

導引

Dǎo-Yǐn
Stretching
&
Strengthening
Exercises

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Muddy Bottom Press

Dao Yin – Warm-Up Exercises

導引 | Dǎo-Yǐn Stretching & Strengthening Qi Gong

PART I – Stretching

Get Qi & Blood Moving

- walking: a. strolling, b. mock jogging, c. cross-overs; d. pump arms overhead; e. actual jogging in place face 8 directions (CL or CCL)
optional: sprint 10-20 seconds &/or hopping & jumping jacks
- arch & dome back (isolate sections: lumbar, mid, whole back)
- feet close, pull hip/pevis back, pushing opposite knee forward
- feet wide, brace knee and twist spine L & R:
 - a. quick twists b. working gaze upward
 - c. work back down with brief hold
 - d. hold and look back toward opposite toes and breathe – focus on waist (inflating & deflating)
- push away heaven & earth (a. open your sides, lengthen your arms, b. add neck stretch watching hands & guiding qi)
- waist circles L & R (hulu hoop) (mind & breath in lower dan-tian)
- arch & flatten low back (while **pressing points** along spine=jia-ji; inner BL; outer BL, repeat jia ji or most sensitive line)

NECK

- roll shoulders – backward & forward (~6 circles each way) *repeat with thumbs out, then in*
- neck stretching: arc head & neck L&R:
 - a. hang head forward (arc left & right)
 - b. hang laterally (ear to shoulder) (small arcs)
 - c. reach out & away with opposite arm to accentuate stretch add weight, then traction, then massage
 - d. finish with one complete head circle in each direction (both hands massage head, neck & shoulders)
- neck strengthening: pressing against resistance
 - 1. Hand on forehead, 2. Back of head, 3. Side: ear toward shoulder, 4. Side: look/twist L & R
 - (3 rounds: hold/resist for 3 count; then 4 count, then 5 count)
 - Finish with alternating head circles and with more vigorous scalp scrub

SHOULDERS

- bow stance (one foot forward, knees bent, low back flat), rub beginning of lung channel (Lu-1 & 2)
 - * rotate arm & shoulder (breathe into shoulder joint while rotating)
 - A. forward circling, 3 palm positions: a. palm down/swimming; b. chop; c. palm up
 - B. then backward circling with reaching and twisting arm
 - C change stance/feet and repeat on other side
- double arm swing to integrate sides: alternate arms crossing - palms in, then out
 - a. inward circles b. outward circling
- shoulder drops (release entire shoulder girdle) (exaggerate breathing & breath sounds)

ARMS & HANDS

- extend wrists & stretch forearms (yin channel/forearm stretch) • last time hold against thigh, then release
- flex wrists & rotate forearms/fingertips in & out (yang channel twist)
- alternate making fist & extending fingers (play with different directions/angle of hands)
 - a. palms down; b. thumbs up; palms up/forward; d. palms out/tumbs down
 - wiggle fingers into kneading
 - snap fingers & shake out hands
- shoulder drops (shoulders front to back as well as up & down; then oscillating let arms swing freely)

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LEGS & HIPS

- hip rotations: first pivot on ball/toe of foot (both legs) • then pivot on heel (both legs)
- bend toes back while pushing ankle forward L & R • then alternate like walking
- rotate laterally onto outsides of foot (stretch GB/fibularis)
- heels up and down to strengthen calves (can add hands/wrists like EV exercise)
- step out rest on heel and pull toes back to stretch calves – alternate L&R, rotate to sides variation
- stretch dorsum of foot, alternating L&R
- finish by rotating ankles (use toe of shoe as pivot point) (can skip when barefoot)
- hug knee to chest/armpit - stretch hip & gluts hold & balance (3x to each side, adding movement)
- pull heel to buttocks - stretch quads & knee hold & balance (3x to each side, adding movement)
- add half lotus stretch L & R
- step out laterally into easy adductor stretch
 - shifting weight, push knee out over Bubbling Spring, look straight ahead, keep eyes level – shift & hold
 - add turning from waist to look L & R (full 180°)
- iliacus lunge (push off back toes to rock weight, open whole pelvic area)
- psoas stretch (repeat lunge, stabilize, then push off knee to arch torso back)
- deep adductor stretch: - walk on hands to move stretch around
- squat a. lace fingers behind head, round back (GV) b. straighten spine, push out on knees with elbows
- ankle/achilles stretch (lean chest over one knee & rock heel off ground) - both sides
- calf & back of knee stretch - alternate sides, push heels to floor
- back of body (tent) stretch (sacrum to the sky, stretch spine, open GV)
- hang, breathe into back (dangle arms/shoulders, neck & head)

