

STRENGTHEN THE BODY TO SUPPORT THE LUNGS

Qiáng tǐ zhù fèi jiànshēn shù

强体助肺健身术

Daoyin set created by Professor Hu XiaoFei

for Beijing Sports University 2020



YouTube: https://youtu.be/ZBL_Dj6PCLc

Summary of Movements

预备式 yù bèi shì PREPARATION

抱中怀月 Bào zhōng huái yuè HOLD THE MOON IN YOUR ARMS

MEDITATE ON THIS POEM

意守丹田身如松 Yì shǒu dān tián shēn rú sōng With your mind set on Dantian, relax the whole body

心如止水悄无声 Xīn rú zhǐ shuǐ qiāo wú shēng Be at peace with yourself, standing quietly

平调呼吸理百脉 Píng diào hū xī lǐ bǎi mài Breathe gently and calmly, focus your attention inside

明烛相送疫无踪 Míng zhú xiāng sòng yì wú zōng Shine a light to banish disease completely

1 吐纳益气 Tǔ nà yì qì EXHALE THE OLD AND INHALE THE FRESH

2 转颈升阳 Zhuǎn jǐng shēng yáng TURN NECK TO PROMOTE YANG ENERGY

3 吐珠祛痰 Tǔ zhū qū tán SPIT OUT THE PEARL TO DISPEL PHLEGM

4 换弓肌气 Wǎn gōng zhù qì DRAW THE BOW TO INCREASE QI

5 擎天健脾 Qíng tiān jiàn pí RAISE HANDS TO INVIGORATE THE SPLEEN

6 活肘舒心 Huó zhǒu shū xīn CIRCLE ELBOWS TO COMFORT THE HEART

7 攀足固肾 Pān zú gù shèn GRASP THE FEET TO STRENGTHEN THE KIDNEYS

8 展翅畅怀 Zhǎn chì chàng huái SPREAD WINGS TO EASE & CALM YOUR MIND

9 采气补元 Cǎi qì bǔ yuán GATHER QI TO SUPPLEMENT ORIGINAL QI

收式 Shōu shì CLOSE

松静站立 Sōng jìng zhàn lì STAND STILL AND RELAX

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Beijing Sport University's original "Strengthen the Body to Support the Lungs" routine to improve respiratory function and regulate the immune system.

This has been specially created by Professor Hu Xiaofei of Beijing Sports University and is based on his more than 30 years' experience in researching, teaching and promoting traditional health methods.

This routine draws upon the essence of ancient Daoyin practices such as Ba Duan Jin (The 8 Brocades), Wu Qin Xi (Five Animal Frolics), Ma Wang Dui exercises and the foundations of the Traditional Chinese Medicine (TCM) formula "Jūn chén zuǒ shǐ" (see note 1). Therefore, this routine also combines modern aerobic exercise theory, modern biology, psychology, etc.

The theory is simple, easy to practice, adaptable for different physical abilities, scientific in principle, safe and effective, simple, elegant and flexible.

This routine begins with focus on the Dantian (丹田, dān tián, an energy centre in the lower abdomen), works around the body from head to toe, and returns back to nourish the Dantian again at the end and so is beneficial to both Qi and blood circulation.

The purpose of preventing and assisting the rehabilitation of various pneumonias can be achieved by unblocking the lung meridians, improving respiratory function, enhancing physical fitness, regulating immune function, and improving one's state of mind.

Details of the movements

Preparation: Holding the Moon in Your Arms

Essential points: relax the body, regulate the breathing, calm the mind, lift your spirit, and prepare for the exercise.

Initial stance: Stand upright with the feet together and parallel.

Guide to the Movement: As you inhale step to shoulder width lifting your arms out to the sides with palms facing backwards at waist height and look ahead. Then, as you exhale, turn the palms inwards, hands at navel height to embrace the ball, knees bent. Close your eyes.

Meditate on this poem:

With your mind set on Dantian, relax the whole body

Be at peace with yourself, standing quietly

Breathe gently and calmly, focus your attention inside

Shine a light to banish disease completely

Move One: Exhale the Old and Inhale the Fresh

吐纳益气 Tu Gu Na Xin

Benefits:

1. Relax your body, regulate your breath and concentrate.
2. Improve lung function and regulate autonomic nervous system.

