

Back Pain Management

Book 22

Study Guide for Relieving Back Pain
Through Exercise & Breathing Techniques

by Jim Moltzan

Auricular Points

L1 (lumbar)

T1 (thoracic)

C1 (cervical)

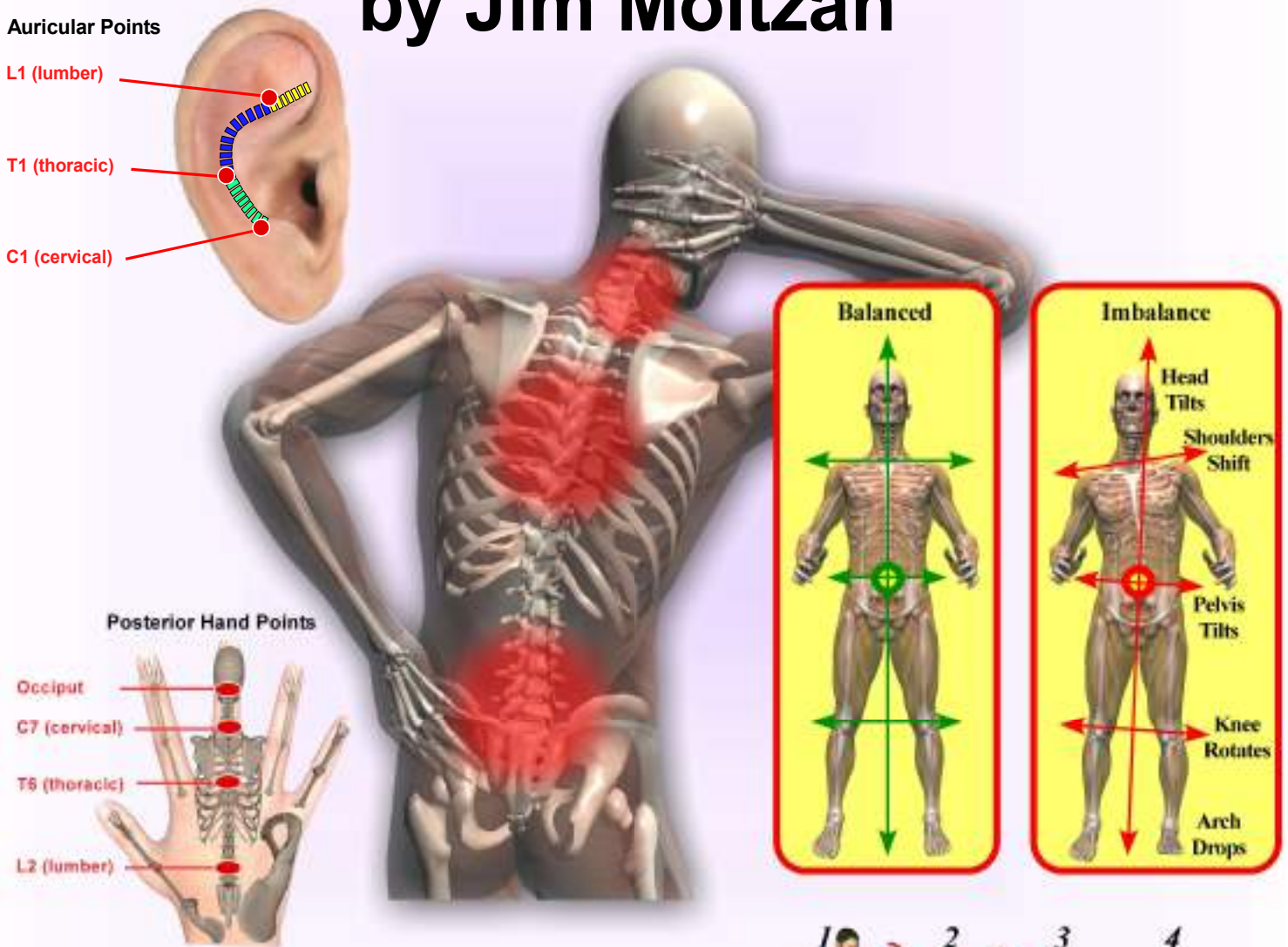
Posterior Hand Points

Occiput

C7 (cervical)

T6 (thoracic)

L2 (lumbar)



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Welcome!!

Congratulations on your commitment to improving your health. This journal is one of many in a series designed for beginners to advanced health enthusiasts. This information is the summation of almost 38 years of research and 1st hand application. In this booklet, there are specific physical exercises for relieving and managing back pain. Also is information on developing or cultivating one's inner strength or "Chi". Additionally, there are various exercises from Qigong (also known as Chi Kung or Gi Kung), breathing exercises. Chi Kung includes physical exercises as well as meditation to control many bodily functions and increase one's internal energy or life force. Many of these exercises have long been known to help with many aches, pains and other ailments, amongst their many other benefits. Included are explanations and graphics explaining exactly what "chi" is and why it is important. Theories, concepts and other related information is also presented in straightforward explanations. The goals in organizing this knowledge were first, to help people benefit from the tremendous amount of knowledge. Second, is the preservation of this information for future generations to come. Third, is the fun and challenge of undertaking such a worthwhile project.

Included in this journal are illustrations showing the perspectives and main fundamentals of the chosen exercises. Using clear, apparent figures, muscular/skeletal models as well as figures will acupuncture meridians, helps the reader to better understand the relationship between the exercises and the human body. Also explanations, brief history, philosophy and other pertinent information is displayed. Some will look at the illustrations and information and find it new, unusual or alternative, when in fact much of the knowledge has been around for centuries if not longer.



A major benefit gained from these types of exercises is that persons in various states of health and fitness can see results from executing the exercises. Even those sick, injured or disabled can adapt most of these exercises to their individual situation. Mental, physical and spiritual gains can be achieved by continuing the lifelong journey of self awareness. Save time and money by practicing these routines at your leisure in the privacy of your own home or while away. All that is really needed is time, a small space and a desire to improve yourself.

It doesn't matter so much that you do these exercises, as much as it matters that you do some type of exercise. Walk, jog, swim or whatever - just get going and do something. 5 minutes here and there can quickly turn into 15 or 30 minutes at one time or over the course of a day. Once you are moving or mentally engaged, it is much easier to stay motivated and try a few more exercises for a few more minutes.

The key to **YOUR WELLNESS** is to accept personal accountability for your health & well being

Accountability - means to make a personal decision to take responsibility for your own actions, determining your own success or failure. Responsibility can be presented, given or removed, but you have to accept accountability to truly achieve your desired results or goals. Observe, contemplate, then own it. Do it and resolve what needs to be done. No excuses and no regrets.

The Health Care Crisis & Personal Accountability

If every person in American spent 5 minutes more, every day, exercising, more people could better manage their weight and suffer less from related illnesses.

If every person in American spent 5 minutes more, every day, calming their mind by practicing deep breathing exercises, more people would be less stressed and suffer less from related illnesses.

If every person in American spent every day becoming more conscious of their nutrition habits, more people would be able to maintain their health through the choices they make while eating and drinking, and suffer less from related illnesses.

If everyone could assume personal responsibility for their own health, our nation would not have to spend as much time, effort, energy and money trying to keep people healthy.

These concepts seem easy enough, but in reality, most people lack the desire or self-discipline to take the first and do what it takes to stay healthy, prevent illness or cure their own ailments. Self-discipline is one of five steps known to help achieve better mental and physical wellness.

1) **Respect** - This is where values begin. You must understand and have respect for yourself (self-respect) before you can demonstrate it to others. Taking the steps to take care of your physical and mental well-being effects you first and then those closest to you second.

2) **Discipline** - Developing control of one's own desires, commitments, and ultimately your own actions, leads to self-discipline. Control of physical exercises can lead to management of thought and emotion.

3) **Self-Esteem** - As you review your achievements of respect and discipline, your sense of worth is elevated and appreciated.

4) **Confidence** - Understanding and accepting your weak areas as well as your stronger aspects removes insecurity. When you feel that you are physically well and mentally sharp, confidence can fill your personality. You can accomplish whatever goal you set out to achieve.

5) **Determination to Achieve Goals** - The positive sum of the previous aspects leads to one's determination. Good judgment and focused effort toward positive goals result in true personal success.

Which Path Are You On?



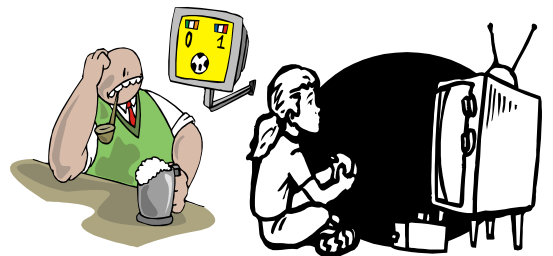
Lifestyle



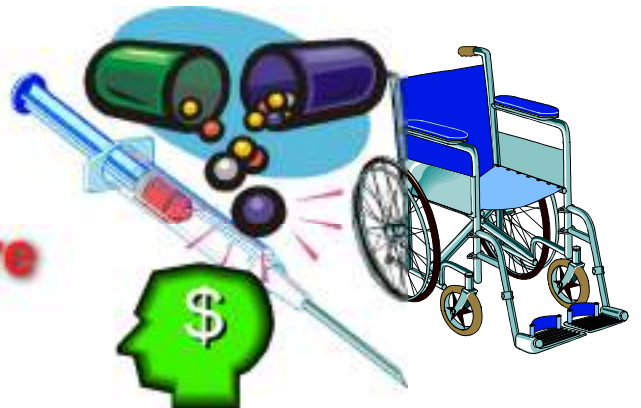
Nutrition



Exercise



Health Care



Some Options to Manage Pain

Pain Relievers

Non-opioid pain medicines such as Acetaminophen, Ibuprofen, Naproxen



Antidepressants and Anticonvulsants

Medications that also have benefits for treating depression and seizures



Western Methods

Exercise

Exercise therapy has been shown to ease pain

Ancient Eastern Exercises

Tai Chi

Slow moving yoga-type exercises with rhythmic breathing and self-awareness of mind & body.



Bagua Zhang

Walking meditation or "walking of the clouds" are all names for this style of Kung Fu training. An internal developing style similar to Tai Chi. Bagua Zhang develops stability in motion amongst many other things.



Other Methods Using Reflexology, Energy Meridians

Massage



General or specific manipulation of pressure upon the various muscles throughout the human body.

Reflexology



Application of specific pressure to the feet, hands or ears to stimulate energy throughout the body.

Acupressure



Manipulation of various "pressure points" throughout the body that connect to the energy meridians.

Acupuncture



Similar to acupressure but using very thin needles to stimulate energy flow within the energy meridians.

These methods are all part of the same branch of knowledge to enhance longevity or relieve blockages

Western Methods



Exercise

Exercise and physical therapy have been known to ease pain symptoms



Cognitive Behavioral Therapy
Managing thoughts and behaviors related to pain



Eastern Exercise Methods

Qigong
or "walking names for training. Bagua n motion things.



Qigong

Qigong exercises, with little or no body movement. When the mind is relaxed, the body chemistry changes and promotes natural healing.



Energy Meridians and Specific Strategic Trauma

Acupuncture



Similar to acupressure, using very fine needles to stimulate energy flow within the energy meridians.

Moxibustion



Burning of dried mugwort on specific acupuncture points with or without the use of fine needles.

Iron Palm



Precise conditioning techniques typically meant to condition the hands by hitting specific acupressure or reflexology points upon the hands.

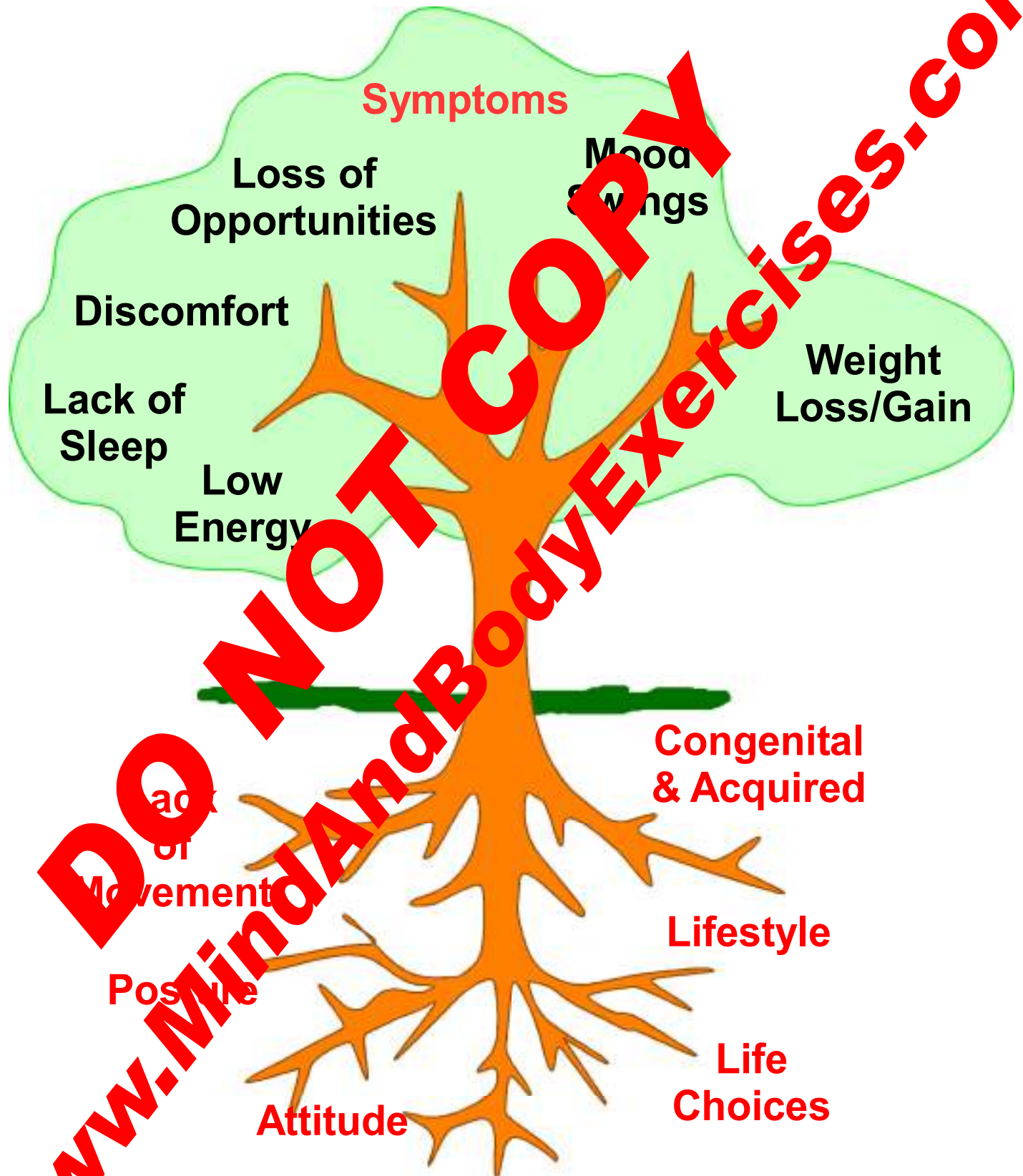
Iron Body



Similar to Iron Palm conditioning techniques typically but hitting specific acupressure or reflexology points throughout the whole body.

Some branch of knowledge of our internal energy flow
to relieve blockages within the human body.

Address the Root Causes of Pain and Illness



Why Our Bodies Break Down:

Root Causes

- 1) Vascular Deterioration
(sedentary life styles contributing to compromising the arterial supply)
- 2) Neurogenic Deterioration
(compromised nerves in the spine)
- 3) Mechanical Distortions
(of the spine, pelvis, upper and lower extremities)
- 4) Chemical Imbalances
(stress causes the body's blood chemistry to compensate for the engagement of the fight or flight response)

Why We Become Ill:

Root Causes

- 1) Environmental
(chemical issues within the air, food, water and conditions around our mind & body)
- 2) Trauma
(strain or injury of the physical body as well as mental events)
- 3) Stress
(factor cause the body's blood chemistry to compensate for the engaging of the fight or flight response)

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Here
is the
“Light”

Posture and Why it is Important

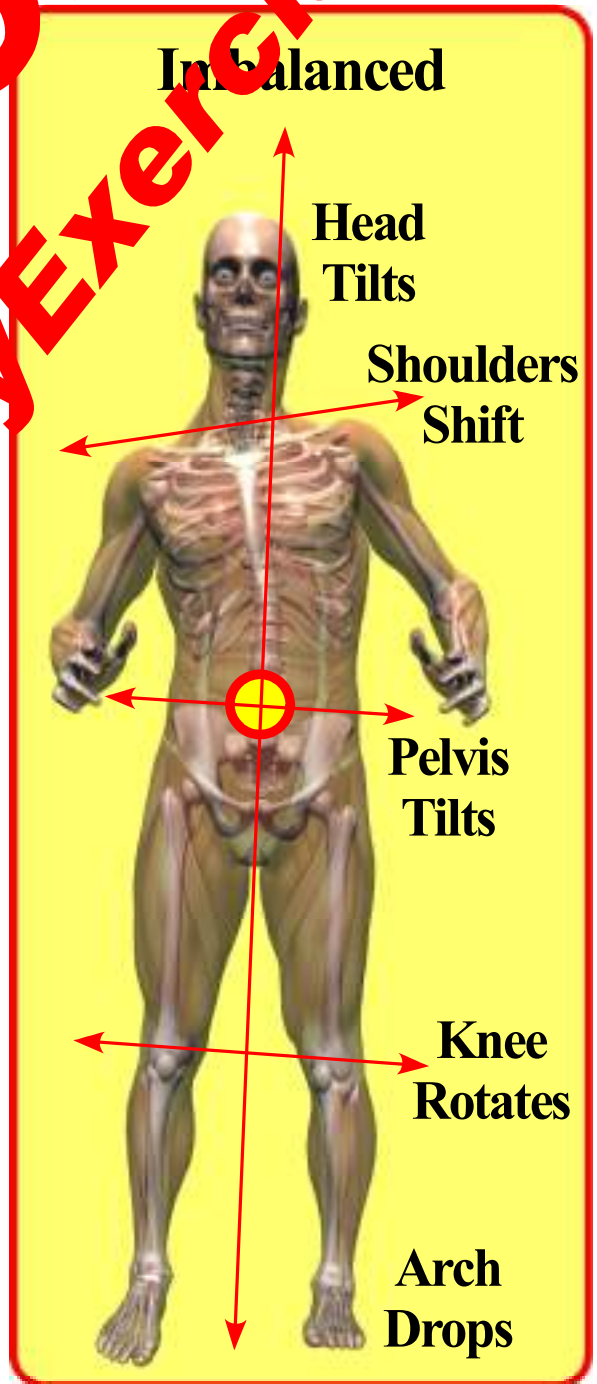
Posture & Symmetry

Posture is the relative placement of the human body and its components such as, but not confined to, the spine and limbs. Symmetry is the quality of similar parts facing or mirroring one another from a central axis. With good posture through relative symmetry, our bodies function mechanically like a well-oiled and balanced machine, but much more complex. Over our lifetime.

What We Normally Start With



What We Obtain From Injury, Weakness, Stress & Lifestyle



NOTE: This study guide is a general reference for the concepts shown. Consult with your physician if you are uncertain of your physical condition.

These changes can lead to imbalances within the skeletal structure which can affect all other body systems. Some exercise methods of moving the body within the natural range of motion within the 3 anatomical planes, as well as combinations of unilateral (exercises taxing one side more than the other) and bilateral (exercises taxing both sides or limbs simultaneously) movements can restore balance within the human body.

What We Strive to Maintain

Balance within the 3 Anatomical Planes



- 1-Left to Right
- 2-Top to Bottom
- 3-Front to back
- (4-Outside to Inside)

Combinations of
unilateral &
bilateral exercises
can help achieve
balance & harmony



Posture & Symmetry

Many people in the United States experience some type of chronic pain at some time in their lives. Causes of pain can vary depending upon the individual and their circumstances. Poor posture can be responsible for many ailments ranging from ankle, knee, hip and back pain. A spinal misalignment, due to improper posture, an injury, hereditary or even congenital conditions, can have an eventual ripple effect throughout the human body. A shift of .375" (9.5mm) can cause the depicted ailments.

NOTE: This study guide is a general reference for the concepts shown. Consult with your physician if you are uncertain of your physical condition.

Poor posture can lead to the spine twisting in many unnatural directions causing discomfort throughout the whole body.



A usual habitual lean, can eventually cause imbalance in the deep Psoas, Iliacus and Inguinal ligaments. This results in tension and pain in the lower abdominal muscles.

A simple habitual tilt of the head or shift in the body weight over time, changes the alignment of the spine. This re-alignment begins to affect the muscles, tendons, ligaments and nerves causing a total imbalance within these body systems. An injured ankle or knee can become the spark that causes a ripple effect literally from head to toe.



The Iliotibial Band connects at the top of the tibia (upper thigh bone) and extends down to the top outside of the knee. Misalignment of the hips or spine can cause excessive tightness here causing pain in the knees, hips, buttocks and lower back.

If the hips shift, the Quadratus Lumborum can become stretched more so on one side causing further imbalance to the hips and Piriformis. If the Piriformis becomes tight, the sciatic nerve is irritated causing more pain down the back of the legs.

Causes of Chronic Back Pain

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Most people in the United States will experience back pain at some time in their lives. Causes of back pain are many ranging from poor posture, heavy lifting and lack of exercise amongst others. Some find relief through chiropractic or acupuncture therapy. Most pain goes away within a few days or weeks only to return at a later date. Unless the root cause is fixed, most treatments only offer temporary relief. In many cases, the root cause of back pain is tight hamstring muscles. Excessive sit-ting can tighten these muscles as well as lack of proper stretching on a regular basis. The following set of exercises develop length and flexibility which improve posture. Good health of the lower back starts with good posture. Good posture in the back, hips and abdomen provide a strong cage that houses the internal organs. Flexibility in these areas helps to maintain good blood circulation to the organs and lower body. Lengthening of the spine while exercising reduces stress and tension on the nervous system. Relax the body into the positions in order to release any tension in the muscles. Deep and relaxed breathing is essential while performing these exercises.

