

易筋经 *Yi Jin Jing* 'Changing Sinew Channels'

One of the oldest sets of moving *Daoyin Qigong* postures is the *Yijinjing* 'Changing Sinew Channels'. It is said to have been created by the monk *Damo* 'Bodhidharma' sometime during the Northern and Southern Dynasties around the year 550 C.E. The monk *Damo* was famous for having introduced *Chan* 'Zen' Buddhism to China at the *Shaolin* Temple in *Henan* province, home of the legendary fighting monks. The method he taught was also known as the 'Changing Sinews Classic' and recorded in a scroll. This was lost for a time but the story goes later found it during repairs of his statue at the temple, when a hidden iron box fell out containing the scroll sealed in wax.

Initially these limbering exercises are excellent for opening the joints, loosening and stretching the body for meditation. On a deeper level, they also help link mind and body. This can aid in prevention of disease, alleviation of injury, maintenance of health and promotion of longevity, through regulation of the body's channels and organ function.

The 12 movements are practiced standing. They are sometimes held, sometimes repeated, for 12 breaths or 12 repetitions respectively. Most are completed firmly but softly, though some versions include tensing and relaxing of the muscles. The mind focuses on different acupuncture points and channels in the body throughout. The 12 forms are :-

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| 1 | 韦驮献杵第一势 | <i>Weituo xianchu diyi shi</i> | 'Dharma protector presents pestle posture 1' |
| 2 | 韦驮献杵第二势 | <i>Weituo xianchu dier shi</i> | 'Dharma protector presents pestle posture 2' |
| 3 | 韦驮献杵第三势 | <i>Weituo xianchu disan shi</i> | 'Dharma protector presents pestle posture 3' |
| 4 | 摘星换斗势 | <i>Zhaixing huandou shi</i> | 'Pluck stars change dipper posture' |
| 5 | 倒拽九牛尾势 | <i>Daozhuai jiuniuwei shi</i> | 'Pull back nine ox tails posture' |
| 6 | 出爪亮翅势 | <i>Chuzhao liangchi shi</i> | 'Extend claws spread wings posture' |
| 7 | 九鬼拔马刀势 | <i>Jiugui bamadao shi</i> | 'Nine ghosts draw horse sabres posture' |
| 8 | 三盘落地势 | <i>Sanpan luodi shi</i> | 'Three plates down to earth posture' |
| 9 | 青龙探爪势 | <i>Qinglong tanzhao shi</i> | 'Green dragon stretches claws posture' |
| 10 | 卧虎扑食势 | <i>Wohu pushi shi</i> | 'Crouching tiger pounces on prey posture' |
| 11 | 打躬势 | <i>Dagong shi</i> | 'Beat in bow posture' |
| 12 | 掉尾势 | <i>Diaowei shi</i> | 'Wag the tail posture' |

