

# MaWangDui Daoyin Shu

## 馬王堆導引術

### Origins


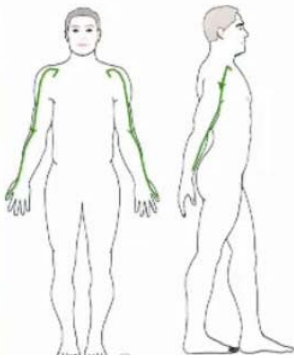

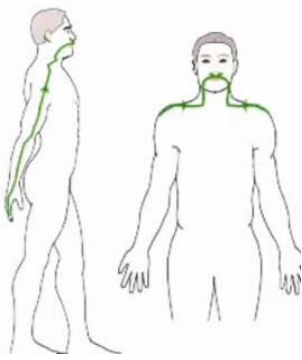

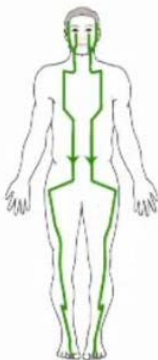

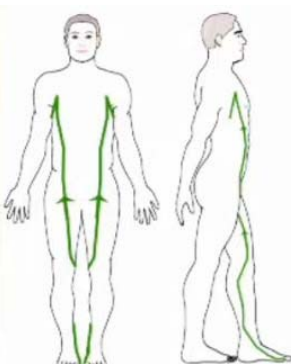
Mawangdui Daoyin Shu is one of the new exercises created and compiled by the Chinese Health Qigong Association in China. The newly-compiled exercise is based on the Daoyin Chart unearthed from a Han dynasty tomb at the Mawangdui site, Changsha, Hunan Province, China, and is mainly characterized by guidance along meridian channels and synchronicity of mind and body.

The design for its exercise movements focuses on the opening and closing, ascending and descending, rotating and revolving, bending and stretching of the body, its tendons, and bones. It is a set of exercise method with primitive simplicity and elegant postures designed to cultivate one's internal and external wellness. It features elegant movements, smooth link-up, simplicity for easy learning, safety and stability, so it is applicable for learning and practice by different groups of people, it enhances the body's ability to cure diseases, strengthening the body and prolonging healthy living.


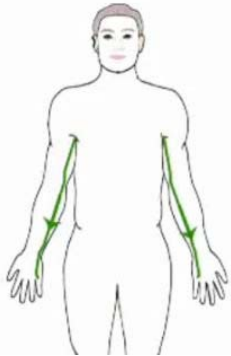

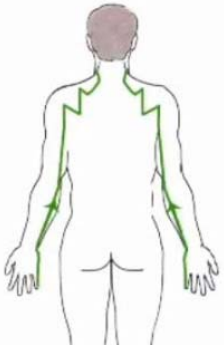

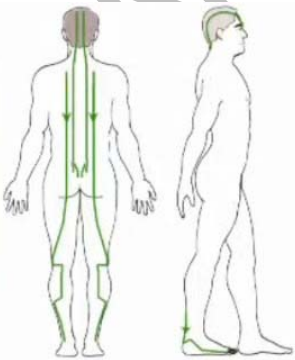

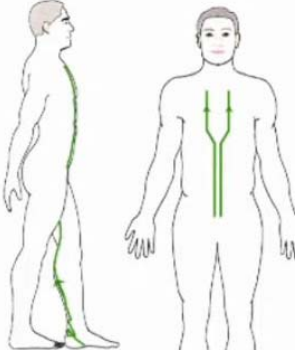
The exercises are divided into 3 sections of 4 movements each. The exercises induce natural energy circulation through: lungs, large intestine, stomach, spleen, heart, small intestine, bladder, kidney, sanjiao (triple warmer), gall bladder and liver.