Guide to the Movement:

Preparation: Stand with the knees bent, turn the palms up and draw them towards the lower abdomen.

- 1) As you inhale, lift your palms to chest height and straighten your knees. Looking down.
- 2) Turn your hands palm down and exhale as you press them down to the lower abdomen. Bending your knees. Then look forwards.
- 3) Inhaling, turn your palms out and back. Lift the arms to the sides. Straighten the knees.
- 4) Exhaling, turn palms inwards to hold a ball in front of your abdomen once more. Bend the knees and close your eyes.

Repeat steps 1-4, two or three times. At the end, lower the arms, hands in front of the hips.

Practice points:

1. The body is relaxed, and the movement is gentle and smooth.
2. Lower your hips and lift Baihui (GV 20, *One Hundred Convergences*); embrace Qi and feel the energy within your body.
3. Breathe gently and slowly, the mind focussed on Dantian

Move two: Turn neck to promote Yang energy

转颈升阳 Zhuǎn jǐng shēng yáng

Benefits:

1. Stimulate Dazhui acupoint (DU 14 *Great Vertebra*), prevent the *five strains and seven impairments* (see note 2), improve yang qi, and regulate the immune system.
2. Relax and hollow the chest and abdomen, prevent neck and shoulder problems, and improve microcirculation.

Guide to the Movement:

Preparation: Stand with the knees bent, lower your hands in front of your hips, palms open and facing in.

- 1) As you inhale, straighten the knees slightly; make loose fists, raise them to chest height and press Laogong (PC 8, *Palace of Toil*). Your eyes are looking forward.
- 2) As you exhale, straighten your legs. Interlace fingers, turn palms out and stretch arms forwards as you turn your head as far as you can to look to the left and behind.
- 3) As you inhale, separate and lower the hands and face forward, bending the knees again. Make loose fists, raise them to chest height and press Laogong.
- 4) As you exhale, straighten your legs. Interlace fingers, turn palms out and stretch arms forwards as you turn your head as far as you can to look to the right and behind.
- 5) As you inhale, separate and lower the hands and face forward, bending the knees again. Make loose fists, raise them to chest height and press Laogong.
- 6) As you exhale, straighten your legs. Interlace fingers, turn palms down. Tuck in your chin, look down and raise Baihui as you press your palms down and straighten your legs.
- 7) As you inhale, separate the hands and look forward, bending the knees again. Make loose fists, raise them to chest height and press Laogong. Interlace your fingers, turn palms out, then push the palms up to the sky as you look up, keeping your neck long and straighten your knees. Look forwards again, keeping your arms above your head.
- 8) As you exhale, separate your hands and lower your arms to the sides, finishing with palms against your thighs. At the same time bring your left foot in to close your feet.

Repeat steps 1-8 to the other side. Repeat these moves 1-3 times, left and right. Finish with your feet together.

Practice points:

1. Make your movements large and slow. Combine tension and relaxation, static and dynamic.
2. Breathe slowly and evenly, the mind focussed on Dazhui.

Move three: Spit Out the Pearl to Dispel Phlegm (see note 3)

吐珠祛痰 Tǔ zhū qū tán

Benefits:

1. Unblock the lung meridian and the three yin and three yang meridians to dispel worries and depression.
2. Improve lung function and overall physical fitness.
3. Improve circulation to the thymus and regulate the immune system.

Guide to the Movement:

Preparation: connect your mind and body

1) As you inhale, rotate the palms outwards and turn to the left corner. Lift the hands to chest height with backs facing each other. As you exhale, turn the palms upwards and step out with the left foot, draw the hands in to the chest, closing the fingers one at a time to make fists. Rotate the fists downwards with the thumbs out ready to massage Yunmen (云门, Lu 2, *Cloud Gate*) and lift the elbows to the sides, looking straight ahead.

2) As you inhale, move your weight onto your front foot and straighten both legs, lifting the back heel, as you open the elbows, massage Yunmen (or just focus your mind on the point), expand your chest and lift your chin. As you exhale, move your weight onto your back foot, bend your back knee, straighten front leg and lift toe. At the same time open your hands to face each other and push forwards, keeping your elbows down and bent and your fingers pointing upwards. Look straight ahead.

3) As you inhale, the body turns straight and at the same time open the two arms and push to the sides, palms outward. Look to the right hand.