NOTE: This study guide is a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

- 1 Straining the neck forward to see closer, puts strain on the neck and upper back. This leads to hunching forward of the spine and a gradual realignment of the 3 natural curves.

- 2 Poor posture, combined with long hours sitting stagnant in a chair cause muscles within the legs to shorten and tighten over time. These muscles, specifically the hamstrings, cause the pelvis to tilt the tailbone forward.



- 4 Pelvic tilt also puts strain on the lower back muscles such as the quadratus lumborum. Spasms can occur as the muscles tighten even more to protect the spine from excessive movement. The piriformis muscle attaches the head of the femur to the base of the pelvis. The piriformis can become irritated or tense causing pain to the nearby sciatic nerve. Sciatica can cause pain and numbness down the back of the legs to the heels.



- 3 Just like a pulley, the hips rotate towards the tight muscle groups. Tight hamstrings, cause the pelvis to tilt the tailbone forward which put increased tension on lower back muscles.

Posture Affects the Mind

Course of Action:

- consult with your physician or chiropractor
- have your posture checked
- stretch regularly
- perform non-specific symmetrical exercises
- inspect footwear for uneven wear pattern
- evaluate poor posture habits and adjust
- review career choices if necessary

Chronic pain effects us emotionally (mentally) as well as physically. Similar to a sponge, the body absorbs positive as well as negative energy. Each emotion effects an internal organ.

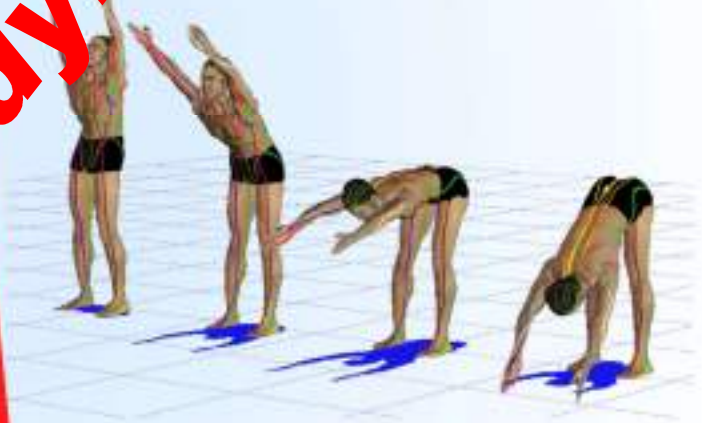
Liver - anger, depression

Heart - lack of love

Spleen - worry

Lung - grief

Kidney - fear



Effects of Poor Posture

The following graphics show some common causes of poor posture.

Straining the neck forward to see closer, puts strain on the neck and upper back. This leads to hunching forward of the spine and a gradual misalignment of the natural curves (cervical, thoracic & lumbar).

NOTE: This study guide is a general reference for the concepts shown. Consult with your physician if you are uncertain of your physical condition.

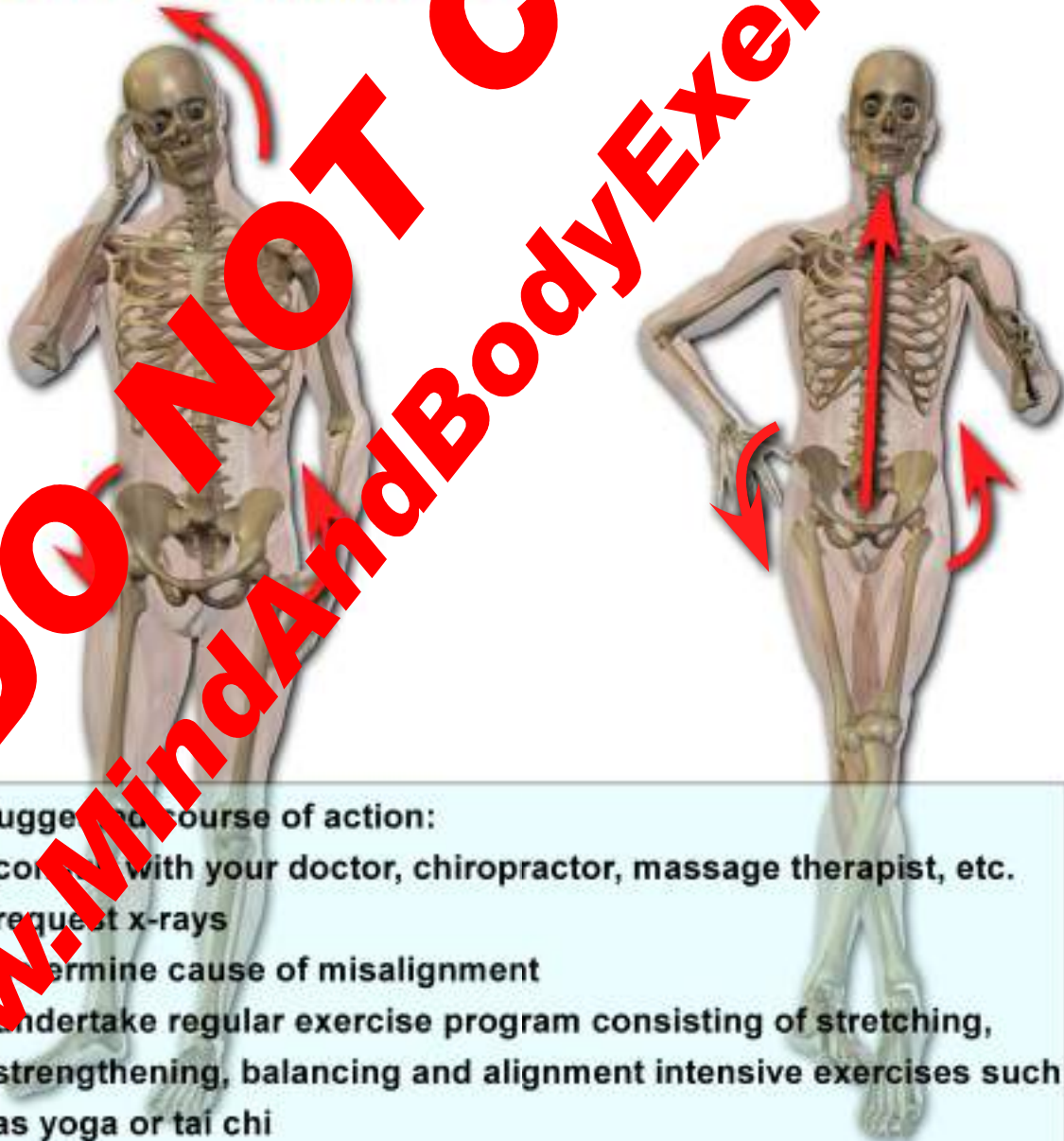


Poor posture, combined with long hours sitting stagnant in a chair working or driving, can cause muscles within the legs to shorten and tighten over time. These muscles, specifically the hamstrings, cause the pelvis to tilt the tailbone forward.

Common causes of poor posture:

- Poor standing habits
- Driving with one arm forward, back hunched, knees higher than hips
- Head and shoulder pinching together to hold telephone
- Sitting or standing cross legged
- Short leg syndrome
- Lack of muscle tone and core strength
- No regular exercise schedule

NOTE: Occasional execution of the aforementioned practices, doesn't necessarily lead to pain and other problems. It is the repetitive and a cumulative effect over years that seem to cause the dysfunction.



Suggested course of action:

- consult with your doctor, chiropractor, massage therapist, etc.
- request x-rays
- determine cause of misalignment
- undertake regular exercise program consisting of stretching, strengthening, balancing and alignment intensive exercises such as yoga or tai chi

Posture Affects the Body

As humans, we instinctively try to center our head directly above our physical center of gravity. Poor posture, short leg syndrome, injuries or habitual body movements can cause remodeling of the muscular, skeletal and nervous system. These root problems can be the cause of many chronic ailments.

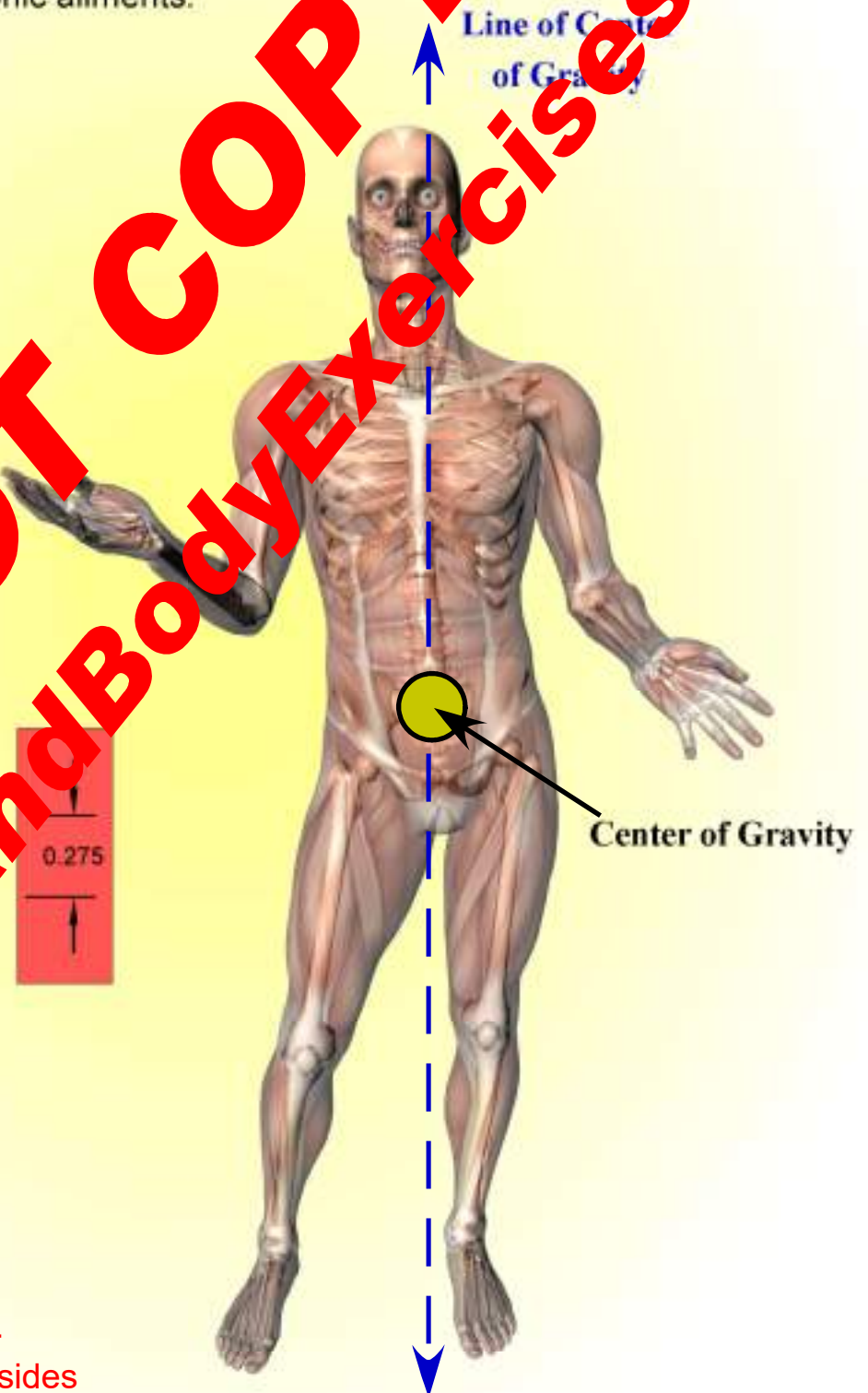
A difference in leg length by 7mm or 0.275" can be enough to throw an individual's spine out of "calibration".

Side effects can include:

- headaches
- neck pain
- shoulder pain
- low back pain
- hip pain
- Iliotibial Band syndrome
- knee pain
- ankle/foot pain

Other Causes:

- wallet in rear pocket
- uneven/inferior footwear
- tight calves, hamstrings, etc.
- excessive use of right or left sides
- career related



Shoulder pain can occur when one side of the body is higher or lower than the opposite side.

Line of Center of Gravity

Neck pain and Headaches can occur when one side of the neck has more tension than the opposite.

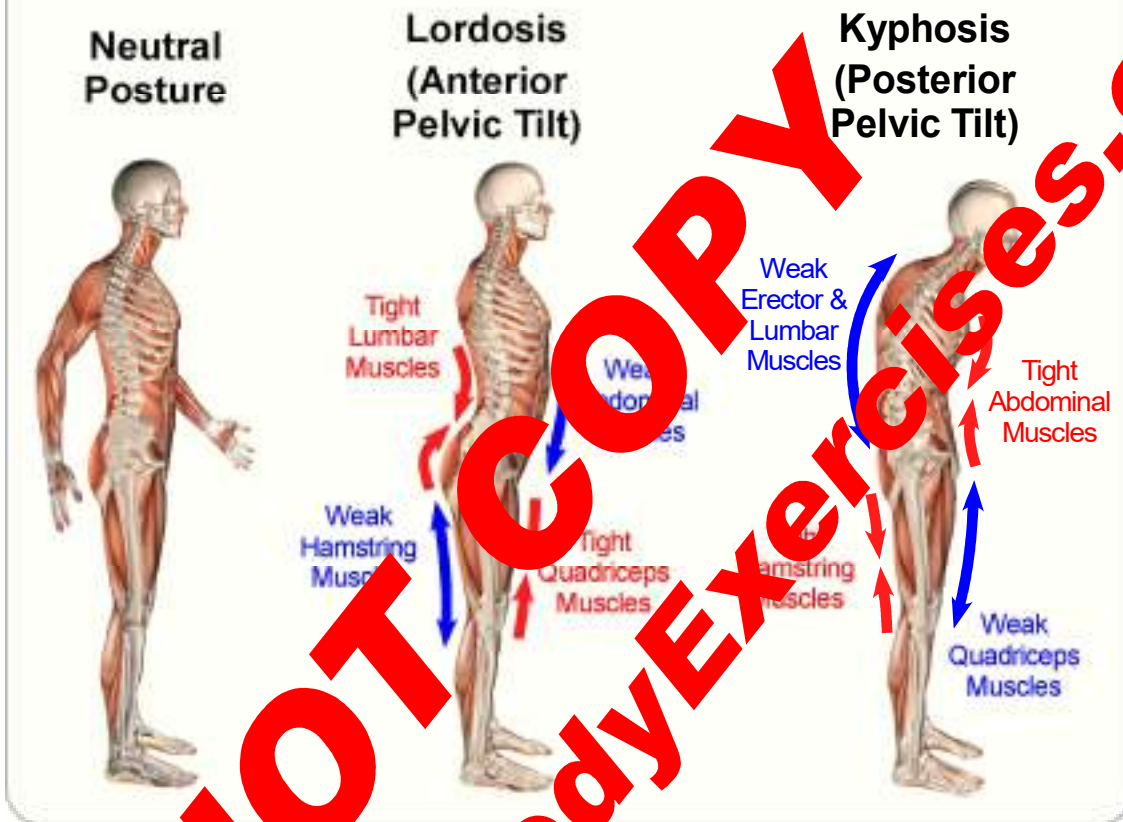
Center of Gravity

Knee, hip and patellar band pain can occur when one's body weight is unevenly distributed between the two legs.

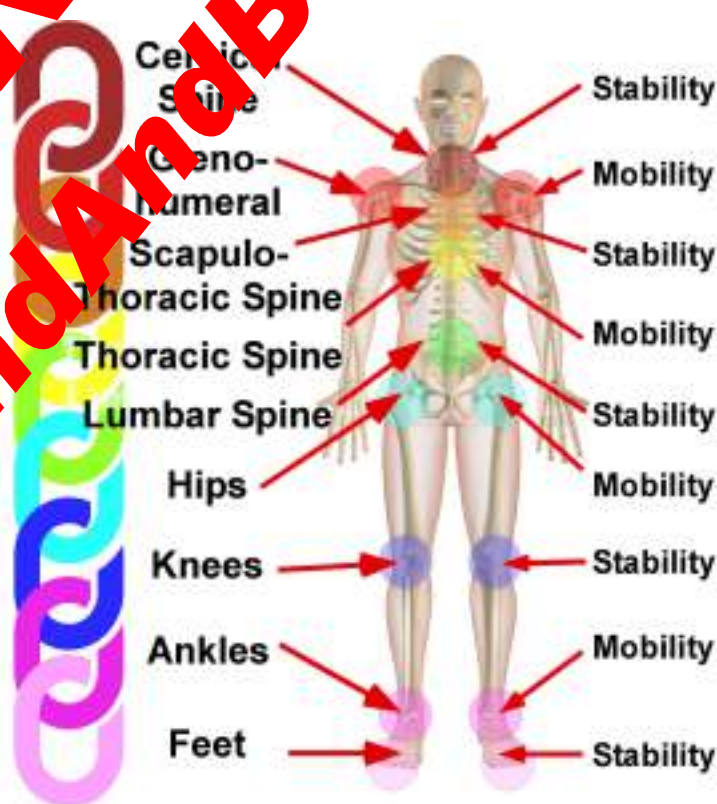
Knee pain can occur when one's body weight is unevenly distributed between the two legs.

Ankle pain can occur when one side of the body is favored due to chronic pain.

Muscular Imbalances Can Lead to Postural Imbalances



The Kinetic Chain



Referred Pain In One Area Can Be Felt Elsewhere

Just like the tensegrity model, tension on one area of the body can affect tension on all components throughout the human body.



A lateral rotation of the hips can lead also to an anterior tilt called Lordosis.



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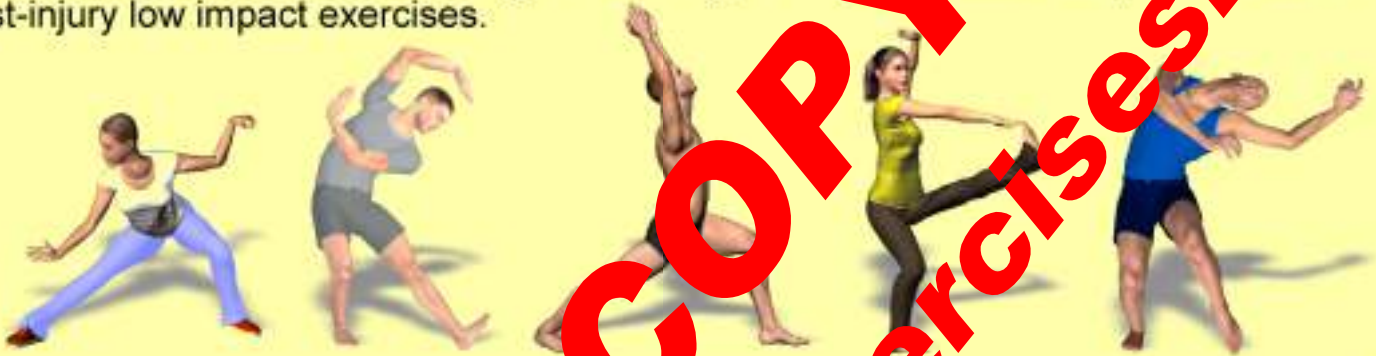
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Stretching of the Fascial Trains

Fascia is a band or layers of connective tissue, mostly comprised of collagen, which lies beneath the skin and attaches, stabilizes, engages, and separates muscles and other internal organs. These layers are integrated and interconnected within bands that runs from the bottom of the feet to top of the head. Every muscle in your body is wrapped in multiple directions by fascia. When any area of this fascia from head to toe becomes tight or irritated, it loses some functional capacity. The body must compensate usually by contracting and stiffening. This often results in tension across the body to other areas. This is how tight hamstring muscles can cause back pain or knee pain can affect the hips, neck and shoulders.



There are many individual exercises and techniques, that can stretch and release tension of the fascia trains throughout the human body. Tai Chi, Qigong, Yoga and Pilates are methods of stretching and strengthening the fascia as preventative or post-injury low impact exercises.



This stretch is very beneficial because it:

- Lengthens & engages the superficial back line myofascial train (longest fascia tissue spanning the brow line to the soles of the feet)
- Activates the hips, hamstrings and calves
- Helps strengthen the thighs and knees
- Relieves tension in the spine, neck, and shoulders.
- Engages the spine to become stronger and flexible
- Reduces stress, anxiety, depression and fatigue
- Calms the mind and relaxes the nerves
- Engages the abdominal muscles
- Stimulates the internal organs of the torso



Just as the tensegrity model, tension on one area of the body can affect tension on all components throughout the human body.



Modifications for those unable to stand while performing this exercise



Excessive Sitting is the New Smoking

Straining the neck forward to see closer, puts strain on the neck and upper back. This leads to hunching forward of the spine and a gradual realignment of the 3 natural curves (cervical, thoracic & lumbar).



Poor posture, combined with long hours sitting stagnant in a chair working or driving, can cause muscles within the legs to shorten and tighten over time. These muscles, specifically the hamstrings, cause the pelvis to tilt the tailbone forward.

As soon as you sit
muscular activity in
the leg muscles
shuts off

Calorie
burning drops
to 1 per
minute

After 2 hours
good cholesterol
drops 20%

Enzymes that
help break
down fat drop
90%

After 24 hours insulin
effectiveness drops
24% and risk of
diabetes rises

People with sitting
jobs have twice the
rate of cardiovascular
disease as people
with standing jobs.

