hand goes down and the right hand is held at shoulder level.
- Concentrate on Taiyuan (Lung)



PURPOSE

1/ Releases the 3 yin and 3 yang meridians of the arm to reinforce the heart, invigorate the lung, humidify the intestines, regulate the Triple Heater.

2/ Releases the 3 yin and the 3 yang meridians of the leg to harmonize the stomach, reinforce the spleen, release the liver and the gall bladder, consolidate the kidneys and the lumbar region.

3/ Squatting stimulates Taixi, Taibai, Taichong, and Stomach, Bladder and Gall Bladder.

MOVEMENT 7 The Jade Column Supports The Sky: *qin tian yu zhu*

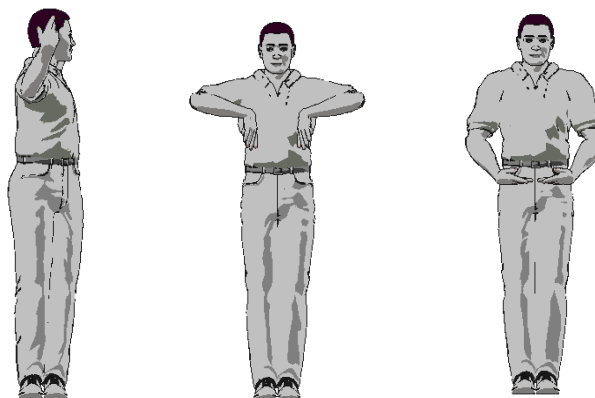
The value of the family/society. The twisting of the body while remaining very firm, represents the jade column which supports the sky. For the home and family to be strong, it must rest on strong foundations – either physical or moral. All of these things ultimately lead back to the source (Taiji)

ELEMENTS OF THE MOVEMENT.

- Don't lift the hands too high.
- Fold up all the fingers successively, finishing with the wrists. Lower the wrists gently to the level of *jianyu* (15 LI).
- When folding the knees and massaging both sides of the trunk, use both *hegu* (LI4) while pushing the hands towards the ground.

• At the end both legs are straight, the two arms form a circle in front of the abdomen, palms towards the sky approximately 10 cm from the belly, look to the front.

- Keep the body upright and straight



PURPOSE

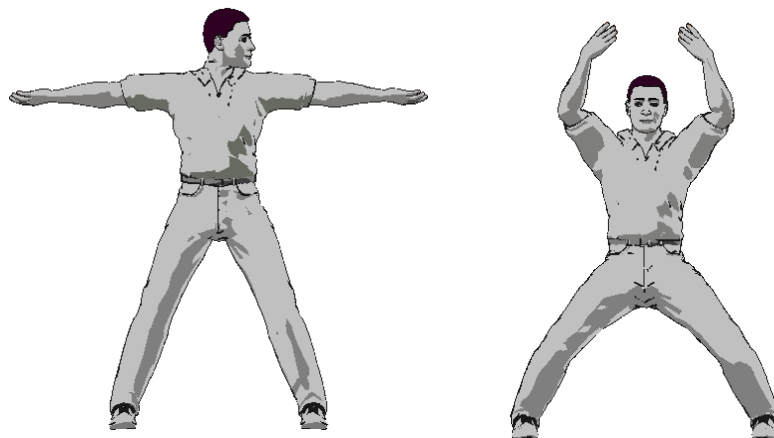
1/ To consolidate the kidneys.

2/ To reinforce the heart, to invigorate the lung.

MOVEMENT 8 The Calm Mind Attains Emptiness: *tian dan xu wu*
The ultimate achievement.

ELEMENTS OF THE MOVEMENT.

- Step out wide and open arms to the sides.
- Don't bend the knees too much
- Both *laogong* (8HP) must be turned slightly towards *baihui* (20GV). Close the eyes gently or look to the front.
- Inhaling, silently make the sound "song".
- Exhaling, silently make the sound "jing".
- Keep the body upright.



- When closing, Bring back the hands, fingers facing, passing in front of the face and descending as far as *shenque* (8CV). Separate the hands bringing the arms to each side alongside the body while visualizing the conduction of energy as far as *yongquan* (Kid1).

PURPOSE

- 1/ Calms the heart and mind, harmonizes the functions of the brain.
- 2/ Improves the function of the spleen and the stomach.

GENERAL NOTES ON CONCENTRATION.

One may either concentrate on a specific part of the body or make a healing sound as outlined below:

Movements, 1, 2, 3 -- -- concentrate on **Dantian**, or make the sound **HU**.

4 -- -- -- concentrate on **17 CV**, or make the sound **XI**.

5 -- -- -- concentrate on **Laogong** or make the sound **KE**.

6 -- -- -- concentrate on **Taiyuan** or make the sound **SI**.

7 -- -- -- concentrate on **Ming men** or make the sound **CHUI**.

8 -- -- -- concentrate on **Dantian** or make the sound **HU**

Concentration should be light and not forced.