4) As you exhale, bring your left foot in next to your right and lower your arms to your sides, palms in. Look forward.

Moves 5-8 are the same as moves 1-4, but in the opposite direction. Do 1-3 repeats of the 8 moves. After the final repeat, arms make a circle in front of the abdomen, palms up, and the eyes are looking forward.

Practice points:

1. The body is relaxed, and the movement is gentle and round.
2. Rotate your arms around your wrists, expand your chest to its full extent.
3. Exhale softly and make the healing sound *Xí*. Focus your mind on Yunmen.

Move 4: Draw the Bow to Increase Qi

换弓肌气

Wǎn gōng zhù qì

Benefits:

1. Unblock the lung meridians and clear away inflammation of the liver.
2. Improve lung function, balance, and enhance physical fitness.

Guide to the Movement:

Preparatory style: connect your mind and body

- 1) As you inhale, step wider than shoulder width to the left. Lifting your arms to shoulder height, palms back, look to the left hand.
- 2) As you exhale, turn palms forward and cross your arms in front of your chest as you squat deeply, left hand inside. Look ahead.
- 3) As you inhale, draw your bow to the left. Look at Shangyang (LI 1, *Metal Yang*) acupoint on your left index finger. As you exhale, make both hands into 'number 8' shape (see note 4) in front of your chest, looking at Shangyang points. Push the palms forward.
- 4) As you inhale, shift your weight onto your right leg, open hands, palm down and stretch both arms forward. Look forward. As you exhale, bring the left foot in to close feet and lower your arms then make a palms up arm circle.

Moves 5-8 are repeats of 1-4 to the other side. Perform the eight moves 1-3 times.

At the end, draw the hands to the sides of the waist palms up, bringing the fingers in one at a time to make fists but keep the index finger open and place the end of the thumb (Shaoshang point, Lu 11, *Lesser Metal*) against the side of the index finger (Shangyang) to make 'Lung Fists'. Look ahead.

Practice points:

1. In Ma Bu (horse stance) remain calm, upright and relaxed, squat as deeply as you are able.
2. In Ma Bu, expand your chest, push the crown of the head upwards. Stretch your arms fully. Open your eyes wide as you look at Shangyang.
3. Coordinate the movement and breathing. Focus your mind on Shangyang.

Move 5: Raise Hands to Invigorate the Spleen

擎天健脾 Qíng tiān jiàn pí

Benefits:

1. Unblock the spleen and stomach meridians, clear away inflammation of the liver, improve digestive function, and avoid "mother and child disease" (a TCM concept, see note 5).
2. Improve leg strength and overall fitness.

Guide to the Movement:

Preparation: connect your mind and body

- 1) As you inhale, turn your body to the right. Roll and press Shaoshang and Shangyang of the left hand together, then open the left hand and extend it diagonally, palm up, across the body, in front of the chest. Look at the left hand.
- 2) As you exhale, Take a wide step to the left and squat into horse stance. At the same time squeeze and release the thumb and index finger of the right hand before opening the palm and bringing it across, in front of the abdomen, under the left hand. Turn the palms over and lift and lower the arms to form an 'S' shape ('Overlord style'). Look to the left.
- 3) As you inhale, shift your weight onto the right leg, bringing both arms, extended in front of your chest, palms down. Look forward.
- 4) As you exhale, close your left foot in, and make Lung Fists again at your waist. Look forward.

Moves 5-8 are the same as 1-4 but to the other side. Repeat the eight moves 1-3 times.

At the end stand with feet together, open palms at your sides. Look forward.

Practice points:

1. Keep your spine extended as you twist it from side to side. Movements should be large and slow.
2. Press up and down strongly when making the 'S' shape.
3. Move slowly, breathe slowly. Focus your mind on Dantian.

Move 6: Circle Elbows to Comfort the Heart

活肘舒心 Huó zhǒu shūxīn

Benefits:

1. Unblock the three yin and three yang meridians to improve cardiopulmonary function.
2. Extend and open up the spine, waist and abdomen, unblock the Ren and Du meridians, and improve the body's Yang energy.