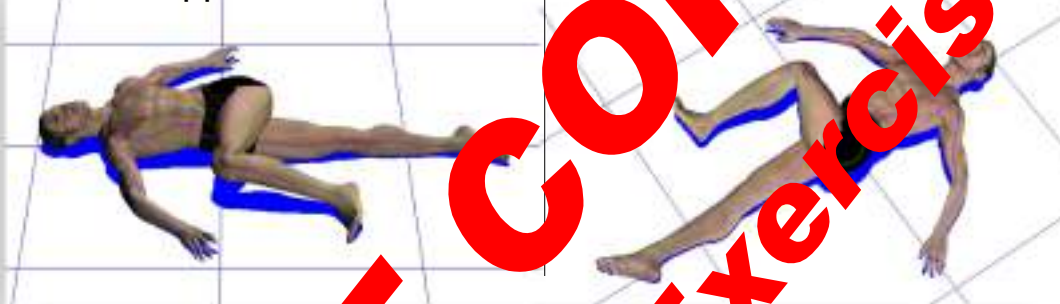
Physical Exercises Sets

Relieve Chronic Lower Back Pain (set #1)

Try to match your body position similar to those as shown. Don't be discouraged by not being able to achieve these stretches but rather do what your body is capable of. Stretches can be performed on the floor, on a mattress or even in a swimming pool or hot tub. Try for a few seconds in each position for a total of a few minutes. As your flexibility increases in the ham-strings, less tension will be placed on the lower back muscles.

NOTE: This study guide is a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

Knee to opposite hand



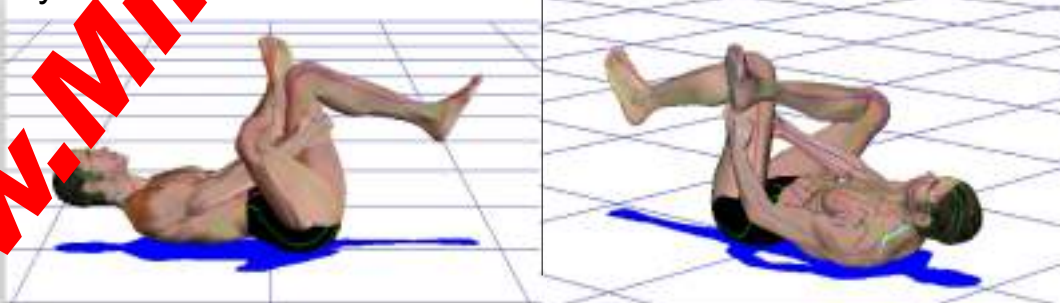
Lay flat on your back, bring a bent knee across the other straight leg. Relax the neck and arms as you feel the lower back stretch to the side.

Seated toe touch



Stretch the buttocks by leaning the upper body forward. Focus more on the torso coming forward than the hands reaching the feet.

Piriformis stretch



Lay flat on the back as bending both knees. Try to cross the right foot over the left knee. Pull the left leg towards your face as the right hip stretches.

Try to do some of the exercises everyday for at least a few days in a row. As the pain is relieved, try to add more time for each exercise working up to a total of a half hour or full hour. As less pain is present, try to maintain a regular schedule of performing these exercises to keep the problem from reoccurring. All stretches should be performed on both sides.

NOTE: This study guide is a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

Leg stretch to face



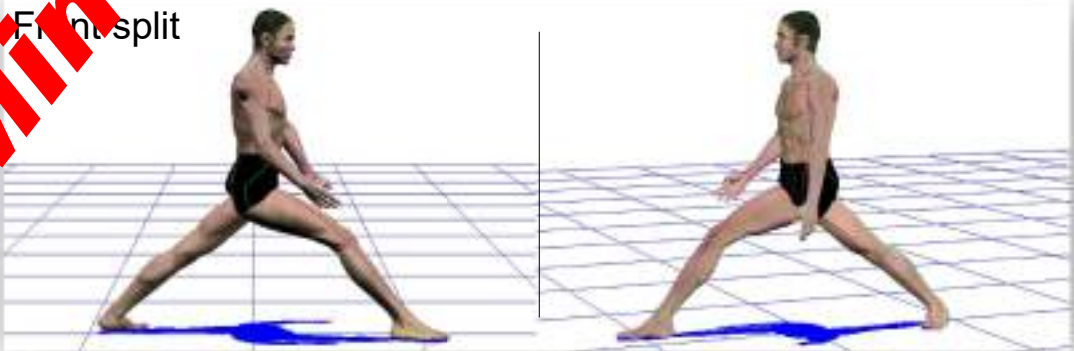
Lay flat on the back as straightening one leg as far as possible. Use a towel if needed to reach the foot with one or both hands.

Torso twist

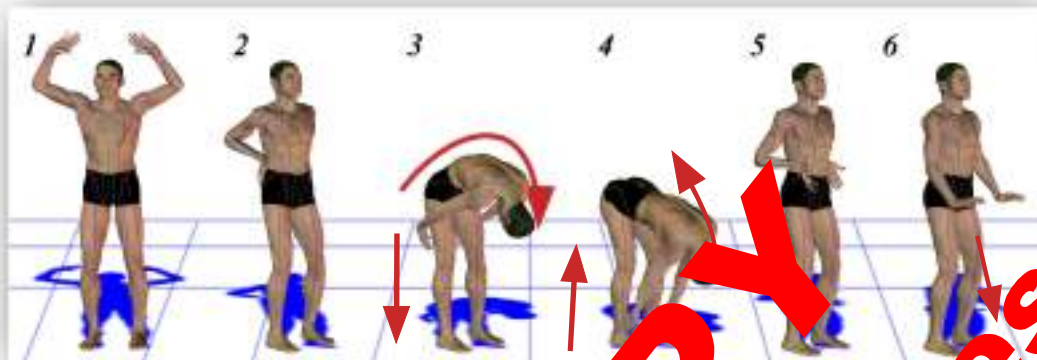


Sit on the buttocks with one leg straight and one leg bent and crossed over the other. Turn the upper body opposite while relaxing the back.

Front split



Stand with legs apart with your weight centered over the feet. Try to widen the feet while keeping the legs straight. Back foot turns slightly outward.



1- Arms make a heart shape motion as inhale. 2- Hands come to rest on the lower back. 3- Exhale as bending spine forward as hands glide down back of legs to the heels. 4- Inhale as straightening the spine as hands glide up the front of the legs. 5&6- Exhale as straightening arms downward.

Low lunge



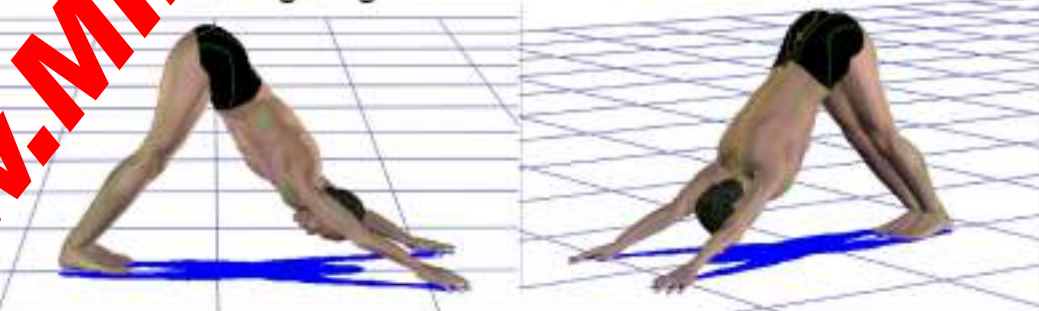
One leg forward with the other leg behind. Try to lower the hips. Torso can remain upright or lean forward.

Standing toe touch



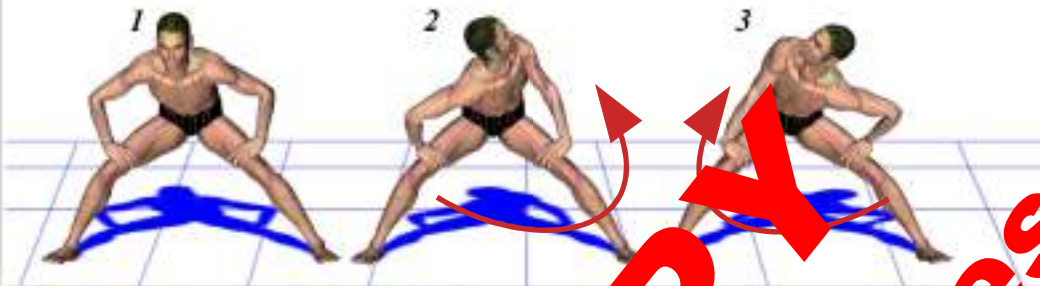
Feet together while bending forward at the waist. Reach as far downward as comfortable.

Downward Facing Dog



Feet together while bending forward at the waist. Reach as far downward as comfortable.

Sway the Head & Swing the Tail



1- Wide horse stance with hands on thighs and torso leaning forward as inhaling. 2- Exhale as twisting the head and torso to the left while keeping hands on thighs. 3- Alternate twisting from left to right.

Equestrian



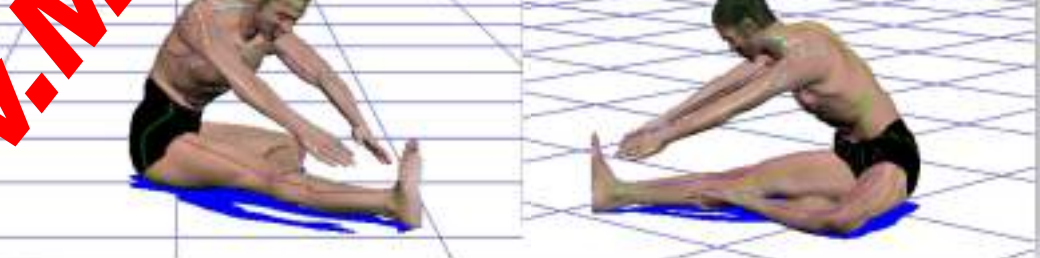
Stand with legs apart with your weight centered over the feet. Try to lower the hips while keeping the legs straight. Back foot can rest on the ball.

V-Stretch



Sitting on buttocks with legs apart in a v-shape. Reach both hands to one foot and then the other. Try to bend more from the lower back than the neck.

Figure 4 stretch



Sitting on buttocks with legs apart in a 4-shape. Reach both hands to one foot and then the other. Try to bend more from the lower back than the neck.

Strengthen Your Back (set #1)

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Good health of the lower back starts with good posture. The following set of exercises develop strength and flexibility which improve posture. Strength in the back, hips and abdominals provide a strong cage that houses the internal organs. Flexibility in these areas helps to maintain good blood circulation to the organs and lower body. Lengthening of the spine while exercising reduces stress and tension on the nervous system. Try to hold the static positions or perform the following exercises from 20 seconds to longer intervals such as 1, 2, 5 minutes or longer. To achieve advanced levels of development physically and mentally. Holding positions generally develops strength whereas repetitive movements develop flexibility and endurance. Relax the body into the positions in spite of any tension in the muscles. Deep and relaxed breathing is essential while performing these exercises.

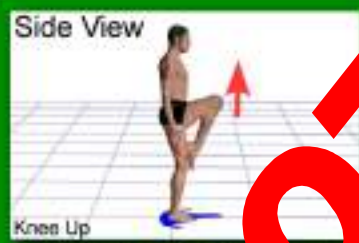


Pick Up Leaves

Maintaining good posture and health is an ongoing task. A consistent regimen of the exercises can help prevent problems before they arise.



Stand with feet shoulder-width apart. Hands at the hips. You bend the waist forward towards the ground as if picking up leaves from the ground. Hands reach to the ground then the torso straightens up. Repeat sets of 10 until desired amount of repetitions is achieved.



Knee Up



Stand with feet close together. Lift up as high as possible pointing the toes downward. Keep the back upright and the head straight.



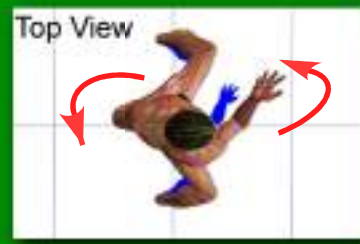
Knee Up & Torso Twist



Same as the knee up exercise but add twisting the torso towards the raised knee as trying to touch the bent elbow to the opposite raised knee.



Horse Stance & Torso Twist



Same as the knee up & torso twist exercise but add stepping down into the horse stance. Any of the above exercises can be held or alternating sides.



Horse Stance & Torso Twist - combo of previous 2 exercises

One can exercise 100% of the body's muscles 10%, or 10% of the muscles 100%.

Which would you prefer?



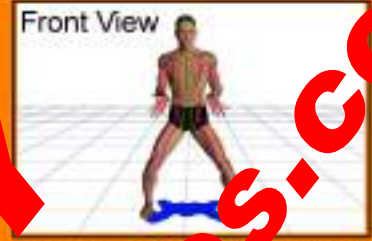
Leg up and twist torso as elbow comes to opposite knee. Step down into the horse stance as exhaling. Repeat on opposite side.

NOTE: This study guide is a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

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Strengthen Your Back (set #1)

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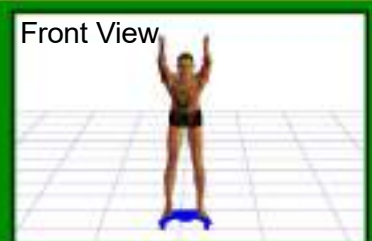
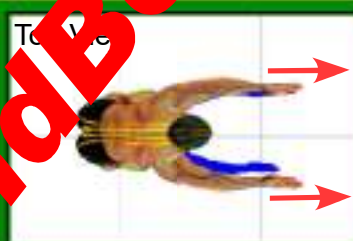
Feet slightly wider than shoulder width, knees bent, hands open positioned next to the hip. Back straight, lower back arched forward as hips sink down.



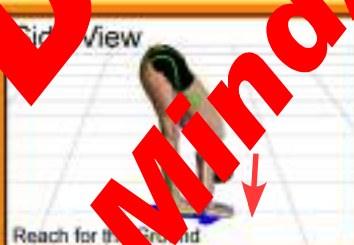
Left Bo stance as opposite arm extends out and away from back. Left hand, arm & shoulder move with the torso towards the left. Sink hips.



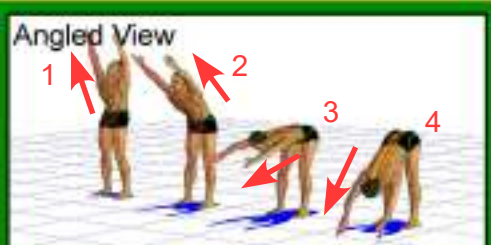
Same as the above 2 exercises. Linking them together and alternating on both sides.



Arms Extended bending at the Waist. Sink hips and knees as pulling torso in and lower back downwards while pulling chin upwards.



Hands reach for the ground while the head faces downward. Legs straight as possible while trying to lengthen the spine while bending downward.



Combination of above 2 exercises. Can be held for intervals of time at different angles of height or continuously stretching as bending forward.

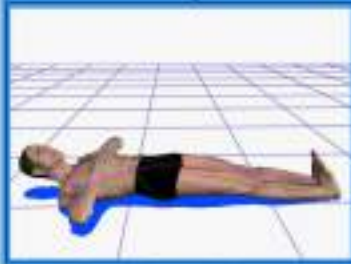
NOTE: This study guide is a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

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The "core" is comprised of many different muscles that stabilize the pelvis and spine. These muscles provide a firm foundation for movement of the torso, arms and legs. These muscles also provide a protective cage for the internal organs. The muscles of the core make it possible to stand upright and maneuver in order to walk or run. The core provides support of ones center of gravity enabling movement in any direction and transfer of weight distribution. Strong and flexible core muscles support the upper body weight, preventing back strain and other weaknesses. Muscle tone helps provide a cushion for the vertebrae while helping to provide good posture and spinal alignment.



Slow sit-ups



Start lying flat, ankles pulled back.



Slowly sit-up until reaching position #4. Hold each position from 5-60 seconds for more difficulty.



Hold for 5-60 seconds, ankles pulled back.

Slow leg-ups



Start lying flat, ankles pulled back.



Slowly lift legs up until reaching position #4. Hold each position from 5-60 seconds for more difficulty.



Hold for 5-60 seconds, ankles pulled back.

"V" sit-ups



Start lying flat, ankles pulled back.



Slowly lift legs and torso to form a V-shape. Hold this position from 5-60 seconds for more difficulty.



Lay flat, torso relaxed, ankles pulled back.

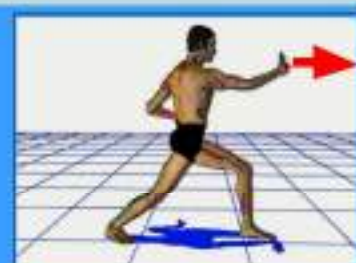
Twisting sideways as shifting weight



Start as above, knee over the ankle, back leg fairly straight, twist the torso to the right as extending the left arm.



Assume the horse-riding stance as above, neck & shoulders relaxed, hips sinking downward.



Same as the 1st position, but reversed to twist to the left. Hold 5 seconds to 5 minutes for increased development.

Graphics are for reference. Find a qualified teacher for actual instruction. Consult with a physician if uncertain of your physical abilities to perform such exercises.

Strengthening the Core & Spine

Neuromuscular Coordination or the connection between the nervous and muscular systems, promotes the ability to execute what one is thinking. For example, the ability to regain one's balance after stumbling, or catching a glass before it falls from a cupboard. This response is enhanced by performing exercise which engage more than a few muscle groups (compound exercises) at a time. Another way would be exercises that require more thought, more control, more focus to perform them.

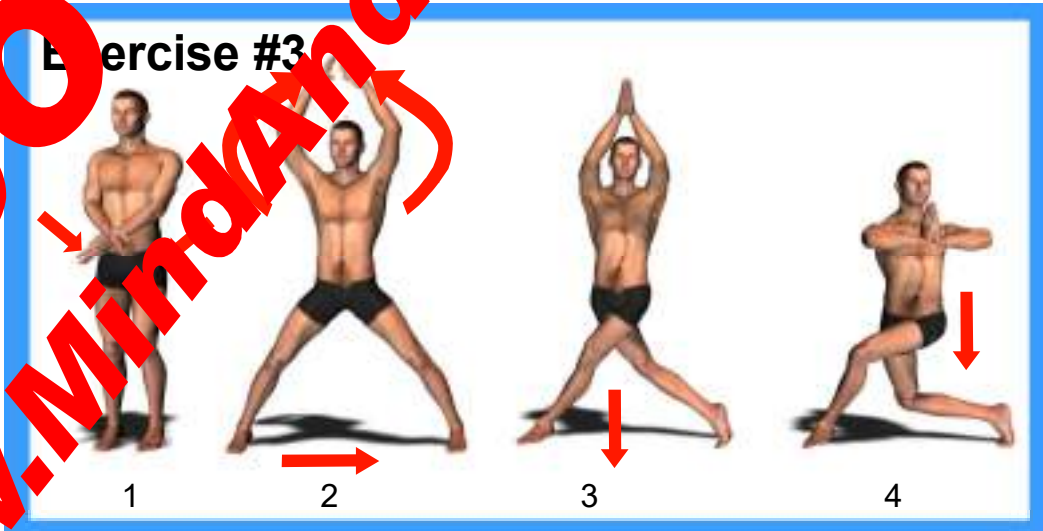
Engagement of Thought (or mindfulness) upon something other than the

Exercise #1



- 1) Left arm scoops up, as left leg lifts up just above the ground.
- 2) Left leg lifts higher as right knee bends slightly to lower center of gravity.
- 3) Left arm pushes to left side as left leg slides left.
- 4) Hip shifts towards left as head turns to look left. Repeat set switching left to right.

Exercise #3

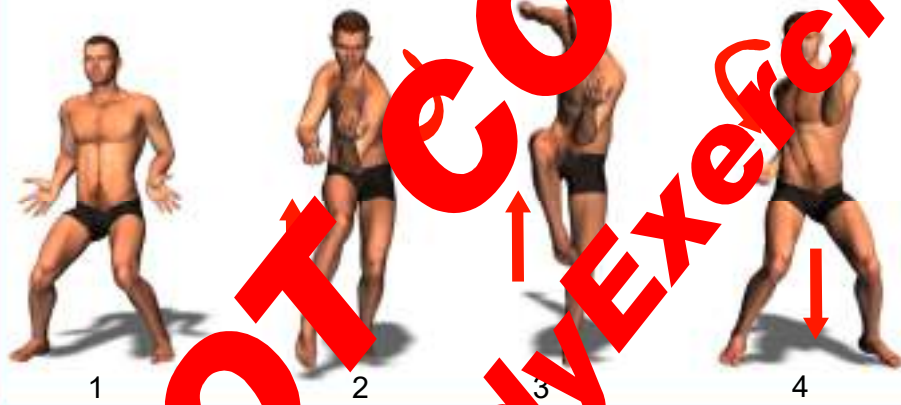


- 1) Both arms cross in front of waist.
- 2) Left leg slides to left into horse stance as both arms swing to above the head.
- 3) Right leg steps behind left as palms push together.
- 4) Hips drop as palms drop keeping even pressure on the palms.

NOTE: This study guide is a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

These exercises engage one's body and thought at the same time. When in the proper body alignments, the back, abdominals, quadriceps, hamstrings, knees and ankles are strengthened. The "kwa" or the area where the thigh meets the hip is also developed promoting more circulation to the legs and lower torso. Stance training helps to discipline the mind, discover one's spirit, cultivate internal energy, enhance the ability to root and improves posture and body alignment. Hold the stances from 20 seconds to longer intervals such as 1, 5, 10, 15 or minutes to achieve advanced levels of development. Relax the body into the positions in spite of a tension in the muscles.

Exercise #2



- 1) Legs apart with arms drop into horse stance.
- 2) Left elbow reaches towards right hip as right leg lifts to just above the ground.
- 3) Right arm reaches behind as right knee lifts higher.
- 4) Step into horse stance as right fist comes to right hip and left hand squeezes into loose fist.