Hamstring stretch: alternately bend & straighten knees

- touch tops of toes
- under toes (hold big toe)
- cup heels
- squeeze up calves, thighs, gluts and back to knees
- massage knees: (all four sides, all six channels)
 - backs (BL); outside (GB); front lateral (ST);
 - front medial (Sp); medial (Lr), complete (Kd)
 - finish with patellas

Knee strengthening: *stance is shoulder width & parallel*

- little knee dips
- feet together* - dip & circle (both directions)
step back to shoulder width
- deep sit downs/squats 10-12x (thighs parallel to ground, keep knees over Bubbling Spring)
(let it burn before you quit, strengthen quads to strengthen knees)
- add resistance: 1. push in on knees 2. pull outward on knees

Windmills:

bend knees and touch ground with elbows (or as close as you can) then roll up and release arms
go into waist circles 6-8x – then repeat in opposite direction
watch the space between your hands as you circle
roll up keeping wide stance and bring forearms together

- phoenix eating its ashes: quadratus-lumborum & hamstring stretch
 - slide one foot behind other heel line, hands reach to lateral leg above ankle) hold and breathe
 - massage back of leg, tap low back opposite side, follow BL channel to small toe (BL-67)
- spine twist (deep horse, brace & push off knees L & R, stretch eyes & neck too)
 - + hold position look back to opposite foot – breathe into lower dan-tian
 - step up into wu-ji or carry on into part II

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LEGS

Hip & Leg Series

Rotate knee forward 12x finish with leg pointing behind alternate pointing toes & heels
3 sets: A. 3 count B. 4 count C. 5 count

Switch sides and repeat

Rotate Hip backward: point toes and reach for maximize radius 12x each side

* here we sometimes count in Chinese 1-12 [yi-er-san-si-wu, liu, qi, ba, jiu, shi – shi-yi, shi-er]

Tap: work around hip/pelvis / fist turn over miday to get knuckle into GB-30

finish with knuckle scrub on GV/sacrum working laterally back to GB-30 (Huan Tiao)

This works all 6 leg channels + GV/Du mai [3 yin flow up: Kd-Lr-Sp]

[3 yang flow down: ST-GB-BL]

Emphasize with your tapping accordingly.

End with small pelvic circling / tilting pelvis through all axis.

Leg Lifts (lift/raise from hip – alternate pointing toes ~6-12x, then heel 6-12x)

1. to front (quads/ST) 6 toes , 6 heels (6+6)

2. 45° (sartorius/Sp) 8x

3. 90° (TFL/GB) 6+6

4. 45° (glut medius & minimus/GB) 8x

5. straight back (glut maximus/BL) 6+6

Relax into pelvis small rotations L&R 6-8x in each direction followed by tapping

Repeat on other side

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BACK TO ARMS

Bilateral Arms & Shoulders **hold in each position:** **A. 3 count** **B. 4 count** **C. 5 count**

1. lace fingers and push overhead looking up at hands
2. hold previous position, but look straight ahead / make sure shoulders are down (pull down with lats)
3. hands float down behind head hold
4. hands push out to sides, wrists bent hands flat against imaginary wall
5. maintain height while bringing hands around to rear, squeeze scapulas together

* Recently I have added a warmup round before we start this:

start by pushing out and forward ~ 45° and work your way to overhead (4-6x should suffice)
with hands behind head wave/flap elbows forward & back (3-4x)

before wall press, float arms forward and back a few times

then relax them down and raise 3-4x

finally lace fingers and squeeze scaps together 3-4x in low position, then at a higher level 3-4x

Leg Swing

Opposite arm and leg swing up together to get started.

No lifting or effort just a relaxed and easy swinging –

on back swing let foot tap/slap earth to stimulate yong quan ~ 18-36x

Repeat on other side.