Guide to the Movement:

Preparation: connect your mind and body

- 1) As you inhale, step out left and turn your body 90 degrees to the left. At the same time, rotate the arms out to your sides to shoulder height and look behind.
- 2) As you exhale, squat, still facing the side, circle the arms in, bringing the fingers in one by one. Thread the backs of the hands under the armpits and massage down the back along the bladder meridian, still looking back.
- 3) As you inhale, turn to the front, shift the weight to the right, close the feet. At the same time, bring the arms up to chest height in front of chest, palms facing out, turn the hands palm up and rotate the fingers and the hands inwards until the thumbs and index fingers touch the chest in an upside down V shape, lift your elbows up. Look to the front.
- 4) As you exhale, massage down the front of the body with the Hegu points (LI 4, *Junction Valley*) as you straighten the knees. Finish with hands at your sides. Look to the front.

Moves 5-8 are the same as 1-4, but to the other side. Repeat the eight moves 1-3 times. At the end, stand with feet together and look forward.

Practice points

1. Make spiralling movements with the arms, as large as possible. Move the fingers one at a time and flex and rotate the wrists strongly in continuous movements.

Rotate the swing arm, the amplitude should be large; the fingers, wrist flexion, and elbow flexion run through.

2. Keep the hips and knees aligned when turning.
3. The movements are slow, and the mind is focussed on the Shangyang points. Happiness comes up from the heart.

Move 7: Grasp the Feet to Strengthen the Kidneys

攀足固肾 Pān zú gù shèn

Benefits:

1. Unblock the bladder, Ren and Du meridians, tonify the kidney and strengthen the waist, and prevent "stolen mother Qi" (see note 6).
2. Mobilise the spine, prevent waist and lower back pain, obesity and bloating

Guide to the Movement:

Preparation: connect your mind and body.

- 1) As you inhale, swing the arms forward, backward and overhead as you undulate the body like a wave, from the heels to the top of the head, looking up and then look forward at the end.
- 2) As you exhale, bend forward from the hips, legs straight as possible and place your two palms on the tops of the feet (or wherever you can reach down the fronts of your legs), looking forwards the whole time.
- 3) As you inhale, squat as low as you can. At the same time, rotate your wrists to press your feet and keep looking forward. As you exhale, straighten your legs, rotate the palms so the fingers point forwards again. Your eyes look forwards and down.
- 4) As you inhale, begin to straighten your body, massaging the insides of your legs with your palms, up to the knees. From there, as you exhale, straighten up fully and look forward.

Repeat moves 1-4, 2-4 times. At the end, stand with feet together and look forward.

Practice points

1. Make the wave-like motion of the spine large and continuous, flexing the vertebrae one at a time.
2. Bend and straighten your hips and waist as strongly as you are able whilst keeping your legs as straight as you can. Keep looking forward without dropping your head.
3. Movements are gentle, soft and slow, in keeping with your ability. Focus your mind on Mingmen (GV 4, *the Gate of Life*).

Move 8: Spread Wings to Ease & Calm Your Mind

展翅畅怀 Zhǎn chì chàng huái

Benefits:

1. Unblock the three yin and three yang meridians and improve yang qi.
2. Improve blood circulation in the lungs and improve balance.
3. Relax your mind and let go.

Guide to the Movement:

Preparation: connect your mind and body

- 1) As you inhale, bend the knees slightly then lift the left knee and straighten the right leg. At the same time, swing your arms out and up to head height, leading with the wrists, making a 'bird wing' shape with your hands (see note 7). Look forward.
- 2) As you exhale, sink into the right leg, lowering the left toes to the ground. At the same time bring the arms down in front and curve the hands in at the end. Close your eyes
- 3) As you inhale, lift the left knee again as in step 1. This time lift the arms out and overhead in the 'bird wing' shape. Look forward.
- 4) As you exhale, bend the right knee and bring the left foot down flat, next to the right so both knees bend. At the same time lower the hands as in step 2. Close your eyes.

Moves 5-8 are the same as the 1-4, lifting the right leg. Repeat moves 1-8, 1-3 times. On the last move, step down with your right foot to shoulder width, ready for the next move.

Practice points

1. The movements are coordinated, soft, natural, relaxed and rounded.
2. Lift Baihui and toes grip the floor.
3. Breathe deeply. Focus on Dantian.

Move 9: Gather Qi to Supplement Original Qi

采气补元 Cǎi qì bǔ yuán

Benefits:

1. Relax your body and improve your breathing.
2. Strengthen your vital energy (Qi) and supplement your original energy (Yuan Qi) and harmonise the two.
3. Completely free your mind from worry and lift your mood.