Exercise #4



- 1) Left leg steps left to left leg bent as right leg straightens.
- 2) Both arms in front of body as hips sink down.
- 3) Torso bends at waist as reaching toward right knee. Hips drop lower if possible.
- 4) Torso twists to the left as left arm reaches behind, right elbow reaches for left thigh.

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Here is
the “dark”
that is in
the “light”

Mindful Breathing

Breath Deep - Why is This so Important?

Much recent research has linked stress to poor breathing habits and consequently many ailments. Many modern chronic conditions can be traced back to insufficient cell oxygenation otherwise known as cell hypoxia.

Breathing is one of the few bodily rhythms that we can consciously adjust, along with sleep and elimination. All of these rhythms directly effect our body's delicate blood chemistry. However, our breath is the real power in bringing oxygen (qi) into our body to nourish it down to the cellular level.

Most people breathe too slow and too quickly!

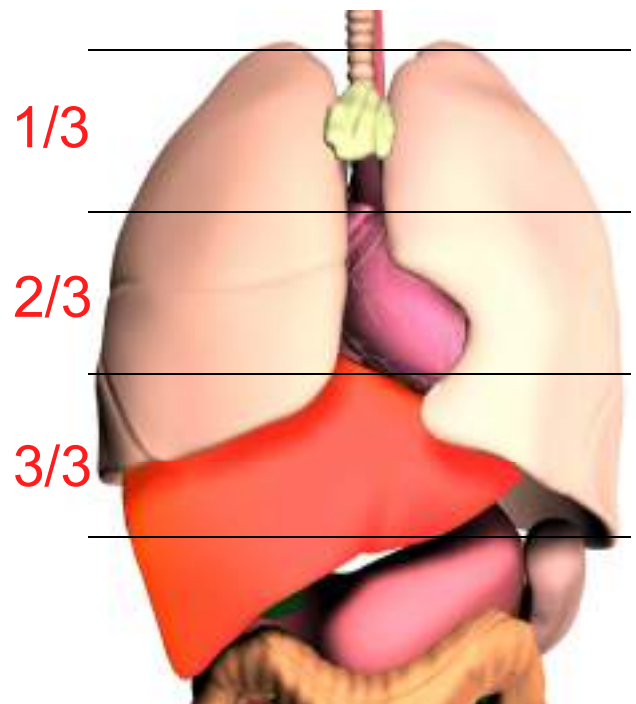
Faster breathing is necessary when experiencing truly stressful situations, like being chased by an animal, running from a fire or similar life-threatening situations. However, continuing breathing at this pace for an extended period of time puts accumulative stress on all of the body's systems.

Most humans are breathing on the average, with normal activity about 12-18 breaths per minute. Plus, this amounts to very shallow breaths, using primary the top 1/3 of the lung capacity.

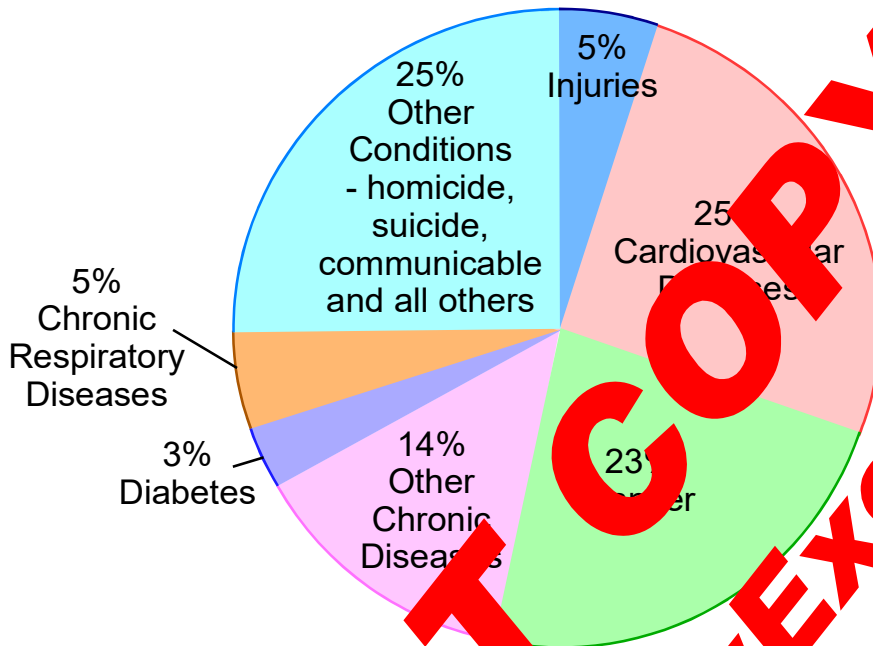
Shallow chest breathing fills only the upper portion of the lungs. This reduces the ability to effectively oxygenate the circulation system.

This "upper breathing" and "under-inhaling" causes an imbalance in oxygen-carbon dioxide gas exchange. This further leads to a ripple effect of other chemical (and hormonal) imbalances.

Poor oxygenation is linked to many modern chronic conditions such as asthma, COPD, obesity, diabetes, insomnia and cancer.



Leading Causes of Death, United States 2010



Studies show that millions of people are affected by diseases directly related to poor breathing habits.

Sources: Xu, J, et al.
National Vital Statistics Reports.
Vol. 58, No. 19, May 20, 2010.

Average Lifespan and Breathing Frequency by Species



Species that breathe slowly, seem to live longer

Animals with longer lifespans utilize a combination of methods to minimize oxidative stress that adds to cellular damage. Deep and slower breathing more effectively oxygenates the body, expelling waste and toxins while maintain proper bodily functions.

Breathing Deeply - Exercise Intensity

Breathing Rate vs. Intensity



The average person breathes 12-18 breaths per minute during regular activity of standing, sitting & walking. Fitness experts suggest that 6 BPM is optimal for the lungs to properly oxygenate the whole body while also removing toxins. The lungs are responsible for removing 70% of the body's waste byproducts through exhalation. The best accomplished by mindful breathing patterns through exercises such as meditation, qigong, tai chi and yoga.

Breathing Frequency During Specific Activities

Average Breaths
Per Minute (BPM)
during sitting,
standing, minimal
activity, 12-18 BPM



Parasympathetic
Nervous System
Activates at
10 BPM.



Regulated Breaths
at 7.5 BPM.
(4 second inhale,
4 second exhale)



Regulated Breaths
at 5 BPM or less.
(4 second inhale,
4 second pause,
4 second exhale)



Breaths per minute (BPM)	Amount of Oxygenation	Mental Effects	Physical Effects
18+			More Risk of Disease
17		Stress	Acidic Metabolism
16		Anxiety	Chronic Oxygen Deprivation
15	Insufficient	Depression	More Stress Hormones (cortisol and adrenaline)
14		Turbidity	
13			
12			
11	Moderate	Relaxation	Sympathetic System Activates (alertness)
10			Parasympathetic System Activates (relaxation)
9			Basic Healthy Metabolism
8	Good	Calm	
7		Relaxed	
6			"Happy" Hormones (dopamine, serotonin, endorphin, oxytocin)
5	Excellent	Peaceful Clarity	Healing Rejuvenation
4		Tranquility	

Types of
Activities



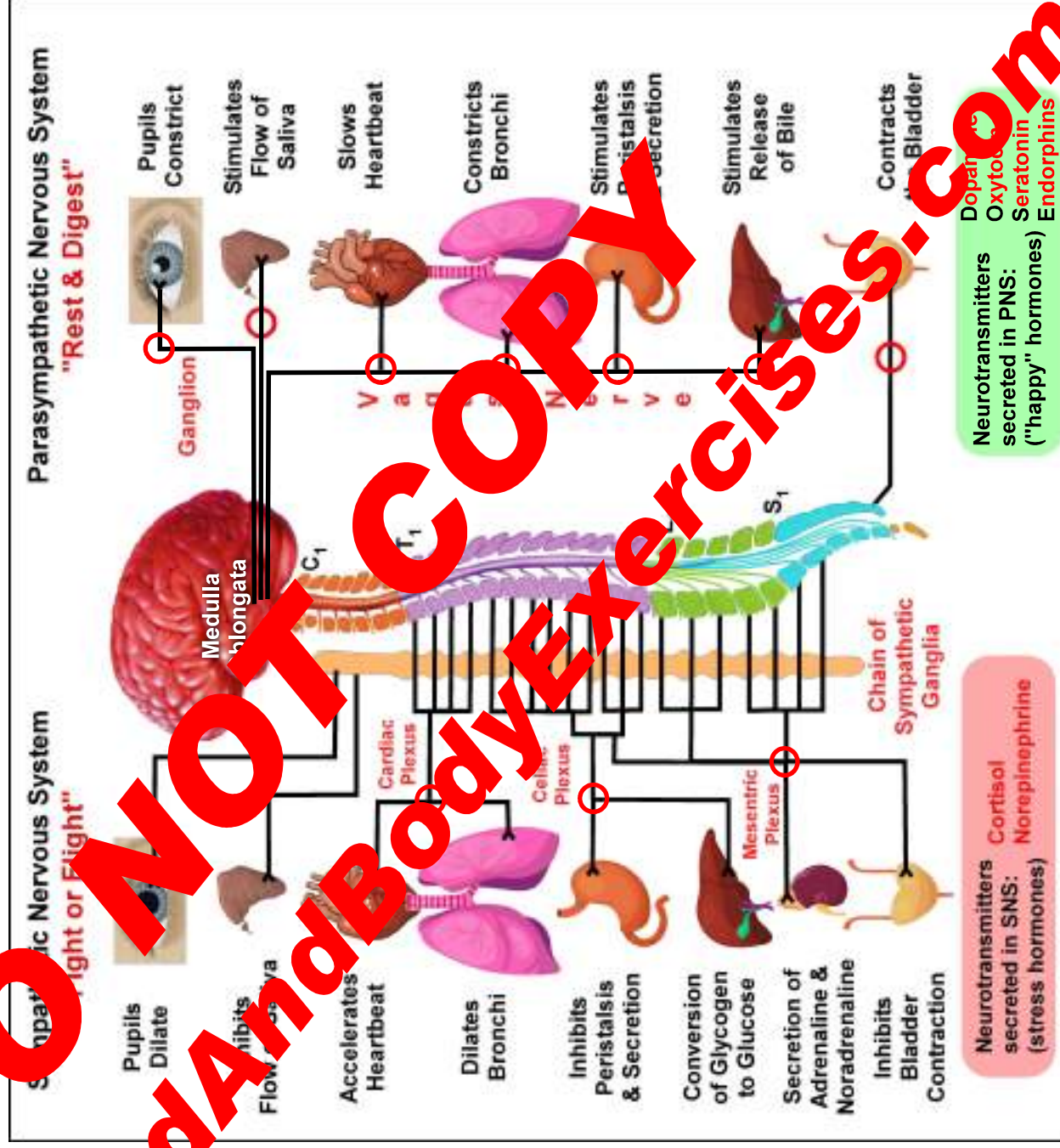
When the breathing slows to 10 breaths per minute or slower, the parasympathetic nervous system is activated. Qigong, tai chi, baguazhang, yoga, etc. are all effective methods of exercise that activate this nervous system. These techniques have proven the test of time in being an option to remove the stress from the body and learn to regulate the fast paced modern existence we all experiencing.

Qigong balances breathing and promotes conditions for the body for it to be able to regenerate and heal itself. Qigong does not cure symptoms, but rather solves the problem at its root.

When the parasympathetic nervous system is activated, "happy" hormones are released, decreasing heart rate and blood pressure. This relaxes the nervous system, slows and calms all the body systems. This process then promotes regeneration through decreasing metabolic rate at all levels.

Deep breathing encourages pumping of cerebrospinal fluid (fluid around the spinal cord). This increases brain metabolism while promoting feelings of physical and mental well-being, as well as enhanced mental alertness.

Too much activity within the sympathetic nervous system causes the body to constantly respond as if in the "fight" or "flight" mentally eventually deteriorating many body systems.





1. Breathing Releases Toxins

Exhaling air from your lungs, expels carbon dioxide that has been passed through from your bloodstream into your lungs. Carbon dioxide is a natural waste byproduct of your body's metabolism.

2. Deep Breathing Releases Tension Muscularly and Structurally

When your breathing is deep, you are getting the amount of oxygen that your body needs. When you breathe easier you move easier due to reducing muscular tension. This allows an increase in flexibility of joints.

3. Breathing Relaxes the Mind and Body, Affecting Mental Clarity

Oxygenation of the brain reduces excessive anxiety levels. Deep breathing brings clarity and insights as concentration is improved.

4. Deep Breathing Relieves Emotional Problems and Mood Swings

Regulated breathing can adjust blood chemistry which effects one's emotional state. This releases endorphins, natural painkillers that create a natural high.

5. Deep Breathing Relieves Pain

Studies show that breathing into your pain helps to ease it.

6. Breathing Massages Your Organs

Diaphragm movement during deep breathing massages the stomach, small intestine, liver and pancreas.

7. Digestive System Works More Efficiently

Breathing deep from the diaphragm massages the internal organs to function better. This regulates and improves emotions, directly affecting the digestive system.

8. Breathing Helps Lengthen the Immune System

Oxygen travels through the bloodstream by attaching to hemoglobin in the red blood cells. This oxygen enriches the body with natural immune elements and vitamins. Which also helps us to regenerate and heal.

9. Breathing Deeply Help Improve Posture

Better breathing practices practiced consistently, will promote better posture.

10. Breathing Improves Quality of the Blood

Deep breathing removes more carbon dioxide and increases oxygen in the blood, improving blood quality.

11. Breathing Deeper Improves the Nervous System

The brain, spinal cord and nerves are more nourished by receiving more oxygen.

12. Deep Breathing Strengthens the Lungs

As you breathe deeply the lungs become stronger and powerful as they are also exercised with more expansion and contracting of each breath



13. Breathing Deeper Makes the Heart Healthier.

Breathing exercises reduce the workload on the heart. Deep breathing promotes more efficient lungs, which distributes more oxygen into contact with blood sent to the lungs by the heart.

14. Blood Circulation Improves with Deep Breaths

Deep breathing leads to a greater pressure differential within the lungs, leading to an increase in the blood circulation, thereby resting the heart slightly.

15. Better Breathing Can Assist in Weight Loss

Extra oxygen throughout the body, burns up excess fat more efficiently.

16. Deep Breathing Boosts Energy levels and Improves Stamina

17. Deep Breathing Improves Cellular Regeneration

18. The Lymphatic System Works Better with Deeper Breathing

Increased circulation of lymph fluid speeds recovery after illnesses by moving waste byproducts more efficiently.

19. Elimination of Waste Through Exhaling Works Better

70% of the body's waste is eliminated through the breath.

20. Self-Awareness and Spirituality Can be Enhanced from Deep Breathing

Creativity and Intuition increase when you're relaxed.

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Here is
the “light”
that is in
the “dark”

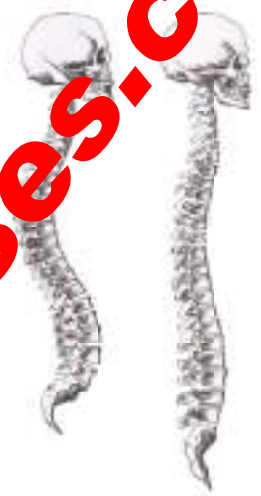
Traditional Chinese Medicine (TCM) Concepts

Qi, Chi or Gi means air, energy or breath in Chinese and Korean.
Gong or Kung means work.
Qi Gong therefore translates to energy or breath work.

The human body is made up of bones, muscles, and organs amongst other components. Veins, arteries and capillaries carry blood and nutrients throughout to all of the systems and components. Additionally, 12 major energy meridians carry the body's energy, "life force" also known as Qi. One's Qi is stored in the lower Dan Tien. Daily emotional imbalances accumulate over time and stress gradually affecting all of the body's systems. Each discomfort, nuisance, irritation or grudge continues to tighten and squeeze the flow of the life force. This is where "disease" claims its foothold.

Qi Gong breathing exercises can adjust the brainwaves to the Alpha state where the mind is relaxed and the body chemistry changes and promotes natural healing. Relaxing of the deep skeletal muscles working outward. Release of tension accumulated within the muscles, organs and nerves. Whereas conventional physical exercise can deplete energy, Qi Gong helps to restore your natural energy.

Lengthening of the spine



Head pointing skyward as though suspended by a string

Eyes closed or focus blurred

Shoulders gently pushing downwards

Lower back pushed slightly away from navel

Tailbone tilted slightly forward

Thighs gently bent, knees slightly bent, feet in line with the heels

Body weight 70% supported on heels, 30% on the toes

Toes in line with the heels



Neutral, horse-riding or "Wuji" stance and alignments

"Dan Tien" refers to energy centers of the body

- located at eyebrow level
- located at heart level
- located below the navel and inward

By relaxing the arches in the spine, bending the knees and tilting the tailbone forward, the spine is lengthened allowing for a release of tension and stream-lined flow of energy within the body. By aligning one's body as the figure on the left, this can be accomplished.

Similar to a sponge, the body absorbs positive as well as negative energy. Each emotion effects an internal organ. Qi Gong helps to balance the emotions:

- Liver - anger, depression
- Heart - excess of joy
- Spleen - worry
- Lung - grief
- Kidney - fear



Healthy Sponge

Compressed Sponge

Benefits of Qi Gong exercises:

- Boosts the immune system
- Reduces stress, anxiety, depression, mood swings
- Lowers blood pressure
- Increase the body's natural healing process
- Lungs increase their capacity
- Promotes better respiration and circulation
- Enhanced self-awareness
- Helps to change the body's chemistry for the better

Qigong, Chi Kung & Gi Gong

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Qi Gong exercise can change brainwaves to the Alpha state:

Alpha - relaxed concentration, creative state

Beta - attentive, alert

Delta - unconscious

Theta - drowsy state of mind

Best Times:

- morning (calm, nature awakening)
- evenings (calm, tranquil)
- anytime (even a few minutes)

Best Locations:

- outside and peaceful
- inside and uncluttered
- anywhere possible

Basic Qi Gong exercise:

- 1) Stand, sit or lay in the position as shown to the right.
- 2) Try to align the body as listed in the steps on front side.
- 3) Inhale and exhale through the nose as the tongue gently touches the roof of the mouth behind the teeth.
- 4) Relax the forehead, eyebrows, eyelids, eyes, cheeks, lips and the jaw. Close the mouth but don't clench your teeth. Close the eyes to take away the distractions of what you see.
- 5) Try to picture your body line or thought as you begin a scan from the top of your head working downward towards the toes.
- 6) As you think of the different parts of the body, try to imagine the deep skeletal muscles relaxing in the bones as if they were melting or dissolving away.
- 7) Continue to become more self-aware where you are holding tension within the body. As you exhale, try to release any tension in those areas by "dissolving" it away.
- 8) Follow your breath down the diaphragm as you fill the lungs from bottom to top.
- 9) Let the stomach muscles pull inward as exhaling and following your thought back downward from below the navel to the "Lower Tien".
- 10) Continue this process as long or little as you choose, mindful that longer periods of time don't necessarily reflect increased benefits if not performed correctly. However, most benefits are arrived at over a period of time with consistent practice.

Breathe from the diaphragm by pulling the stomach muscles inwards during exhaling. Then relax the abdominal muscles as inhaling.

Arm Variations



Try to imagine the muscles and the tension held within, dissolving away with each exhale.

Types:

- sitting
- standing
- lying
- moving



Find qualified teachers for actual instruction.
Consult with a physician if uncertain of your physical abilities to perform such exercises.

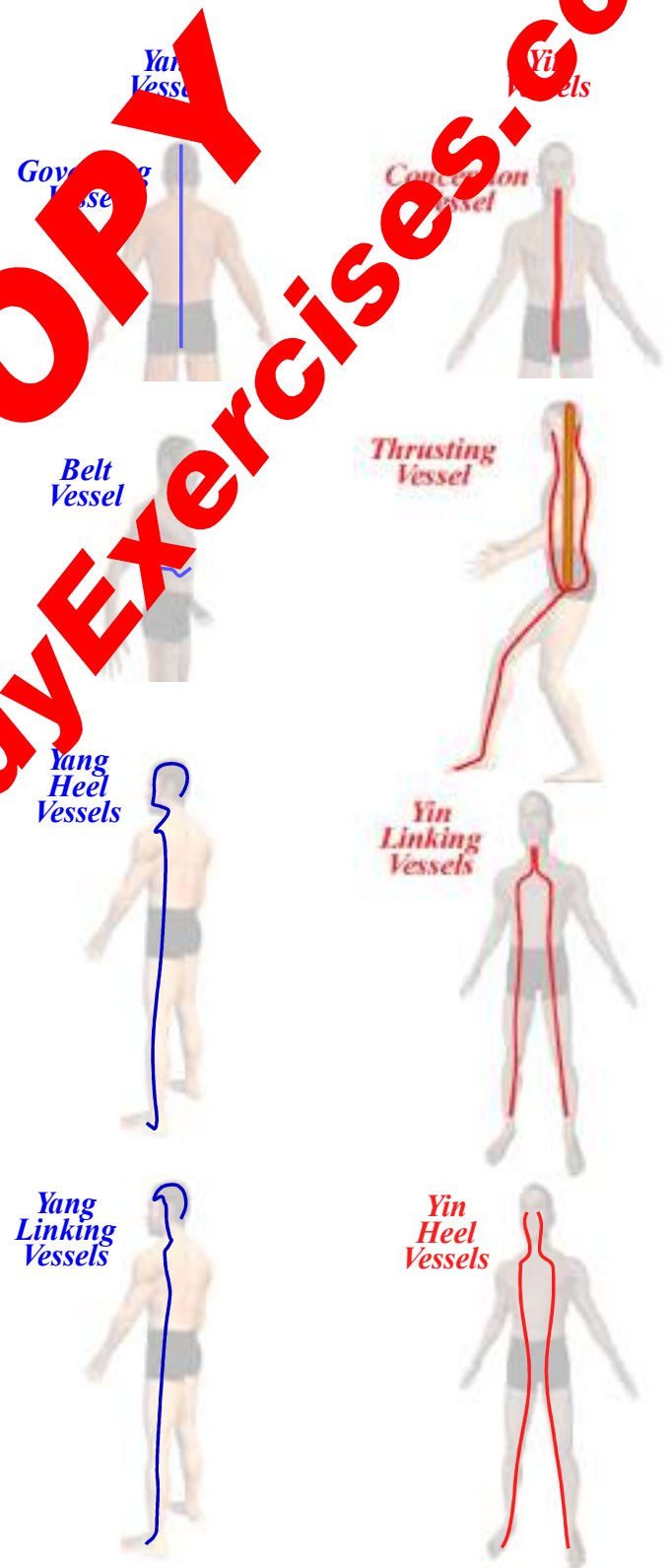
Energy Meridians within the Body

There are twelve main energy meridians and 8 other special meridians within the human body. Meridians are similar in theory, to electrical wires or nerves. Most would agree that the body has electrical charges, which sustain the heart and also affect the brain. They run from the top of the head to the tips of the toes and fingers. Each meridian is associated with an internal organ. When there is a lack of flow or blockage within the meridians, health problems can arise. Through proper diet, exercises and lifestyle, it is possible to increase ones circulating life force, inner health or chi (qi), pronounced "kee" or "chee". Chi is a type of energy similar to electricity, which flows throughout the human body and the meridians.

