

Ma Wang Dui Dao Yin Shu

馬王堆導引術

Origins


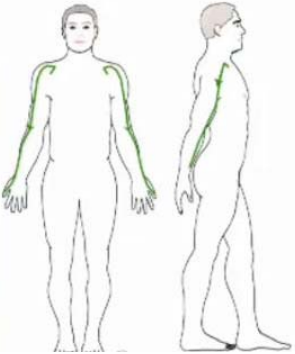
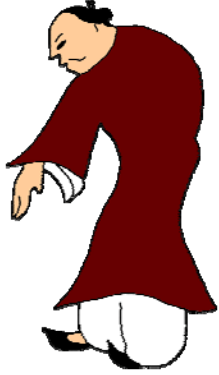
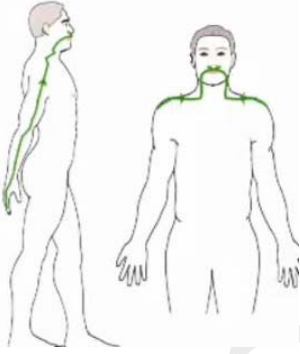

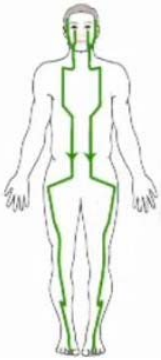

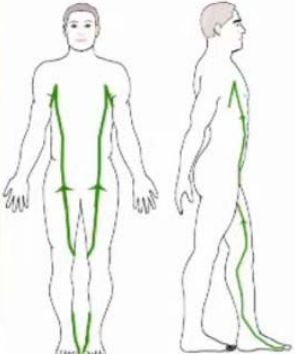
Ma Wang Dui Dao Yin Shu is one of the new exercises created and compiled by the Chinese Health Qigong Association in China (中國健身氣功管理中心). The newly-compiled exercise is based on the Daoyin Chart unearthed from a Han dynasty tomb at the Mawangdui site, Changsha, Hunan Province, China (中國湖南省長沙市馬王堆三號漢墓), 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.


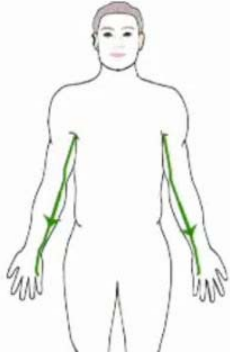

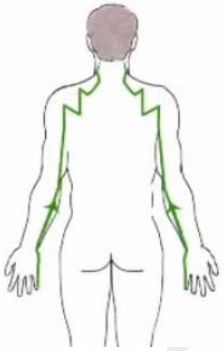

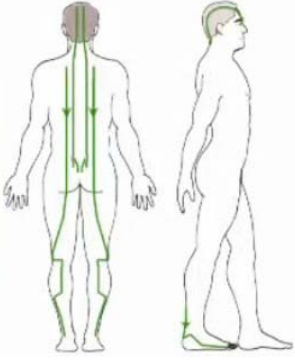
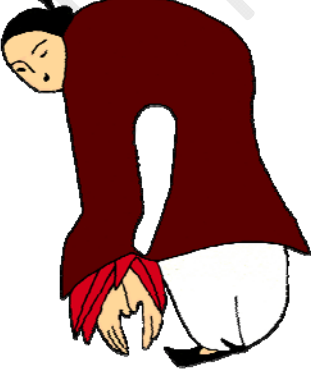
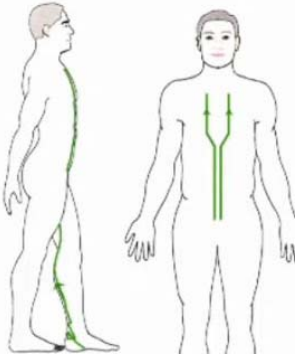
The exercises are divided into 3 sections of 4 movements each. The exercises induce natural energy circulation through: lungs (肺), large intestine (大腸), stomach (胃), spleen (脾), heart (心), small intestine (小腸), bladder (膀胱), kidney (腎), sanjiao (triple warmer) (三焦), gall bladder (膽/胆) and liver (肝).