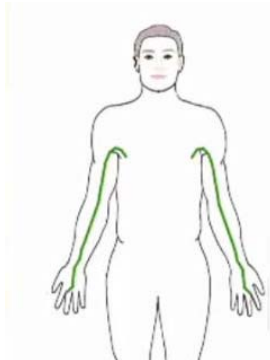

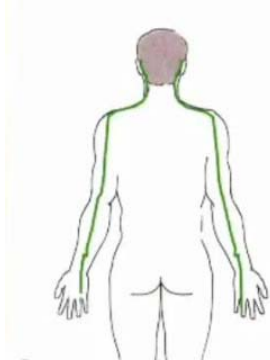

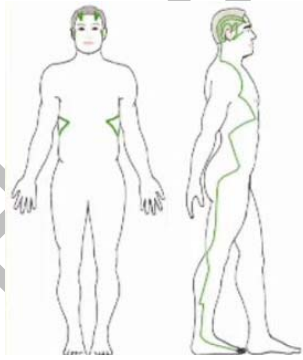

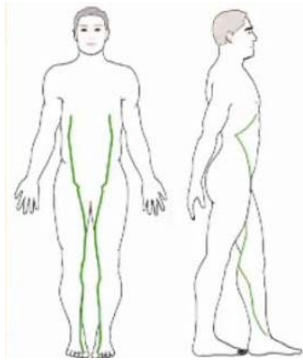
## Section 1

		<p><b>Movement 1: Drawing a Bow (彎弓)</b></p> <p>Lung meridian – Inner shoulder to Thumb</p> <p>Stimulates internal organs, stretches muscle of the neck and shoulders, can help relieve chest tightness and asthma.</p>
		<p><b>Movement 2: Stretching the Back (背)</b></p> <p>Large intestine meridian – Forefinger to Nose</p> <p>Relax shoulders and back muscles, can stimulate the liver and gall bladder, relieves eye stress.</p>
		<p><b>Movement 3: Wild Duck Swimming ( )</b></p> <p>Stomach meridian – Face to Abdomen to Outer tibia to Big toe</p> <p>Good workout for hips, waist and shoulders.</p>
		<p><b>Movement 4: Dragon Flying (龍)</b></p> <p>Spleen meridian – Big toe to Inside knee to Armpit</p> <p>Can unblock three visceral cavities and help relieve chest tightness, any obstruction of qi circulation and asthma.</p> <p>Strengthens calf and ankle muscle groups, extends muscles and ligaments of foot soles and improve balance. Improves flexibility and relieves pain in neck, shoulders, waist and legs.</p>

## Section 2

		<p><b>Movement 5: Bird Spreading its Wings (鳥伸)</b></p> <p>Heart meridian – Armpit to Elbow to Little finger</p> <p>Prevent and relieves pain in neck, shoulders, waist and back.</p>
		<p><b>Movement 6: Stretching the Abdomen (腹)</b></p> <p>Small intestine meridian – Little finger to Inner elbow to Ear</p> <p>Prevent and relieves pain in shoulders, elbow and hands.</p> <p>Can stimulate internal organs and help prevent/relieve indigestion and abdominal distension.</p>
		<p><b>Movement 7: Hawk Glaring (視)</b></p> <p>Bladder meridian. – Head down the Back to Big toe</p> <p>Prevent and relieves pain in neck, shoulders and legs.</p> <p>Can also improve balance.</p>
		<p><b>Movement 8: Stretching the Waist (腰)</b></p> <p>Kidney meridian – Sole of feet to Inner knee to Collar bone</p> <p>Strengthens muscles of the waist and back.</p> <p>Helps prevent and relieve pain in the waist, lower back and neck.</p>

## Section 3

		<p><b><i>Movement 9: Wild Goose Flying (飛)</i></b></p> <p>Pericardium meridian – Chest to Inner elbow to Middle finger</p> <p>Regulate flow of qi and blood and helps with relaxation.</p>
		<p><b><i>Movement 10: Crane Dancing (鶴舞)</i></b></p> <p>Triple warmer meridian – Ring finger to Outer elbow to Eyebrow</p> <p>Improve circulation of qi and blood.</p> <p>Helps prevent and relieve pain in the neck, shoulders, back and waist.</p>
		<p><b><i>Movement 11: Exhaling with Head Raised ( )</i></b></p> <p>Gallbladder meridian – Eye to Hip to Fourth toe</p> <p>Relieves asthma and chest congestion. Helps prevent and relieve pain in the neck and shoulders.</p> <p>Strengthen calf muscle group, stretches muscles and ligaments of the sole and improve balance.</p>
		<p><b><i>Movement 12: Body Bending (折陰)</i></b></p> <p>Liver meridian – Big toe to Inner knee to Abdomen</p> <p>Helps prevent and relieve shoulder pain.</p> <p>Stimulate internal organs, prevents and relieves pain in the spine.</p>