The 8 special or "extraordinary" meridians are also referred to as the 8 Vessels. The Vessels serve as reservoirs to regulate how much chi flows through the meridians and contribute to providing energy to the vital organs.

Tai Chi, Baguazhang and Hsing Yi are types of kung fu, composed of specific exercises. By performing specific exercises along with regulation of ones breathing within the body can be increased. It is this regulation of chi, along with the flow of blood that can improve ones health. Lack of this flow is what cause disease or "ease" within the human body.

Tai Chi and other types of martial arts exercises stimulate the chi by the gentle relaxing, stretching and twisting of the body and the energy meridians that flow within the body. The regulation of the breath what calms the mind and in turn relaxes the muscles and allows the chi to flow more freely.



(various abbreviations noted)

Zang (solid organs)

Fu (hollows organs)

Yin Hand Channels:

(HT, HE) · Heart

(PC, HC, P, MH) · Pericardium

(LU) · Lung

Yang Hand Channels:

(SI) · Small Intestine

(TH, TW, TE) · Triple Heater

(LI, CO) · Large Intestine

Yin Foot Channels:

(SP) · Spleen

(LV) · Liver

(KD, KI) Kidney

Yang Foot Channels:

(ST) · Stomach

(GB) · Gall Bladder

(BL, UB) · Urinary Bladder



Various Theories of Reflexology

Reflexology is based on similar principles to acupuncture as well as some types of "chi" (pronounced "chee"). When we feel pain, discomfort or uneasiness, the flow of these meridians, the practitioner sends an impulse or signal all the way along it again. There are various theories as to where the mapping of the hands, feet and body. This booklet focuses mostly on the hand, foot, arm and leg methods to achieve

There are many types of reflexology such as:

- Reflexology of the feet, hands and ears (auricular therapy)
- Zone Therapy (5 zones corresponding to body components)
- Vertical Reflex Therapy (performed while standing)
- The Reflex Meridian Therapy (based on the 12 energy meridians)
- 5 Elements Reflexology (assessment & treatment based upon the theory of wood, fire, earth, metal & water)
- Geographic methods such as the Japanese, Chinese and Korean

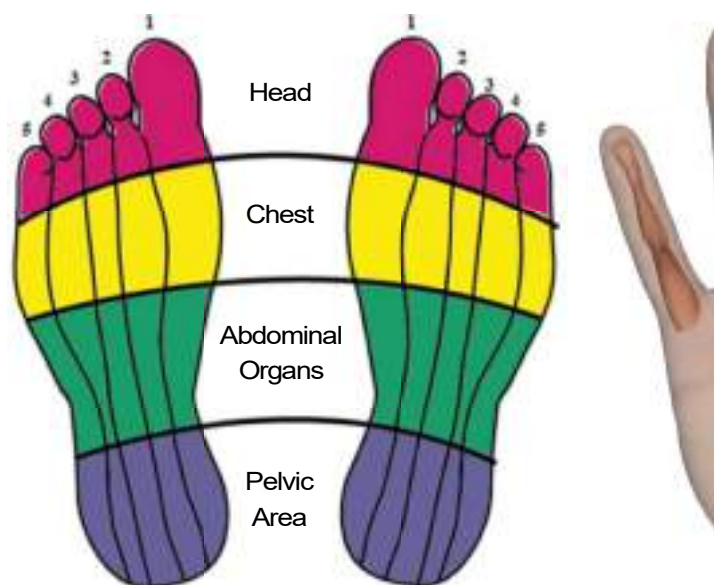
Japanese Version



Reflex Meridian Therapy

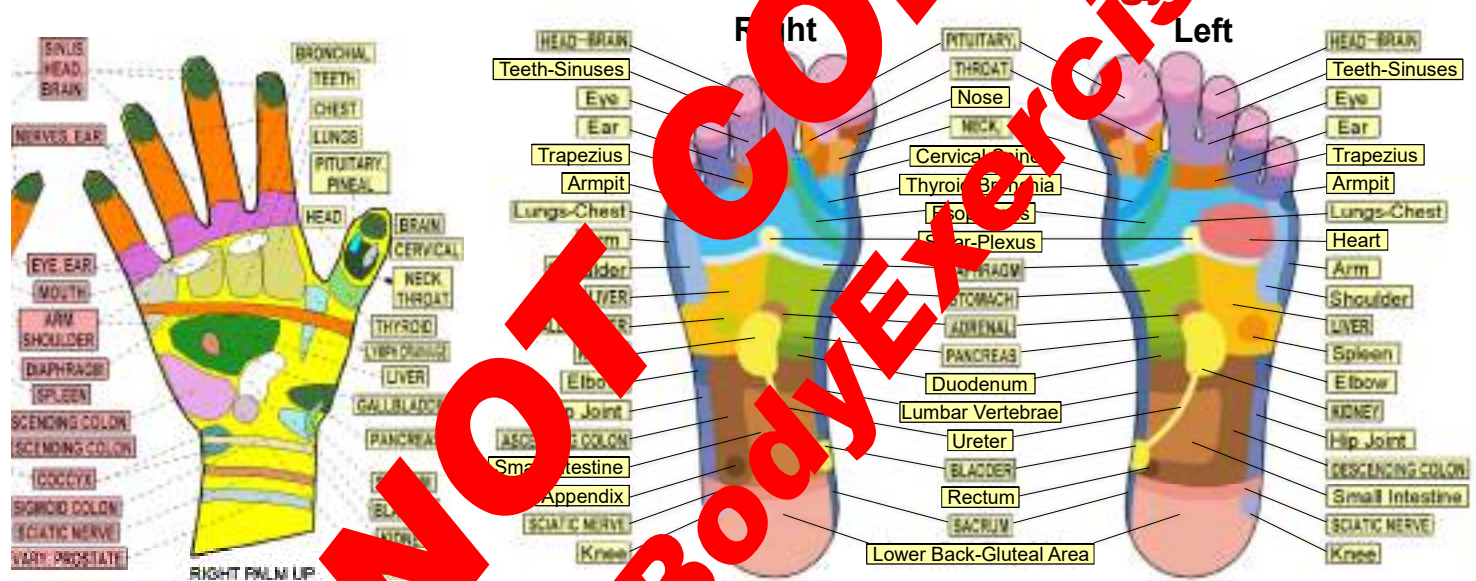


Zone Therapy



well as some types of massage. Our bodies are mapped by meridians of energy, or in case of an injury or illness, the flow of energy is blocked in some way. By putting pressure on parts of the body, we can unblock the energy and promote the energy to flow freely. The map of the hands, feet and ears corresponds to the different components of the human body. These methods are used to achieve better health.

Chinese Version

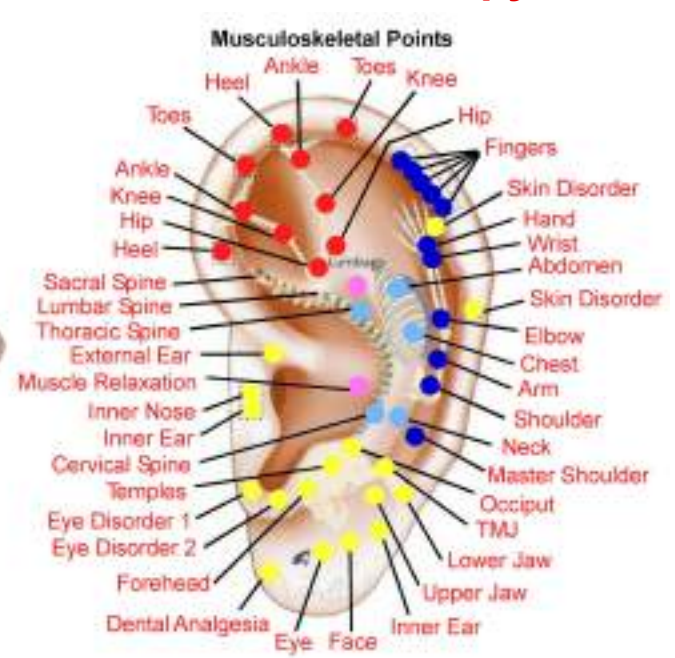


Therapy

Korean Version

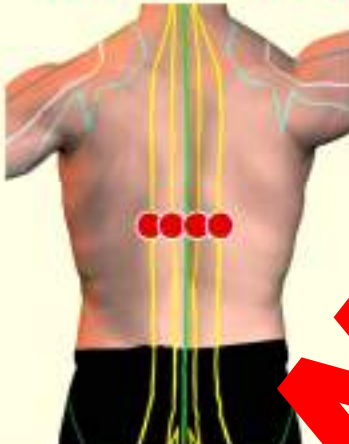




Auricular Therapy



Acupressure for Back Pain

Most people in the United States will experience back pain at some time in their lives. Heavy lifting and lack of exercise amongst others. Most pain goes away within a few days through rest, anti-inflammatories, surgery, chiropractic or acupuncture therapy. The foot is a deep and relaxed breathing is essential while massaging these areas. Unless the root cause is good health of the lower back starts with good posture. In many cases, the root cause is the plantar fascia to the top of the skull and terminating at the top of the eyebrow. Excess muscles within, as well as lack of proper stretching on a regular basis. Strength in the houses the internal organs. Flexibility in these areas helps to maintain good blood circulation while exercising reduces stress and tension on the nervous system.

Sea of Vitality points (Bladder 23 & 47)	Cubit Marsh point (Lung 4)	Commanding Middle (Bladder 53 & 54)	Womb & Vitality (Gall Bladder 41 & 42)
			


Posterior Hand Points

Scapula

C7 (cervical)

T6 (thoracic)

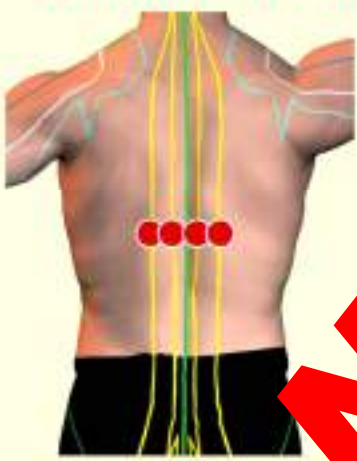



L2 (lumbar)



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Acupressure for Back Pain

Most people in the United States will experience back pain at some time in their lives. Heavy lifting and lack of exercise amongst others. Most pain goes away within a few days through rest, anti-inflammatories, surgery, chiropractic or acupuncture therapy. The foot is a deep and relaxed breathing is essential while massaging these areas. Unless the root cause is good health of the lower back starts with good posture. In many cases, the root cause is the plantar fascia to the top of the skull and terminating at the top of the eyebrow. Excess muscles within, as well as lack of proper stretching on a regular basis. Strength in the houses the internal organs. Flexibility in these areas helps to maintain good blood circulation while exercising reduces stress and tension on the nervous system.

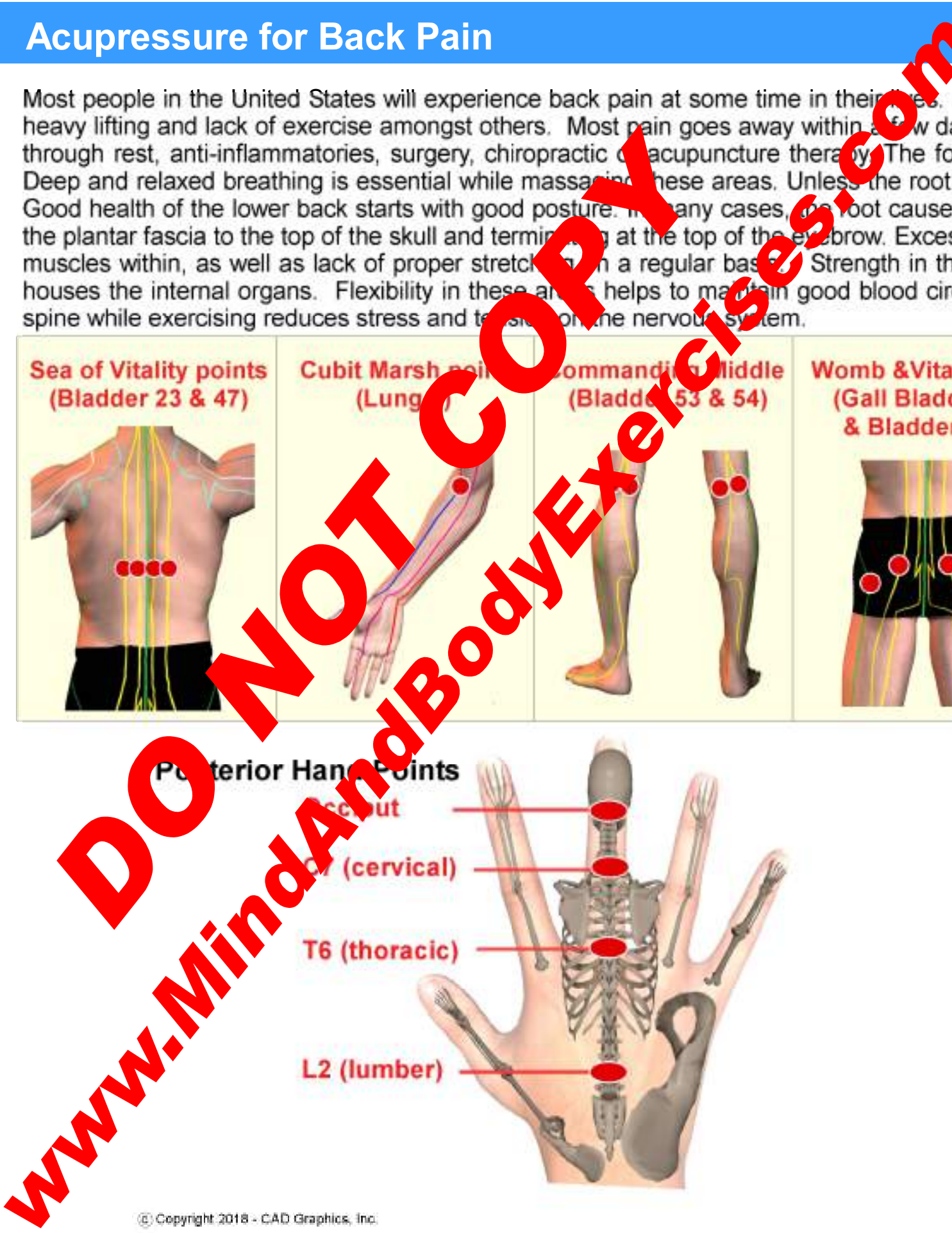
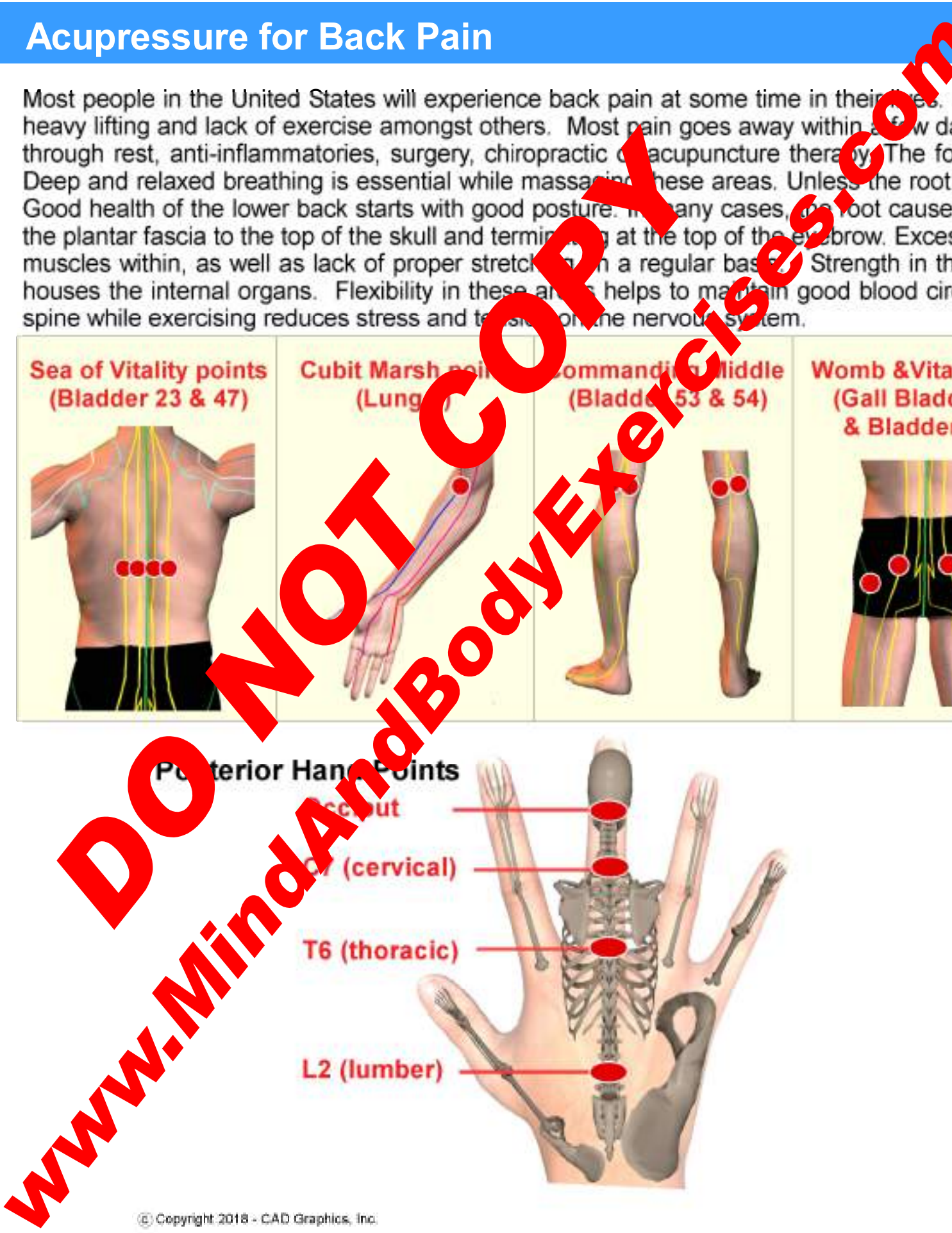
Sea of Vitality points (Bladder 23 & 47)	Cubit Marsh point (Lung 4)	Commanding Middle (Bladder 53 & 54)	Womb & Vitality (Gall Bladder 41 & 42)
			

Posterior Hand Points

- Scapula
- C7 (cervical)
- T6 (thoracic)
- L2 (lumbar)



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At some time in their lives. Causes of back pain are many ranging from poor posture, goes away within a few days or weeks only to return at a later date. Some find relief from acupuncture therapy. The following acupressure points can give some relief for many of these areas. Unless the root cause is fixed, most treatments only offer temporary relief. In many cases, the root cause of back pain is a tight posterior fascia train extending from the top of the eyebrow. Excessive sitting can tighten this connective tissue chain and the pelvic basis. Strength in the back, hips and abdomen can provide a strong cage that helps to maintain good blood circulation to the organs and lower body. Lengthening of the nervous system.



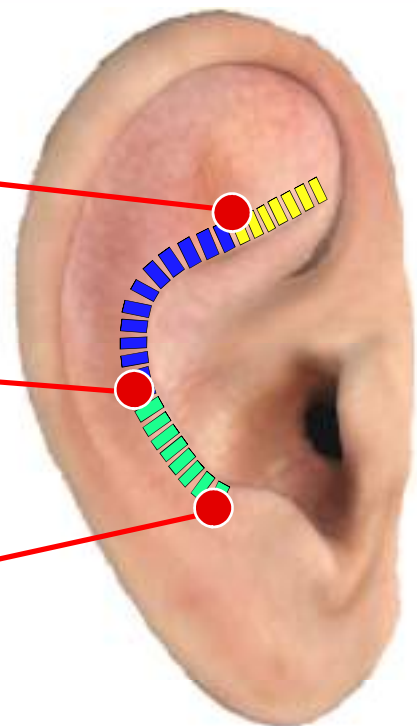
Auricular Points

Many people can receive some relief from back pain by applying strong pressure to these various acupressure points. Try 3-5 minutes, along with deep, relaxed and rhythmic breaths while trying to relax the areas of discomfort.