Guide to the Movement:

Preparation: connect your mind and body

- 1) As you inhale, turn your palms outward and lift your arms to make a circle overhead, palms facing down. At the same time, lift your heels. Look forward.
- 2) As you exhale, lower your arms, palms down, in front of your body. Lower your eyes and bring your heels back down as you do this.

Repeat moves 1 and 2, 3 times. At the end, stand in an open step, looking ahead.

Practice points

1. Rotate the arms. Make the movements coordinated, soft, natural, relaxed and rounded.
2. Lift the body by pressing up through Baihui.
3. Breathe deeply. Focus on Dantian.

Closing movement: Stand still and relax

收式: 松靜站立 Shōu shì: Sōng jìng zhàn lì

Benefits:

1. Relax your body and regulate your breath.
2. Strengthen the body and supplement Yuan Qi and regulate immune function.
3. Free your mind from worry and relax.

Guide to the Movement:

Preparation: connect your mind and body.

- 1) As you inhale, rotate both arms outwards to the sides, looking forwards.
- 2) As you exhale, bend your knees and draw both palms inwards, towards Dantian.

Repeat moves 1 and 2, 3 times.

After the third repeat, straighten your legs and fold your hands onto Dantian. For men, the left hand lies underneath. For women, the right hand lies underneath. As you stand in this position: perform the action 'stir the sea', i.e. rotate your tongue around your mouth, behind the teeth, three times to the left and three times to the right to generate saliva. Rinse the saliva in your mouth 36 times then swallow it in three portions.

Finally, lower your hands to your sides, bring your left foot in next to the right, to stand with feet parallel, eyes looking forward.

Practice points

1. Rotate the arms. Make the movements coordinated, soft, natural, relaxed and rounded.
2. Breathing deeply. As you swallow saliva, focus your mind on Dantian.

Notes

1: 'Monarch, Minister, Assistant and Envoy/Guide', 君臣佐使, jūn chén zuǒ shǐ

In Traditional Chinese Medicine (TCM) use of a single medication is uncommon. Following the TCM prescribing principles of 'Monarch', 'Minister', 'Assistant', and 'Guide' (君臣佐使), a prescription is typically composed of at least four different kinds of medicinal materials.

2: 'Five Strains and Seven Impairments', 五劳七伤, wǔ láo qī shāng. (TCM). Five, referring to the five viscera (五脏, wǔ zàng, heart, liver, spleen, lungs, kidneys), and seven impairments on one's body as a result of: overeating (spleen), anger (liver), damp (kidney), cold (lung), worry (heart), wind and rain (outer appearance) and fear (mind)

3: 'Spit Out the Pearl', 吐珠, tǔ zhū. To the Western ear the word 'spit' can be uncomfortable, however, in this context it can be looked at in two ways. Firstly, since ancient times in China, dragons are depicted playing with 'pearls', which symbolise energy, grace, love etc. A dragon would store pearls under its chin and 'spit' (expel) them from there to benefit humankind. You will see in move 3, the head is raised, and the chest expanded to release the 'pearls' - represented by the fists. Secondly, in TCM, 'pearls' (plants that belong to the 'Herbs that nourish the Heart and calm the Spirit'), being salty and sweet, are used to clear accumulations, remove phlegm, soften hard lumps, slow down acute reactions and detoxify the body.

4: 'Number 8' hand shape, 八字掌, bāzì zhǎng. Thumb and index finger straight and open, other fingers curled in on the first and second knuckles only.

5: 'Mother and child disease', 母病及子, mǔ bìng jí zǐ. A TCM concept based on the five-element theory, where each organ is related to one of the other organs in a mother-child relationship. As the child draws on the resources of the mother then by nourishing the child you can support the mother. For example, the Lung (metal) is the mother of the Kidney (water).

6: 'Stolen mother Qi', 子盗母气, zǐ dào mǔ qì. See note 5. If the 'child' is not well or out of balance it will take energy from the 'mother' causing her to be unwell also.

7: 'bird wing' shape, 掌形成鸟翅, zhǎng xíng chéng niǎo chì. Hands are held open with the middle and ring fingers dropped downwards to imitate the flight feathers on the end of a bird's wing.

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