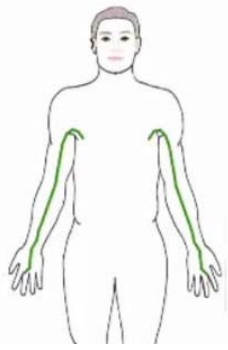

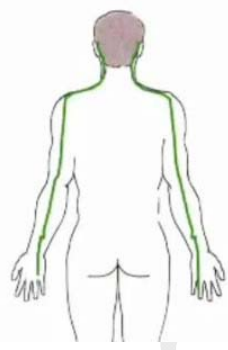

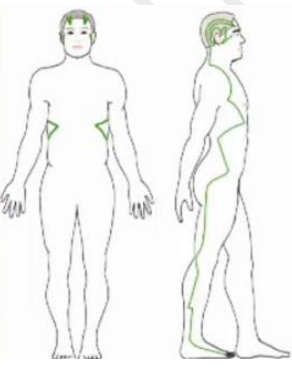

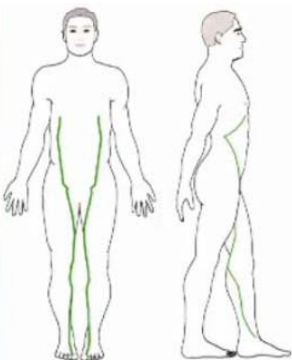
Section 1

		<p>Movement 1: Drawing a Bow (挽弓)</p> <p>Lung meridian (肺經) – Inner shoulder to Thumb</p> <p>Stimulates internal organs, stretches muscle of the neck and shoulders, can help relieve chest tightness and asthma (哮喘).</p>
		<p>Movement 2: Stretching the Back (引背)</p> <p>Large intestine meridian (大腸經) – Forefinger to Nose</p> <p>Relax shoulders and back muscles, can stimulate the liver (肝) and gall bladder (膽), relieves eye stress.</p>
		<p>Movement 3: Wild Duck Swimming (鳧浴)</p> <p>Stomach meridian (胃經) – Face to Abdomen (腹部) to Outer tibia (外脛骨) to Big toe</p> <p>Good workout for hips, waist and shoulders.</p>
		<p>Movement 4: Dragon Flying (龍登)</p> <p>Spleen meridian (脾經) – Big toe to Inside knee to Armpit (腋)</p> <p>Can unblock visceral three cavities(三腔) and help relieve chest tightness, any obstruction of qi circulation and asthma (哮喘).</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>Movement 5: Bird Spreading its Wings (鳥伸)</p> <p>Heart meridian (心經) – Armpit to Elbow to Little finger</p> <p>Prevent and relieves pain in neck, shoulders, waist and back.</p>
		<p>Movement 6: Stretching the Abdomen (引腹)</p> <p>Small intestine meridian (小腸經) – Little finger to Inner elbow to Ear</p> <p>Prevent and relieves pain in shoulders, elbow and hands.</p> <p>Can stimulate internal organs (內臟) and help prevent/relieve indigestion and abdominal distension (消化不良和腹脹).</p>
		<p>Movement 7: Hawk Glaring (鷗視)</p> <p>Bladder meridian (膀胱經). – 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>Movement 8: Stretching the Waist (引腰)</p> <p>Kidney meridian (腎經) – Sole of feet to Inner knee to Collar bone (鎖骨)</p> <p>Strengthens muscles of the waist and back. Helps prevent and relieve pain in the waist, lower back and neck.</p>

Section 3

		<p>Movement 9: Wild Goose Flying (雁飛)</p> <p>Pericardium meridian (心包經) – Chest to Inner elbow to Middle finger</p> <p>Regulate flow of qi and blood and helps with relaxation.</p>
		<p>Movement 10: Crane Dancing (鶴舞)</p> <p>Triple warmer meridian (三焦經) – 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>Movement 11: Exhaling with Head Raised (仰呼)</p> <p>Gallbladder meridian (膽經) – Eye to Hip to Fourth toe</p> <p>Relieves asthma (哮喘) and chest congestion (胸悶). 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>Movement 12: Body Bending (折陰)</p> <p>Liver meridian (肝經) – Big toe to Inner knee to Abdomen</p> <p>Helps prevent and relieve shoulder pain.</p> <p>Stimulate internal organs (內臟), prevents and relieves pain in the spine.</p>