L1 (lumbar)

T1 (thoracic)

C1 (cervical)



Balance the Emotions

Acupressure of the 4 Emotional Gates

Together, these points work to circulate the qi and blood through the body. They help to open all the meridians, increase circulation, and decrease pain anywhere in the body. The 4 Gates can also be used for emotional issues as well as feelings of anxiety or worry. This is a great point combination to help maintain the free flow of qi and blood through our bodies. Massage these points bilaterally and vigorously for 3-5 minutes on a regular basis.

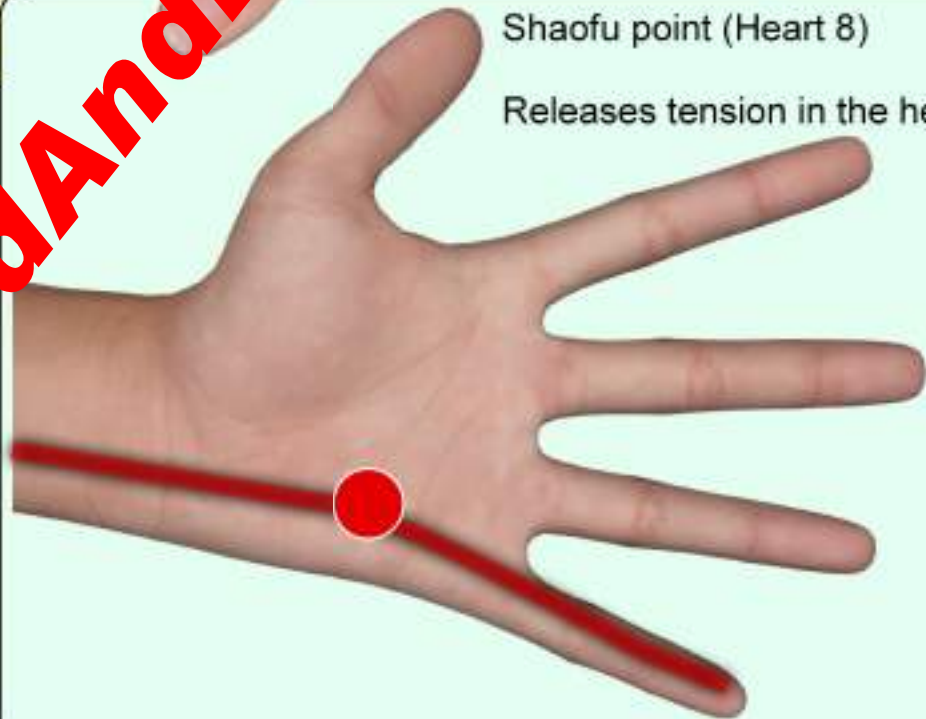
Hegu point (Large Intestine 4)

Releases tension in the stomach by activating the large intestine.



Shaofu point (Heart 8)

Releases tension in the heart.



Taichong point (Liver 3)

Releases tension in the liver.



Yang Ling Quan point (Gall Bladder 4)

Releases tension in the liver.



Yin & Yang Acupressure Set

The Tourniquet Effect - These graphics illustrate the gentle twisting of the body and its various systems. The tourniquet effect restricts and then releases the blood and thus, energy flow to a specific organ, muscle or joint. Veins, arteries and organs are cleaned out, flushed with new blood and oxygen. The same events affect the joints, by flushing through and breaking down scar tissue while improving the quality of synovial fluids. This can help prevent and eliminate tendinitis and/or arthritis.



NOTES: 1- hands hang loosely in front of face. 2- chin to the chest as bending one vertebrae at a time while 3- bending downward. 4- Reverse by raising from the lower back, one vertebrae at a time.

These exercises should be executed in a relaxed and tranquil method. Relax the facial muscles and blur the vision. Most exercises should be done for 10 repetitions or more, before going on to the next in this series. Practice the massage of the both hands and wrist for 4-5 minutes before and after practicing the physical exercises.



Lower body variations: 1- legs straight. 2- leg back (bo stance). 3- leg back (lunge position). 4- leg behind (twisted stance)

Restorative, Longevity & Preventative Exercises

The 9 Gates

www.MindAndBodyExercises.com

There are 9 main joints or sets of joints, which are also called gates. These gates are where blood and energy have to pass through in order to nourish and energize the human body. Increased flexibility of the muscle and tendons around these joints, allows for more range of motion of the joints. By focusing attention to keeping these 9 gates healthy and in a sense *open*, an individual can have a better chance of achieving balance and harmony throughout the human body.



NOTE: This study guide is a general reference for the exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

Opening the 9 Gates & Filling the 8 Vessels

One method of opening the 9 Gates & Filling of the 8 Vessels, is with the practice of **SHIP PAL GYE** or **Ship Par Gae**, which is a Korean version of Chinese Shaolin Lohan Qigong, meaning “18 chi movements” or what were supposedly the original 18 drills that Bodhidharma introduced to the Shaolin monks. It is reputed to be the basis for the Shaolin Kung Fu, which in turn, greatly influenced the developments of all branches of Asian fighting arts. For the martial arts student it is essential to appreciate that Lohan Qigong is not just another Chinese exercise introduced to the West; it is possibly the original ‘blueprint’ for Shaolin Kung Fu, from which the more familiar Karate, Aikido, Jujitsu, Taekwondo, Tai Chi, Hsing I Chuan, etc. systems evolved or drew inspiration.

Lohan Qigong is the ancient healing exercise created by Da Mo (Bodhidharma), the founder of Chan (Zen) Buddhism 1500 years ago. This gentle exercise is relaxing and energizing at the same time, with each set of movements designed to activate and cleanse the Dan Tien and particular acupuncture meridians. Training can benefit every internal and external muscle of the body (over 625), all joints and internal organs of the body. The circulatory, respiratory and nervous systems will perform better with proper instruction.

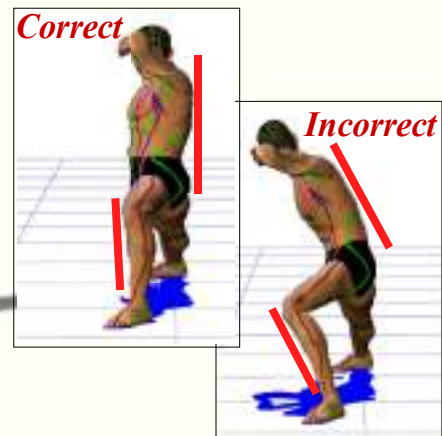
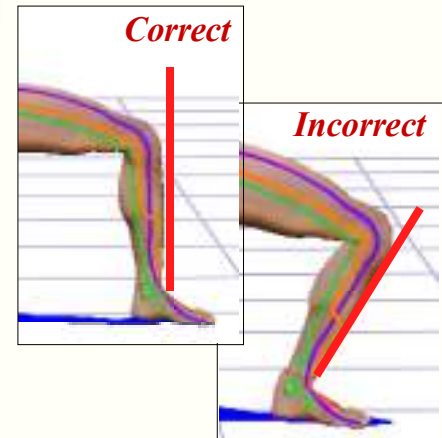
Legend has it that Bodhidharma spent nine years in meditation in a cave. During years of meditation he discovered that the lack of movement of his body and limbs over a long period of time was the bitter cold and wind around his mountain retreat caused fatigue, body aches and pains. His disciples also suffered the same problems and often dozed off during meditation. To combat those hazards Bodhidharma devised a set of exercises based on Indian yoga exercises, Chinese exercises of the time and his own observations of the natural movements of wild animals in their environment. Each movement was transformed into connecting movements for maximum strength and development for specific areas in the human body.

There are at least 8 Pal Gye sets taught within this system, forming a comprehensive system of progressively more advanced techniques towards gaining mastery of ones (chi), or vital energy.

Correct postures allows for increased blood flow while increasing strength and flexibility without putting undue stress on the joints.

The Tourniquet Effect

The muscular graphic illustrates the twisting of the body and its various systems. The tourniquet effect restricts and then releases the blood and thus, energy to a specific organ, muscle or joint. Veins, arteries and organs are cleaned out, flushed with new blood and oxygen. The same events affect the joints by flushing through breaking down scar tissue and improving the quality of synovial fluid. This can help prevent and eliminate tendinitis or arthritis.



8 Pieces of Brocade - Opening the 9 Gates

The Eight Pieces of Brocade or 8 Sections of Silk, is said to have been composed sometime during the Southern Sung Dynasty of the 12th century by the famous Chinese general, Yueh Fei. Yueh Fei was also known to have created Hsing I, an internal style of martial arts. The purpose of these exercises was to engage the mind and body in order to balance and strengthen the body's vital functions, as well as purge stagnant energy and toxins from the body. If practiced as simple exercises, one can loosen their muscles, improve posture, increase blood circulation, and relax the body as well as the mind. These exercises and methods have been practiced and studied for hundreds of years to help maintain good health, prevent and sometimes cure diseases, to calm the mind, and uplift the spirit of the person performing them.

NOTE: This study guide is a general reference for the exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.



NOTES: 1- Interlace fingers and rest behind the head. 2- Inhale as drawing arms & shoulders upward as balancing on the balls of the feet. 3- Exhale with feet as leaning torso to the left side while still stretching shoulders outward. 4- Repeat step 2, then repeat leaning to right side.



NOTES: 1- Palms press together as legs apart in a high horse-riding stance. 2- Twist torso to the left as bringing right hand to left elbow. Inhale as drawing back right arm as if pulling back the string on a bow. 3- Right hand in a fist, left hand has the index & middle fingers extended, while thumb, ring & little finger touch together. Exhale as sinking the hips downward.

Ancient literature shows and explains body postures and exercise routines similar to the Eight Pieces of Brocade, but dating back roughly 2,100 years. This is important in establishing that these exercises and concepts are not a new fitness fad with little documented facts of actual benefits achieved. Some doctors throughout China, often prescribe exercises like these to prevent of fatal injuries, cure illness or disease and improve overall health. This set is possibly the most popular and often practiced chi kung (energy exercises) routines practiced throughout the world, maybe my millions of people. It is just one of perhaps hundreds of different exercise sets in the vast chi kung catalog. To achieve optimal health benefits, these exercises should be practiced every day. Use a time and amount of repetitions that are appropriate for your overall physical and mental condition.

NOTE: This study guide is a general reference for the exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

Exercise 2

Separate Heaven & Earth

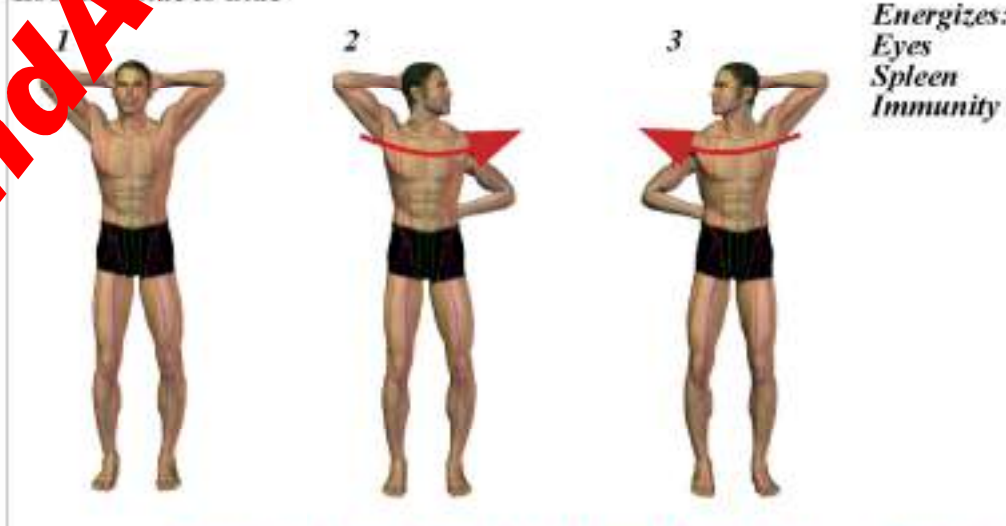


Energizes:
Stomach
Spleen
Pancreas

NOTES: 1- Place hands as if holding a beach ball. 2- Inhale as bottom hand continues to rise upward as opposite hand pushes downward from near the left foot. 3- Exhale as returning the hands to the ball holding position with the hands now opposite. 4- Repeat step 2 with arms opposite to alternate sides.

Exercise 4

Look Side to Side



Energizes:
Eyes
Spleen
Immunity

NOTES: 1- Interlock fingers behind the head and inhale. 2- Reposition back of left hand onto lower back as turning head to the left & exhaling. 3- Turn head to the right as switching the arms to the opposite position.

8 Pieces of Brocade - Opening the 9 Gates

Focusing of the mind and one's intention are key in accessing the advanced benefits available from this set. Utilizing the concept of "where thought goes, energy follows", can enhance the movement of "chi" or life force within the body. Slower and deliberate movements will greatly help improve your focus by paying attention to the body as moving exactly how and where you want to. Some traditional practitioners share the view that 100 days of consecutive practice provide noticeable benefits well beyond the basic benefits of increased strength, flexibility and balance. Cultivating internal wellness requires some consistent effort.

Exercise 5

Sway the Head & Swing the Tail

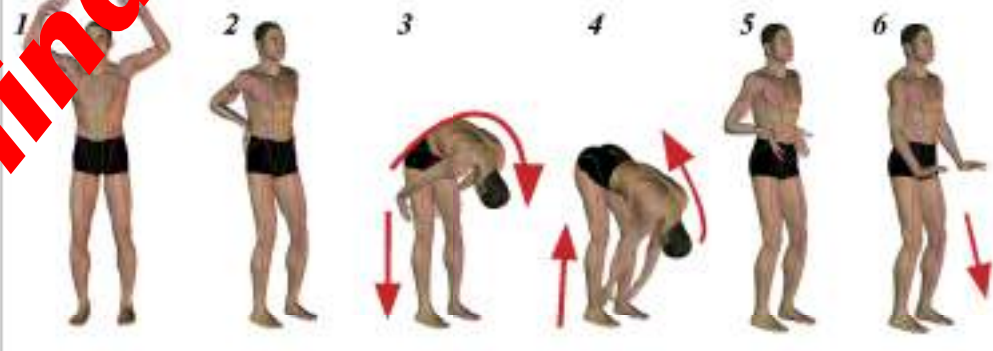
Energizes:
Heart
Waist



1- Wide horse stance with hands on thighs and torso leaning forward as inhaling. 2- Torso twisting to the left while keeping hands on thighs. 3- Alternate twisting from left to right.

Press the Earth, Touch the Sky

Energizes:
Spine
Kidneys
Waist
Legs



NOTES: 1- Arms make a heart shape motion as inhaling. 2- Hands come to rest on the lower back. 3- Exhale as bending spine forward as hands glide down back of legs to the heels. 4- Inhale as straightening the spine as hands glide up the front of the legs. 5&6- Exhale as straightening arms downward.

Anything of value worth achieving, will take some time and effort. One cannot grow a garden in one day and expect to reap the fruit without some time and nurturing. Relax as breathing deeply and naturally while doing the 8 Brocades. Sink your weight into the earth as becoming fully aware of your body and the surroundings. Relax the facial muscles and blur the vision. Perform 10 or more repetitions before advancing to the next exercise in this series.

NOTE: This study guide is a general reference for the exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

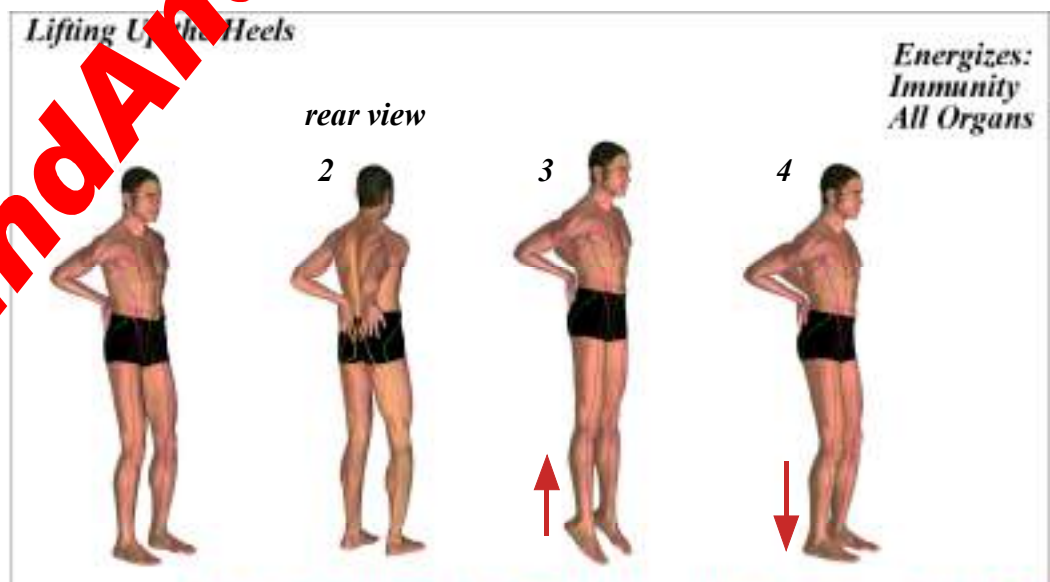
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Exercise 6



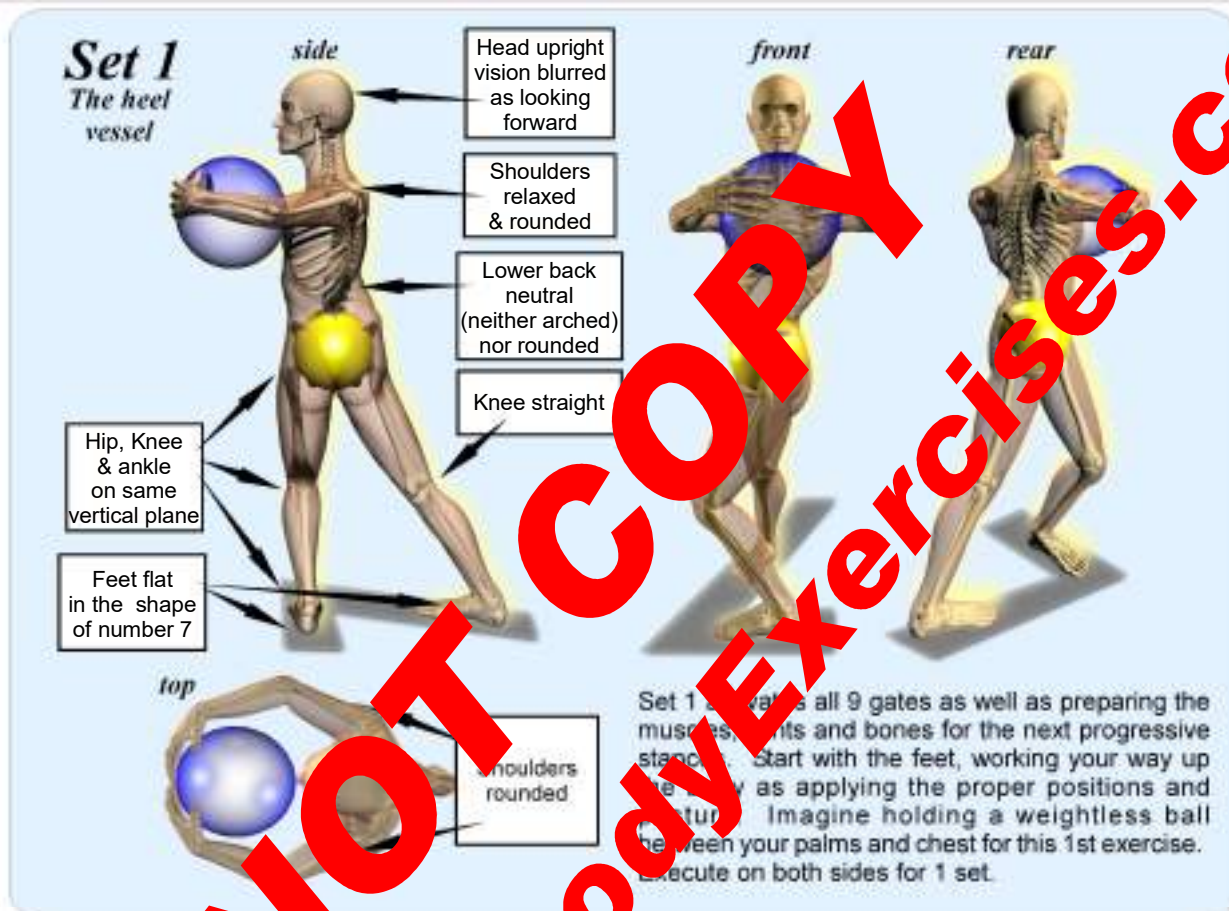
NOTES: 1- Wide stance with arms back and fists palm up on hips. Exhale as extending left fist forward as turning fist to have palm facing down-ward. 2- Inhale as pulling left fist back to hip as right fist repeats step 2. Alternate from left to right arms.

Exercise 3



NOTES: 1- Stand with palms on lower back. 2- Rear view. 3- Inhale as lifting up heels and balancing on the balls of the feet. 4- Gently drop down to feet flat as exhaling. Repeat.

Opening the 9 Gates & Filling the 8 Vessels



Set 2 The thrusting vessel

Wrists gently pulled back

Hip, knee & ankle on same vertical plane

Feet form the shape of a "T"

side

Relaxed eyes looking towards bottom hand

Shoulders relaxed & rounded

Lower back neutral

front

rear

Set 2 also activates all 9 gates while putting resistance on the hips, thighs and ankles. Start with the feet, working your way up the body as applying the proper positions and posture. Execute on both sides for 1 set.

