

Follow-Along Continuous Exercises

Part III. Self-Massage: Tui Na and Dian Xue Acupressure

地躺推拿、點穴自我氣功按摩

Sides of Upper Chest (上胸側部)

Central Chest (胸中部)

Sides of Chest (胸側部)

Stomach and Abdominal Areas (胃部、小腹)

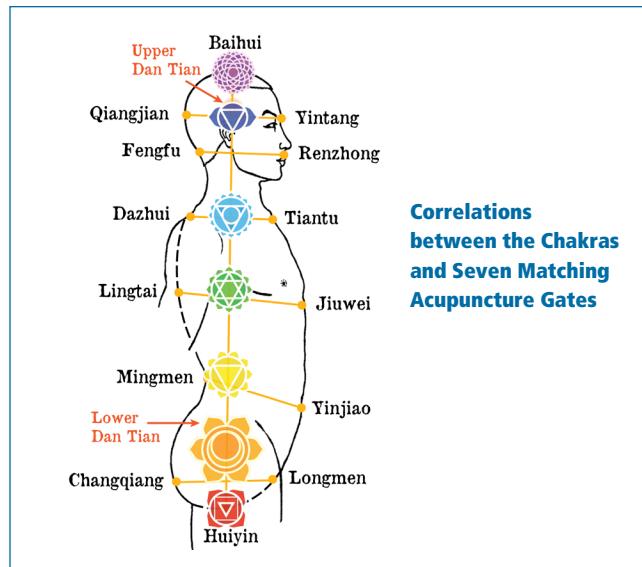
Groin Area (下陰部)

Lower Back and Hips (背腰、臀部) (彎膝)

Limbs (四肢) Key Points

External Limbs (Yang Side) Corresponding Points

Inner Limbs (Yin Side) Corresponding Points



MERIDIAN QIGONG

十二經地躺氣功

Combined Qigong, Yoga, and Acupressure Exercises

How to use this DVD: It is best to watch the program in its entirety by clicking **Play All** to get an overview of its content. Once you're familiar with the theory and movements, you can skip to the shorter follow-along continuous exercise section by clicking the **Jump to Exercises** button.

Part I. General Concepts 一般概念

1. General Qigong Concepts 一般氣功概念

Definition of Qi 氣之傳統概念

Definition of Qigong 氣功之傳統概念

2. Five Regulatings 五調

Body, Breath, Qi, Mind, Spirit (Shen)

3. The Network of Qi Vessels and Meridians 氣脈與經絡網路

Two Human Polarities 人身兩儀

Primary Qi Channels (Shi Er Jing) 十二經、絡與八脈

Eight Vessels (Ba Mai) 八脈

Biobattery (Dan Tian) 丹田

4. Fundamental Theory of 12-Meridian Qigong and Yoga

十二經氣功瑜伽的基本原理

Repelling of Wastes, Loosening Up Body, Conditioning,

Enhancing Qi Circulation



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Part II. Explanation of Meridian Qigong and Yoga Exercises

十二經地氣功運動

Facing Upward

Arms/Legs (臂/腿)

1. Extend and Squeeze Fingers/Toes (張指/張趾與握拳/握趾) (上伸臂)—停 10 妙，重複2次
2. Stretch Wrists/Ankles (Palms Facing Each Other) (拔腕/提足) (對掌) (手胸前)—停 10 妙，重複2次
3. Stretch Wrists/Ankles (Back of Hands Facing Each Other) (拔腕/伸足) (背掌)—停 10 妙，重複2次
4. Twist Wrists/Ankles (Outward) (拔腕/張足) (對掌扭擠)—停 10 妙，重複2次
5. Twist Wrists/Ankles (Inward) (拔腕/扣足) (換邊對掌扭擠)—停 10 妙，重複2次
6. Circle Wrists/Ankles (Outward Turning) (轉腕/轉踝) (外轉)—30 次
7. Circle Wrists/Ankles (Inward Turning) (轉腕/轉踝) (內轉)—30 次
8. Sway Arms/Legs (晃臂/晃腿) (左右微晃)—30 次
9. Lift Forearms and Knees (提前臂/提膝) (易邊)—30 次
10. Lift Arms and Legs (提上臂/提腿) (彎肘)—30 次
11. Close Arms/Knees (Inward and Outward) (展臂/展腿) (彎小腿) (雙展)—30 次
12. Open and Close Single Arm/Knee (展臂/展腿) (彎小腿) (單展)—30 次
13. Swing Arms and Legs (Opposite Sides) (展臂/展腿) (並腿) (臂腿異向)—30 次

Waist/Hips (腰/胯)

14. Embrace Knees and Swing (Apan Asana) (抱膝左右晃)—30 次
15. Pull Legs and Swing (Ananda Balasana) (拉腿左右晃)—30 次
16. Embrace, Open, and Press Single Leg (Supta Kaptasana, Modified) (單腿盤拉) (抱、張、壓)—30 秒

Waist/Torso (腰/軀幹)

17. Sway Waist/Torso (晃腰/軀幹) (左右)—30 次
18. Lift Waist (Setu Asana, Moving) (提腰) (彎膝)—30 次
19. Circle Waist (Setu Asana, Circling) (腰繞圈) (彎膝)—每邊20 次
20. Tighten and Loosen Hips/Perineum (Mula Bandha) (緊鬆胯部/穀道)—30 次

Shoulders/Torso/Neck (肩膀/軀幹/頸部)

21. Lift Torso and Shoulder from Side to Side (提軀幹/肩膀) (垂臂)—左右各10次
22. Lift Torso and Shoulder from Side to Side (Arms Upward) (提軀幹/肩膀) (上伸臂)—左右各10次
23. Circle Shoulders (肩膀繞圈)—正反各10次
24. Stretch and Open Four Limbs (四肢分張)—20 秒，重複一次
25. Stretch and Open Four Limbs (Opposite Sides) (左右開拔)—每邊 2 次，每次10秒
26. Turn the Head Left and Right (左右轉頭)—每邊10次
27. Toss the Body Left and Right (左右翻身)—每邊10次
28. Sway the Body Sideways (側躺微晃)—每邊30 次

Facing Downward

29. Left and Right Sway the Body (左右晃身) (面朝下平身)—每邊30 次
30. Sway Hips (臀左右晃) (跪式)—每邊30 次
31. Stretch the Waist (跪拔上身) (前、左、右拔)—30 秒
32. Circle the Waist (腰部繞圈) (前、左、右繞)—每邊30 次
33. Spine Waving (Marjari Asana) (脊椎波動)—每邊30 次

Recovery

34. Massage the Abdominal Area Gently with Circular Motion (圈摩腹部)
35. Massage the Inner Hip Joints (搓摩胯部)
36. Massage Testicles/Ovaries (按摩睪丸/卵巢) (Pressing Huiyin/Perineum) (指點會陰)
37. Abdominal Deep Breathing (小腹順息)
38. Circle the Tongue to Generate Saliva (赤龍攪津)