

易筋经 Yi Jin Jing

Muscle and Tendon Changing Classic

The basic purpose of Yijinjing is to turn flaccid and frail sinews and tendons into strong and sturdy ones. The movements of Yijinjing are simultaneously vigorous and gentle. Their performance calls for a unity of will and strength, i.e. using one's will to direct the exertion of muscular strength. It is coordinated with breathing. Better muscles and tendons means better health and shape, more resistance, flexibility, endurance, and is obtained as follows:

- Posture influences the static and nervous structure of the body
- Stretching of muscles and sinews affects organs, joints, meridians and Qi
- Torsion affects metabolism and Jing production
- Breathing produces more and better refined Qi
- Active working builds balance and strength to body and mind (brain, nervous system and spirit)

Power and endurance are of paramount importance if we look at becoming qualified in whatever practice we choose, be it martial arts, or simply better health and wisdom. Already another well-known Qigong system, Baduanjin, in its more radical and strong forms was used in the past in martial arts schools as preparation of the physical body, making it strong and flexible to train in the fighting arts. Baduanjin still remains the first, entry-level routine to learn at Shaolin training schools in Song Mountains.

Yijinjing is unique in that the movements are energetic and intense, but at the same time it is also supple and flexible. Yijinjing unifies intention (yi) with strength (li), consciousness (yin) with muscular force (yang). The mind should be free from scattered thoughts and the breathing is harmonious.

Some classic recurring points of Yijinjing can be described as follows:

- Most of the movements use open palms, fists are used only for stretching the tendons.
- The name of exercises changes, but often the basic idea of movement remains the same.
- Movements are done standing, sometimes bending forward, but never lying or sitting.
- Eyes are always open, never closed.
- Movements are slow but full and tensed, face and body shows relaxed attitude.
- The entire upper body section (especially shoulders) is active and moved
- Dynamic tension rules the moves.
- All parts of the body work together.
- The form can be adapted according to the health condition of the practitioner.

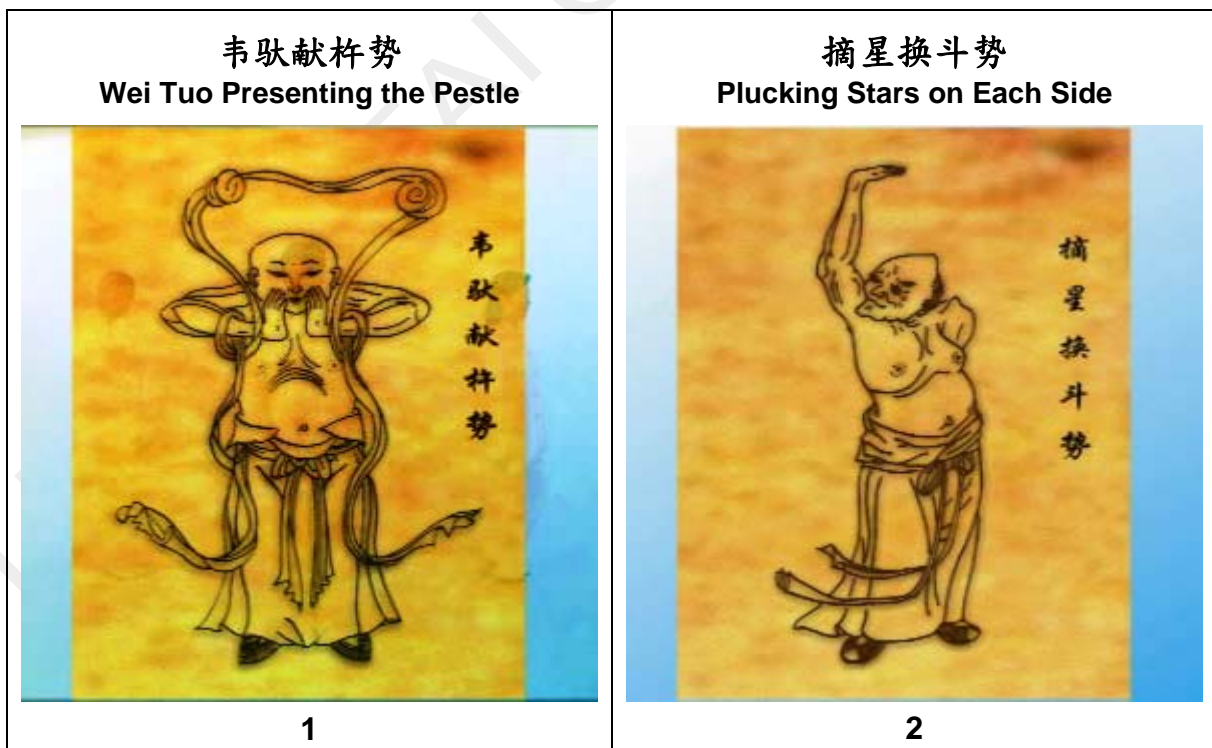
According to traditional wisdom:

- The first year of training gives back physical and mental vitality
- The second year enhances blood circulation and nurtures meridians
- The third year allows flexibility to muscles and nurtures the organs
- The fourth year meridians are better and viscera are nurtured
- The fifth year the marrow is washed and the brain is nurtured

The Five rules of Yijinjing are:

- Quietness: Like lake water reflecting the moon, a calm spirit allows energy to move inside the body
- Slowness: For deep muscle flex; blood and energy flow requires slow movements
- Extension: Each movement must be brought to the maximum extension
- Pause: Efficacy comes through waiting and keeping tension for a longer time
- Flexibility: full extension of limbs and trunk to promote blood and energy circulation, to achieve flexibility.

易筋经 Yi Jin Jing Names of Moves



倒拽九牛尾势
Pulling Nine Cows by their Tails



3

出爪亮翅势
Showing Talons and Spreading Wings



4

九鬼拔马刀势
Nine Ghosts Drawing Sabers



5

三盘落地势
Sinking the Three Bodily Zones



6

青龙探爪势
Green Dragon Displaying Its Claws



7

卧虎扑食势
Tiger Springing On Its Prey



8

打躬势
Bowing Down in Salutation



9

掉尾式
Swinging the Tail



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