Set 4 The belt vessel

Feet form the shape of a "T"

side

Relaxed eyes looking upward

Shoulders relaxed

Back, buttocks & heels on same vertical plane

front

rear

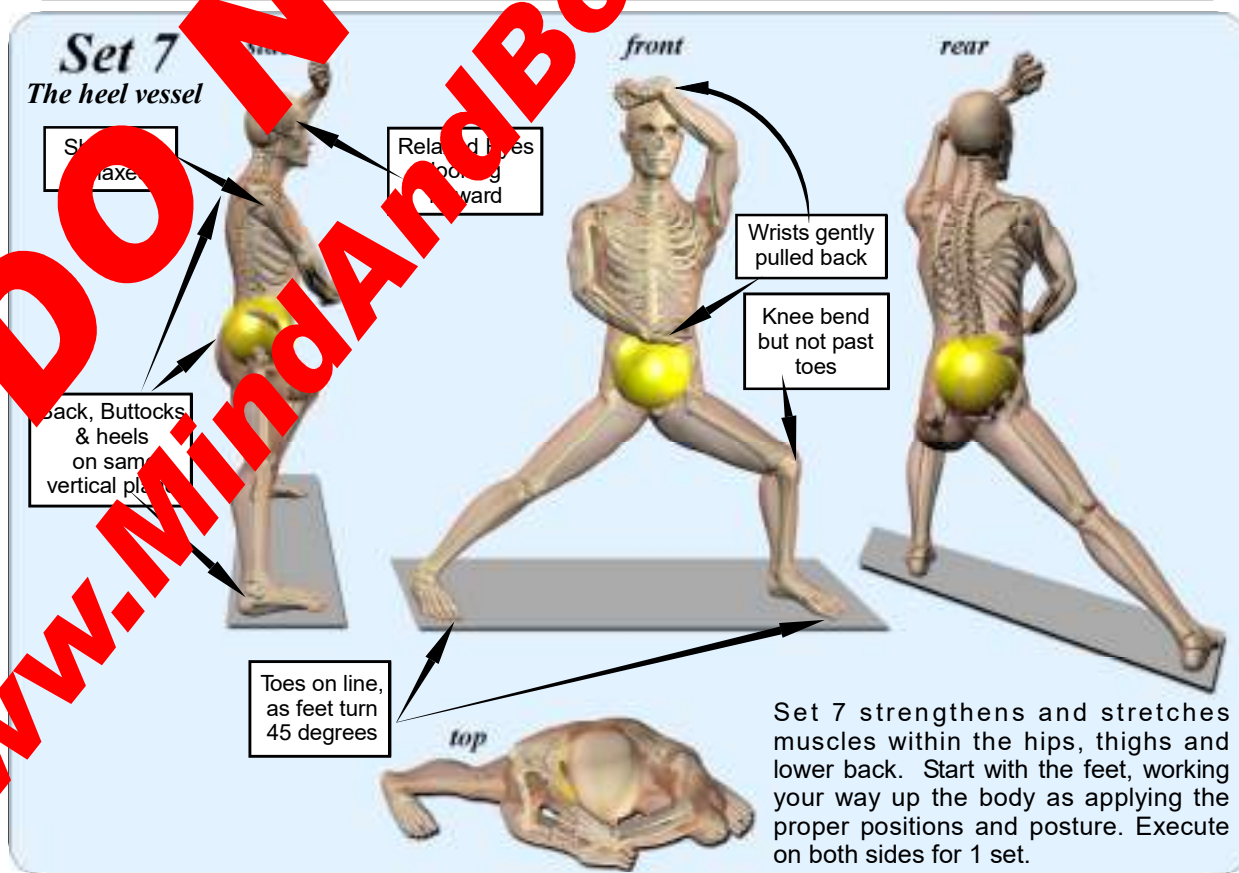
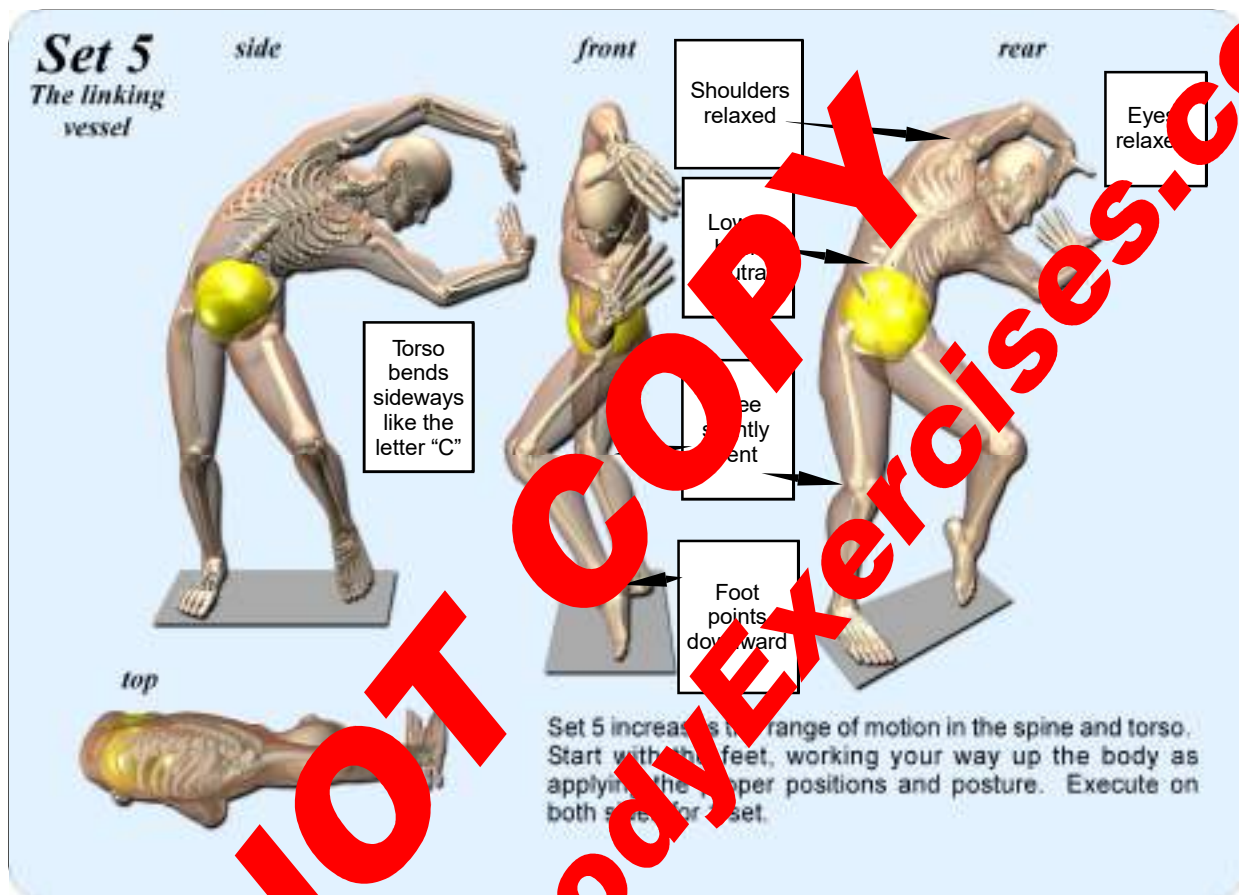
Wrist gently twisting

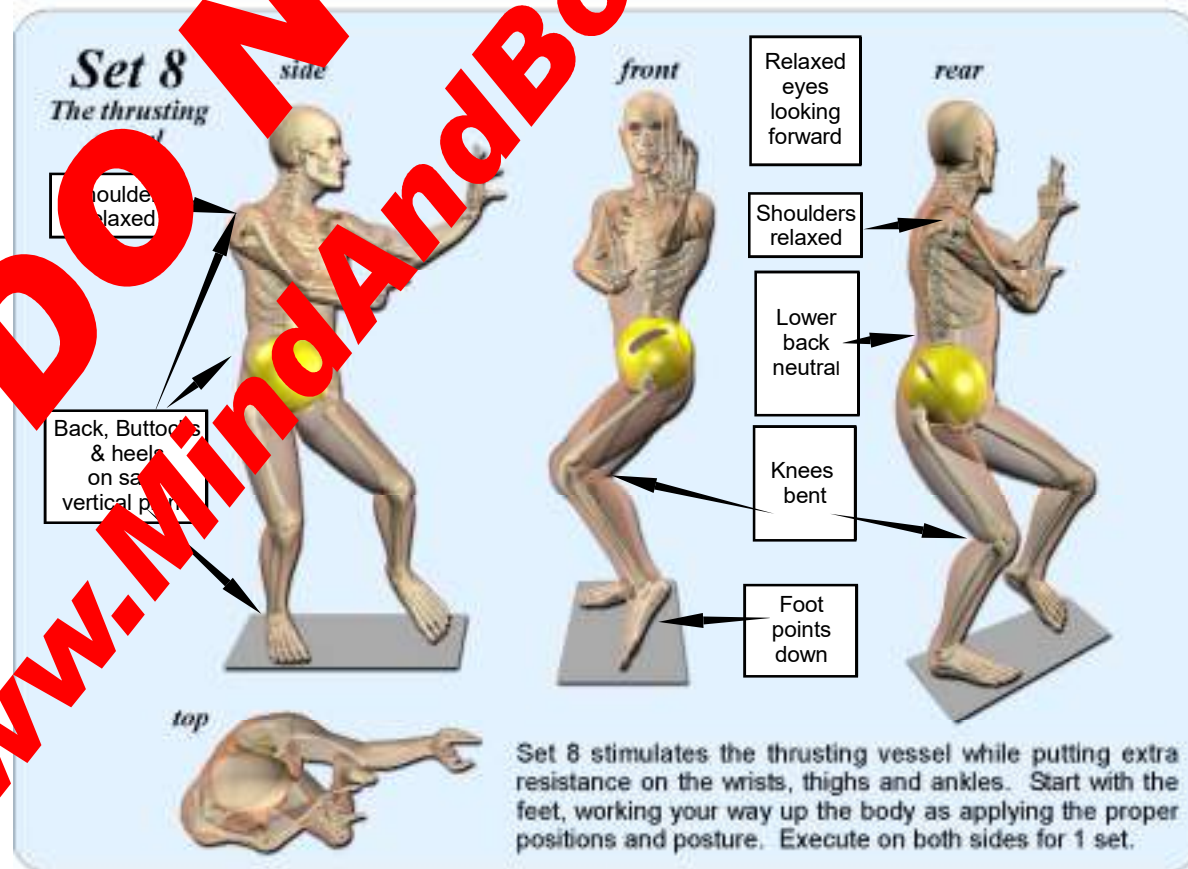
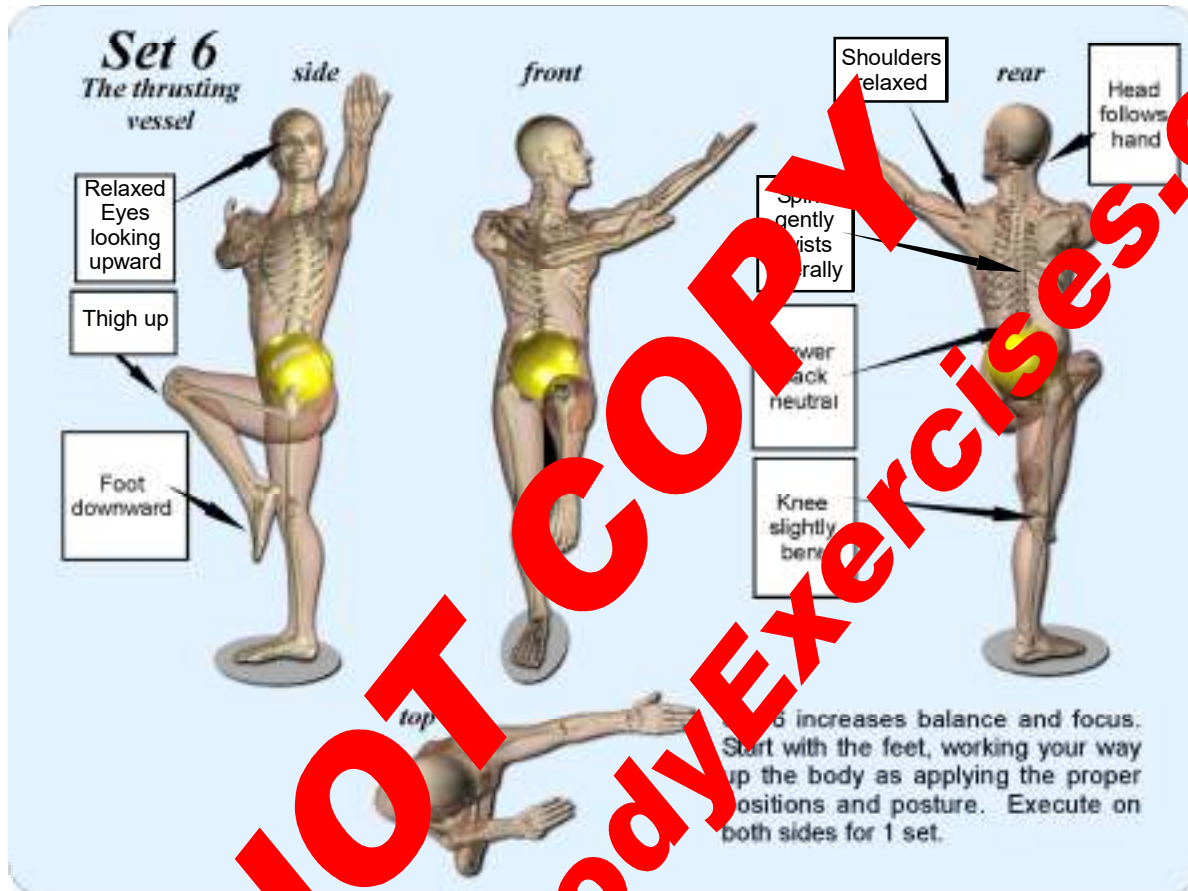
Wrist gently pulled back

Lower back neutral

Set 4 stimulates the belt vessel by twisting the torso like a wet dish towel. This stance also strengthen the thighs, knees and ankles. Start with the feet, working your way up the body as applying the proper positions and posture. Execute on both sides for 1 set.

Opening the 9 Gates & Filling the 8 Vessels



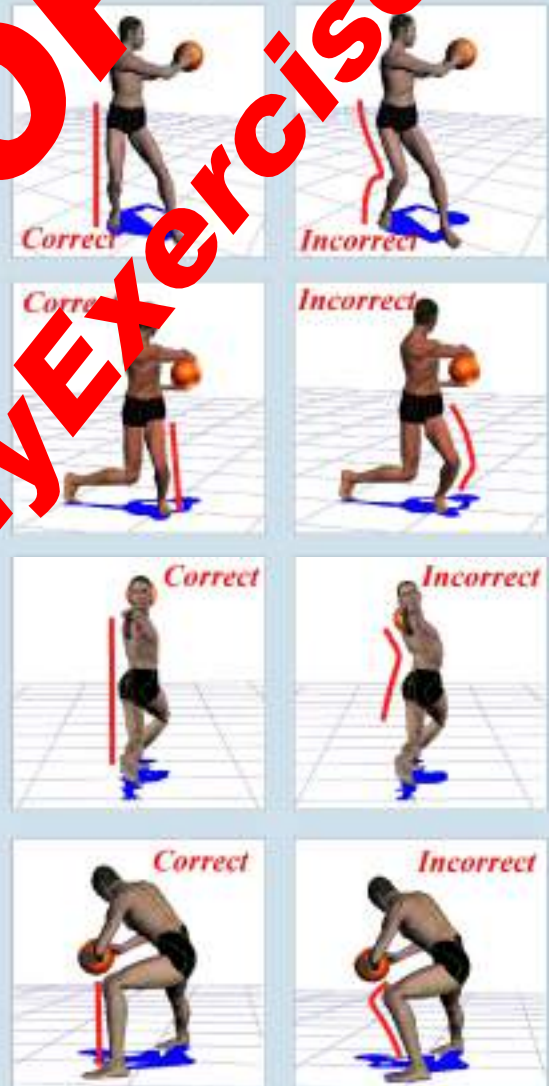


Stance Training with Resistance (Pal Ja Kwon)

This set differs somewhat from the other Ship Pal Gye sets. The practitioner uses a ball, weighted or not to increase awareness and core body strength. The subtle shifts necessary to maintain ones balance, develop core muscles not normally utilized in other exercises. The weight of the ball is not as important as the body positions and alignments being correct throughout the routine.

Proper Body Alignments

Correct postures allows for increased blood flow while increasing strength and flexibility without putting undue stress on the joints.



The Tourniquet Effect

The graphic illustrates the twisting of the body and its various systems. The tourniquet effect restricts and then releases the blood and thus, energy flow to a specific organ, muscle or joint. Veins, arteries and organs are cleaned out, flushed with new blood and oxygen. The same events affect the joints, by flushing through breaking down scar tissue and improving the quality of synovial fluids. This can help prevent and eliminate tendinitis or arthritis.

Stance 1



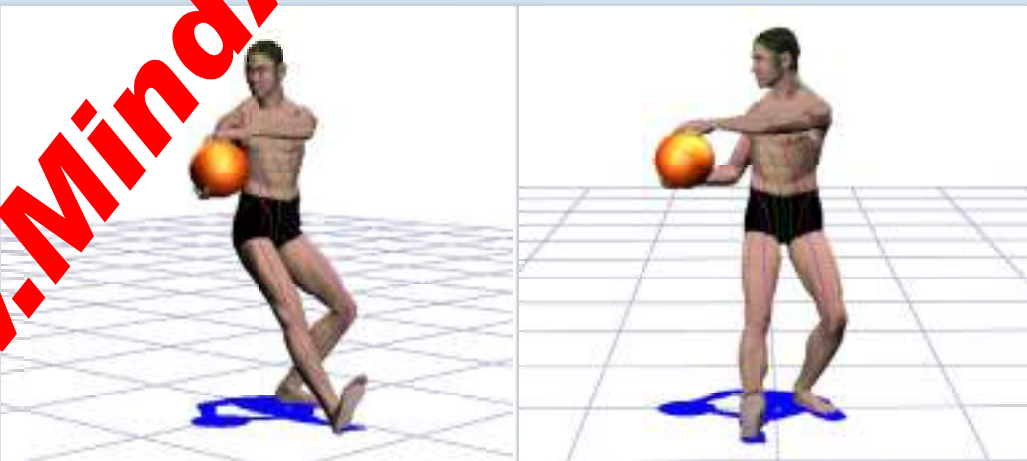
NOTES: Shoulders gently twist opposite of hips, shoulders relaxed, tailbone tucked forward, foot, knee and hip in the same vertical plane.

Stance 2



NOTES: Shoulders gently twist opposite of hips, shoulders relaxed, tailbone tucked forward, foot, knee and hip in the same vertical plane.

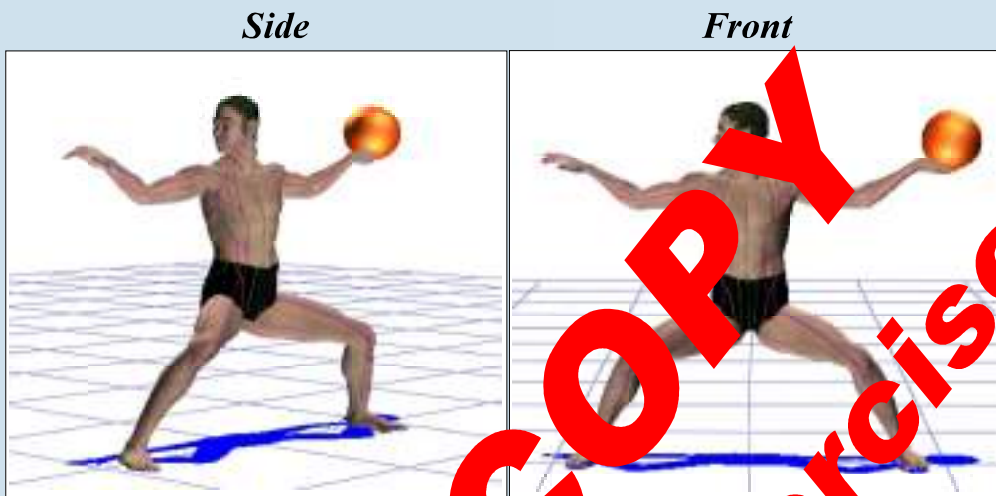
Stance 3



NOTES: shoulders square, back bends to the side, tailbone tucked forward, Balance by shifting center of gravity to supporting leg.

Stance Training with Resistance (Pal Ja Kwon)

Stance 4



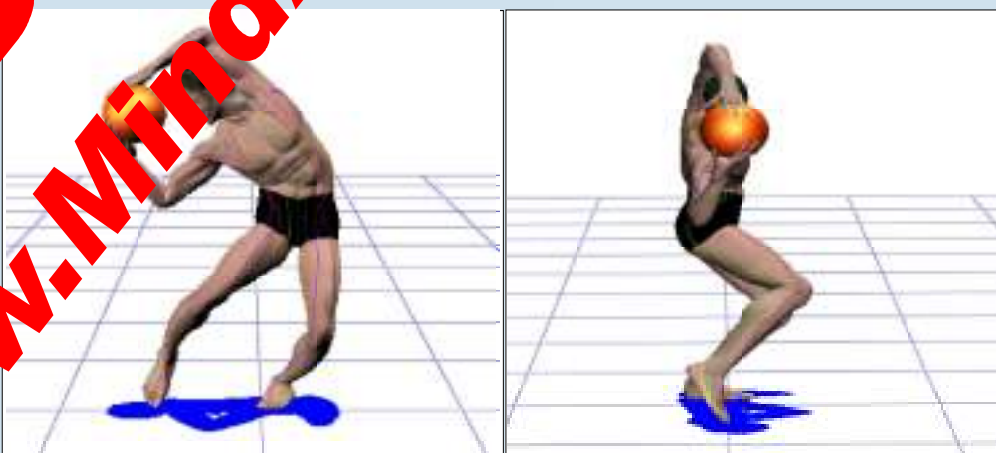
NOTES: shoulders square with hips, lower back slightly arched inward, foot, knee and hip in the same vertical plane. Chin towards shoulder.

