

XING YI NEI GONG

1. Uniting the Original Qi

- breath cycles qi through DU and REN
- wrists no higher than eyes, relaxed shoulders, open under arms

2. The Jade Dragon Weaves Around the Body

- relax shoulders to let ribs drive the movement
- lead hand palm down, bottom hand palm up

3. Opening & Closing Soothes the Meridians

- use other hand to hold ribs
- use breath to lift arm

4. Zhu Que & Xuan Wu Divide the North and South

- circulate qi through ren and du, open and close the chest from inside out
- movement emanates from center of body, not jumping jacks. Feel splitting energy from ribs, relax shoulders, power comes from feet and center
- north and south relate to Heart and Kidney
- inhale as hands go up, exhale as slap behind (level of sacrum)

5. Uphold the Heavens & Firm the Root

- bend ribside, don't crank shoulders
- rotate ribs, not hips, with firm the root
- arms make complete circle on part 3, alternate is to return back on same path

6. Empty the Foot & Lift a Single Hand

- disguise weight change.
- Important for martial arts but also teaches balance to come from center.

7. Concentrate the Spirit and Gaze at the Heel & The Golden Cock Pecks Rice

- turn from Ren and Du channels, not just head

8. Ape Arms Enliven the Blood

- squeeze the rib cage
- descend the qi as arms lower, think about energy going down from GB21 to KI1.

9. Raise the Back Seven Times

- lift up on toes, drop onto heels, shaking energy.
- arms stay in front, tiger grabbing energy, not swinging to back.
- sound comes from dantian, not throat

10. Both Fists Strike the Back

- relaxed energy to strike, dead weight

11. Rotating the Waist Strengthens the Kidneys & Rotate the Sacrum to Open and Close

- breathe in as hips go back, inhale as go forward, feel movement under hands
- fingers meet at Mingmen, hands cup the kidneys.
- think about rotating the kidneys, not the hips. The hips go along.
- Also stretches the psoas. (kidneys slide up and down psoas muscle)
- Hula hips extra, not in original form

12 Moving the Hips Left & Right

- warm up to it with lian gong move, only drop down if comfortable
- be sure that body weight moves over the bent knee, not in center.

13. Pressing on the Knees Regulate the Meridians & White Crane Bends Knees

- straighten legs to regulate with each circle
- can substitute a wider stance if difficult to crouch with feet flat

14. Strengthening the Meridians by Rubbing the Knees and Stretching the Body

- glide hands down, rub knee to warm whole joint
- use breath to expand back

15. (optional) Crawling Tiger

- can use push up bars
- swing hips back from arched position to reset

16. Yin Opens & Yang Closes

- cool down, rebalance

17. The Heels Kick Backwards

- light and easy, loose.