Stance 5



NOTES: shoulders relaxed while directly above hips, chin towards shoulder, lower back neutral with no hard arch forward or backward, neck relaxed.

Stance 6



NOTES: shoulders square, back bends to the side, tailbone tucked forward, Balance by shifting center of gravity to back supporting leg.

This series of exercises is recommended to be executed on both sides before advancing to the next exercise in the set. Not fully illustrated, a transition movements that connect the exercises together. The transitions are as important as the static postures and should be learned as well.

Stance 7

Side

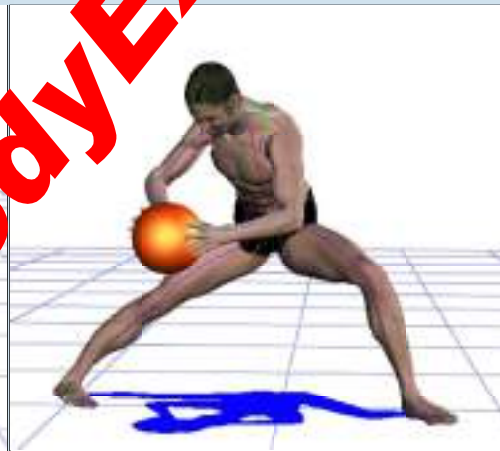
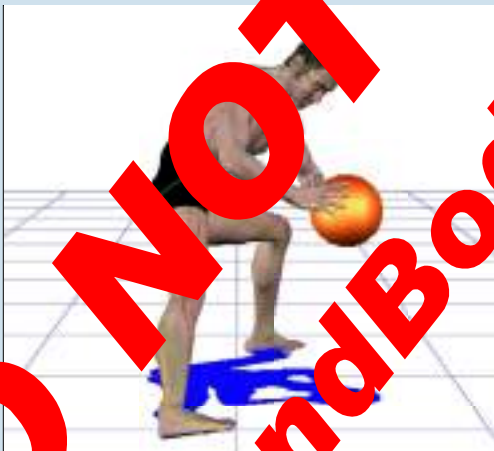


Front



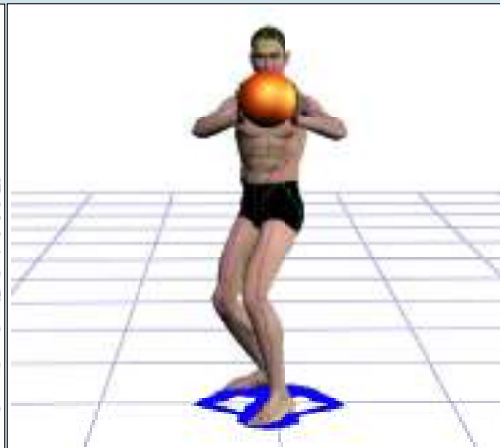
NOTES: relax shoulders and move with hips, foot, knee and hip in the same vertical plane. Chin towards shoulder. Supporting leg slightly bent.

Stance 8



NOTES: feet travel as hips lower, bent knee above ankle, neck and shoulders stay relaxed. Lower back rounds forward as reaching towards straight leg.

Stance 9



NOTES: relaxed shoulders directly above hips. Lower back arches slightly inward. Elbows slightly bent.

Acupressure to Accompany the Pal Ja Kwon Exercises

Longevity Pressure Points and Movements

- 1) Pull the ear lobes in opposite directions 15x each side (one arm over the head and the other under the chin)
- 2) Stretch arms straight up with palms turned backward; fingers crawl upwards for 30 seconds
- 3) Stretch arms straight out to the sides with palms forward, fingers crawl outwards for 30 seconds
- 4) Massage pressure points on lower back, (Figure 1)
- 5) With feet in-line and palms together, stretch arms & torso down towards front foot, then straight up. 15x each side
- 6) Slap calves, ankles and feet
- 7) Massage pressure points 11 (Figures 2 & 4)
- 8) Rotate ankles 25x each direction
- 9) Pull foot with back knee to chest 15x each leg
- 10) Clap the bottom of the feet together 25x
- 11) Massage pressure points 12-16 on the hands (Figure 3 and Figure 5)
- 12) Perform exercises on next page (Pal Ja Kwan Movements)



Figure 4



Figure 3



Figure 5

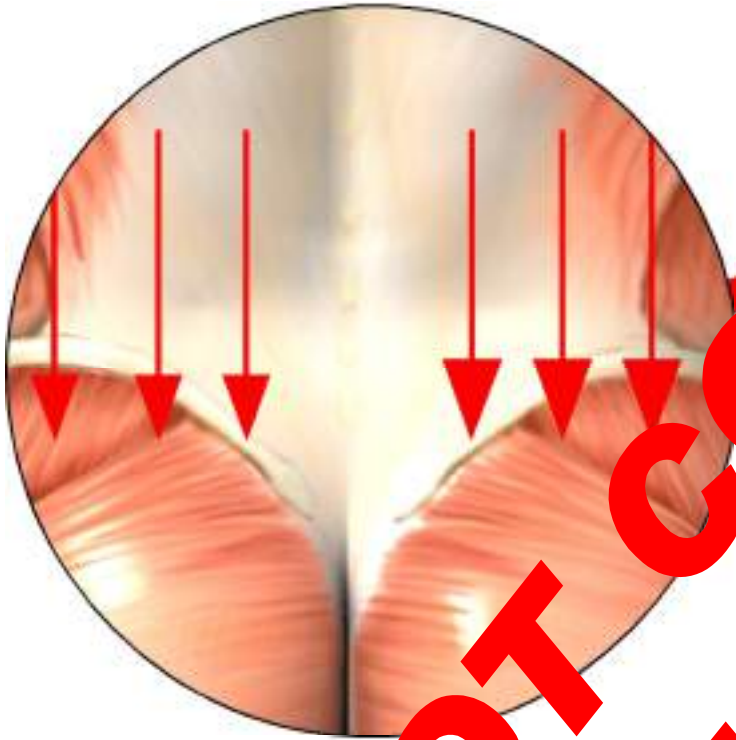


Figure 1



Figure 2



DO NOT COPY
www.MindAndBodyExercises.com



Here is Life, with
light & dark
continuously
changing &
balancing

Herbal Extracts

Herbal Extracts for Longevity & Healing

Traditional herbal extracts consisting of various liniments, tinctures, teas, etc., are known for their unique properties, which harmonize both the mind and body, allowing the body to find its natural balance in just a short amount of time. Each traditional herbal extract formula targets a specific area of the body, just as different foods and vitamins supply nutrients to specific areas of the body or different medicines are used to treat specific illnesses. During physical exercise or qigong practice, the application of these herbal extracts helps to relax the muscles and increase circulation, allowing you to challenge yourself further. This then allows you to maximize your full strength and speed, preventing injury caused by shocking different parts of the body, such as: joints, nerves, and muscles.

Some herbs allow the body to naturally expel toxins from joints and tissues, enabling oxygen and vital nutrients to reach affected areas. Others stimulate the body's natural energy to accelerate healing in the muscles, joints, nerves, and ligaments.

Blockages of the chi (energy) most usually result in poor blood circulation followed by illness. Acupressure or "pressure point" massage in conjunction with herbal extracts open the blood circulation and energy pathways increasing a flow of vitality that moves throughout the body. Response time to this opening of the energy pathways is usually less than 5 minutes.



Herbal Preparations

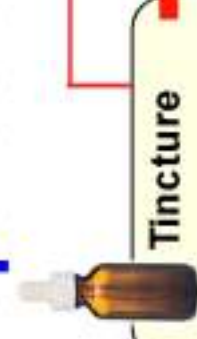
Herbal Extracts

Extracts are a concentrated portion of herbs that separate the soluble medicinal components from the fibrous portion of the plant.



Tincture

An herbal extract using alcohol as the medium



Elixir

An herbal extract using both alcohol (as a tincture) and honey



Syrup

A concentrated tea with the addition of a sweetener (honey, maple syrup or sucrose)



Tea

An herbal extract using water as the medium.



Infusion

A process of making tea using a "steeping" process.



Percolation

Follows the practice of making a tea, but goes one step further in the fermentation process to achieve release of medicinal properties



Decoction

Process of making tea using a tea using a simmering process



Liniment

A tincture comprised of alcohol or witch hazel as the medium



Ointment

A mixture of oil and tea that is easily absorbed into the skin.



Salve

A mixture of oil, herbs and beeswax that does not easily absorb into the skin.



Compress

Method where herbs are held in contact with the skin, either dry, in a tea decoction.



External Uses Only

Advanced Reflexology - Iron Palm Training

The following offers a brief summation of the theory behind practicing Iron Palm Training:

These practices should be only learned from knowledgeable teachers. Hitting techniques force Chi into the bones. The hitting or training bags creates vibrations throughout the hands, which opens the pores of the bones to receive condensed energy. Specific hand positions relate with known acupuncture meridians, are hit along their respective length to open the channels or the energy flow. As the meridians are hit, vibrations penetrate into their respective organs connected to the meridians. Muscles stay relaxed while techniques are being done. The hitting methods are one of the most efficient techniques available for detoxifying the body. The vibrations generated from hitting also shake toxins out of the fasciae, muscles and internal organs, while breaking up deposits of uric acid and releasing tension from the body. Because the vibrations from the hitting penetrate beneath the skin, the meridians and corresponding organs will feel the shock waves as the pores are hit from the various hand positions. The nervous and lymphatic systems are also stimulated while performing these techniques. **Application of medicinal herbs as well as acupressure to the hands is STRONGLY recommended to prevent damage to the hands. See next page for information regarding herbal extracts.**





A Few Striking Hand Variations:

1. **Paok Chang:** Striking with a flat hand, fingers together.
2. **Pei:** Striking with the back of an open hand.
3. **Go Joo:** Striking with the fingers together in a point like the beak of an eagle.
4. **Yee Ching:** Hitting like a dragon's tail in all directions.



Dit Da Jow or Iron Palm Extracts?

Important Facts to Remember

- Always use a glass container to store your herbal extracts, such as Dit Da Jow.
- The primary treatment principles of Dit Da Jow is to:
 - 1) Move blood and transform blood stasis to relieve pain and promote healing.
 - 2) Move Qi (internal energy).
 - 3) Herbs enable the formula to treat bruising and swelling, thus relieving stagnation and allowing the body to direct its energies to healing the trauma.
- When there is energy flow, there is no pain and when there is pain there is no energy flow.
- The Dit Da Jow formulas often have the ability to clear heat, since the majority of the formulas are made up of cold and neutral property herbs. This is essential for the treatment of Inflammation which is necessary for the treatment of trauma type injuries.

Here is general comparison chart for Dit Da Jow and Iron Palm benefits:

Dit Da Jow

Mild Pain Relief
Moves Qi
Reduces Swelling
Stops Blood Stagnation
Works to Heal Soft Tissue
Heals Bruises
Heals Sprains
Relieves Sore Muscles

Iron Palm

Stops Pain
Moves Qi
Reduces Swelling
Stops Blood Stagnation
Works to Heal & Strengthen Bones, Tendons, Ligaments & Connective Tissue
Heals Bruises
Conditions the Hands, Legs, Shins and Feet
Protects Contact Area from Serious Injury

Combination (Yang Tieda Yao)

Stops Pain
Moves Qi
Reduces Swelling
Stops Blood Stagnation
Works to Heal & Strengthen Bones, Tendons, Ligaments, Connective Tissue & Soft Tissue
Heals Bruises
Conditions the Hands, Legs, Shins and Feet
Protects Contact Area from Serious Injury
Heals Sprains
Relieves Sore Muscles

Herein lies the formula for good health and happiness.
Balance and harmony between the ever changing
relationships between the mind, body and consciousness.



Here
is the
“dark”



Here
is the
“Light”



Here is
the “dark”
that is in
the “light”



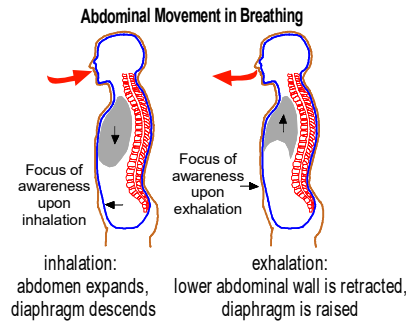
Here is the “light”
that is in the “dark”



Here is Life, with light &
dark continuously
changing & balancing

Graphic Glossary for Energetic Anatomy

Abdominal breathing – effective, diaphragmatic breathing that fills your lungs fully, reaches all the way down to your abdomen, slows your breathing rate, and helps you relax.



Bagua (or Pa Kua) / 8-trigrams - eight symbols used in Daoist philosophy to represent the fundamental principles of reality, seen as a range of eight interrelated concepts. Each consists of three lines, each line either “broken” or “unbroken,” respectively representing yin or yang.



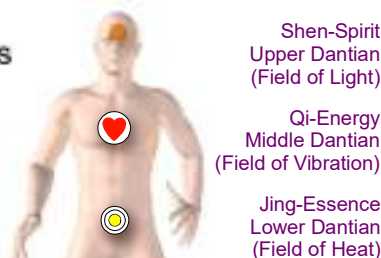
The Brass Basin – sits within the lower abdomen, touching at the navel in the front, between L2 & L3 vertebrae in the back and the perineum at the base.



Bubbling Spring – an energetic point located in the sole of the foot, slightly in front of the arch between the 2nd and 3rd toe. In the meridian system it is the same as the Kidney 1 point.



Dan Tian - 3 energy centers
Lower Dan Tian (1 of 3) - also known as the “sea of qi” is positioned below and behind the navel, encompassing your lower bowl and is closely related to jing (or physical essence).



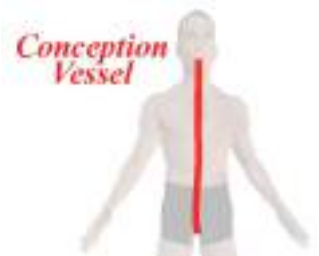
Daoyin, DaoYi, Daoist Yoga, Qigong – all names for energy exercises, with specific postures, little or no physical body movement and mindful regulated breathing patterns.



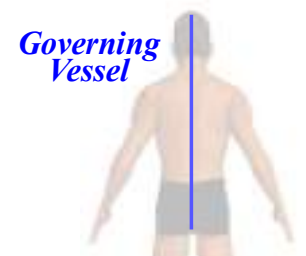
Feng Shui – translated in “wind and water”; it is a Chinese philosophical system that teaches how to balance the energies in any given space.



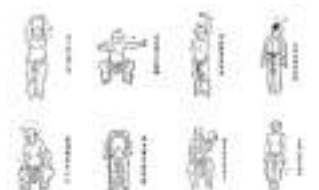
Conception Vessel (Ren Mai) – flows up the midline of the front of the body and governs all of the yin channels. The Conception Vessel is connected to the Thrusting and Yin Linking vessels.



Governing Vessel (Du Mai) - flows up the midline of the back and governs all the Yang channels.



General Yu Fei – creator of the 8 Pieces of Brocade set.



Controlling Cycle – the controlling or regulating sequence of the 5 element cycle. Wood controls Earth; Earth controls Water; Water controls Fire; Fire controls Metal; Metal controls Wood

Generating Cycle – the creative sequence of the 5 element cycle. Wood generates Fire; Fire generates Earth; Earth generates Metal; Metal generates Water; Water generates Wood.

Horary Cycle - 24 Hour Qi Flow Through the Meridians; This cycle is known as the Horary cycle or the Circadian Clock. As Qi (energy) makes its way through the meridians, each meridian in turn with its associated organ, has a two hour period during which it is at maximum energy.

Jing Well - The Jing (Well) points are 1 of 5 of The Five Element Points (Shu) on the 12 energy meridians. They are located on the fingers and toes of the four extremities. These points are thought to be where the Qi of the meridians emerges and begins moving towards the trunk of the body. These are of utmost importance in that these points can help restore balance within the energy flow throughout the human body.

Meridian - Meridian's are energy highways within the human body. There are 12 meridians and each is paired with an organ. Qi energy flows through these meridians or energy highways.

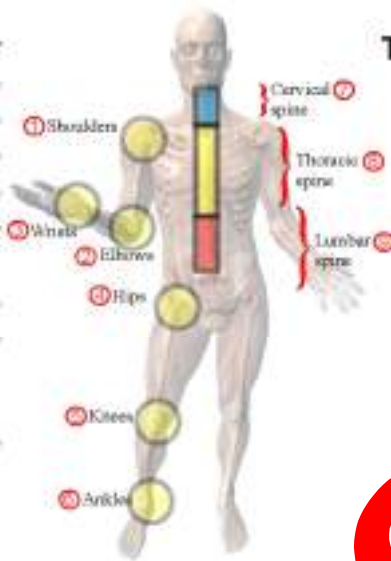
Qigong - Qigong, is breathing exercises, with little or no body movement, that can adjust the brain waves to the Alpha state. When the mind is relaxed, the body chemistry changes and promotes natural healing.

San Jiao (Triple Burner/Heater) – is a meridian line that regulates respiration, digestion and elimination. It is responsible for the movement and transformation of various solids and fluids throughout the system, as well as for the production and circulation of nourishing and protective energy.



Upper Burner	WEI QI
Middle Burner	YING QI
Lower Burner	YUAN QI

Nine Gates - the energy gates in your body are major relay stations where the strength of your Qi are regulated. These gates are located at joints or, more precisely, in the actual space between the bones of a joint. The nine gates are located at the shoulder, elbow and wrists, hip, knee and ankles, and along the cervical, the thoracic, and the lumbar spine.



Seven Energy Centers – also known as chakras, are energy points in the subtle body that start at the base of the spinal column, continue through the sacral, solar plexus, heart, throat, eyebrow and end in the midst of the head vertex at the crown.



Six Healing Sounds – a set of sounds used for clearing internal (yin) organs and other tissues of stagnant Qi.



Small Conception - the linking two energy pathways that run along the midline of the body into a cycling loop. The "fire pathway", Du Mai (Governing Vessel), extends up the back and the other, Ren Mai (Conception Vessel), down the front of the body.



Taoism (sometimes Daoism) is a philosophical or ethical tradition of Chinese origin, or faith of Chinese exemplification, that emphasizes living in harmony with the Tao (or Dao). The term Tao means "way", "path", or the "principle".

Three Treasures – Jing, Qi & Shen

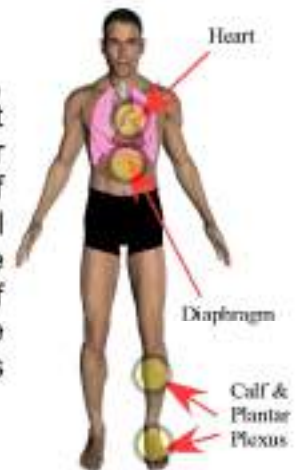
Jing – (essence) the physical, yin and most dense of the Three Treasures. Think of Jing as a candle, specifically the quality and quantity of the wax.

Qi (chi or ki) (energy/breath) the energetic, vital force within living things and it is the most refined Treasure. Think of Qi as the burning flame of the candle.

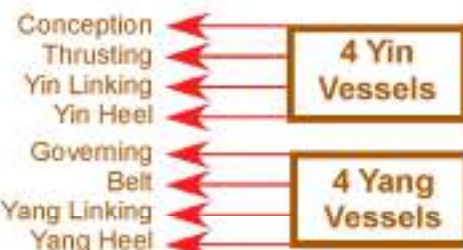
Shen – (consciousness or spirit, is the most subtle of the Three Treasures and is the vitality behind Jing and Qi. Think of Shen as the light or illumination produced from the flame.



The 3 Hearts – Heart, lungs, liver, spleen, stomach, pancreas, gallbladder, bladder, kidneys, adrenal glands, ovaries, testes, prostate, and the heart. The first heart is the heart in your chest for the oxygenation of the blood. Lower abdominal breathing is considered the second heart for circulation of fluid, Qi and digestion. The third heart is the calf muscles for re-circulation of the blood.



Vessels – there are 8 extraordinary vessels that function as reservoirs of Qi for the Twelve Regular Meridians.



Wuji – ultimate stillness, the beginning of creation.

Yang Qi - yang refers to aspects or manifestations of Qi that are relatively positive: Also-immaterial, amorphous, expanding, hollow, light, ascending, hot, dry, warming, bright, aggressive, masculine and active.

Yin Qi - yin refers to aspects or manifestations of Qi that are relatively negative: Also-material, substantial, condensing, solid, heavy, descending, cold, moist, cooling, dark, female, passive and quiescent.

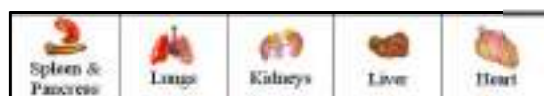
Taijitu -The term taijitu in modern Chinese is commonly used to refer to a simple “divided circle” form (), but it may refer to any of several scholastic diagrams that contain at least one circle with an inner pattern of symmetry representing yin and yang.

Yi – intellect, manifests as spirit-infused intelligence and understanding.

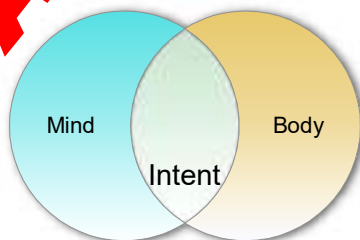
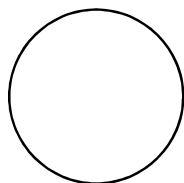
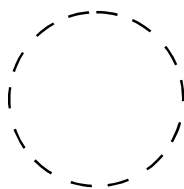
Zang-Fu organs – solid, yin organs are Zang – yang and hollow organs are Fu.

5 Yin Organs
Liver
Heart
Spleen
Lungs
Kidneys

5 Yang Organs
Gall Bladder
Small Intestine
Stomach
Large Intestine
Bladder



The Void (Supreme Mystery)



Baihui point - Governing Vessel 20 (GV 20). Sits on the crown of the head.

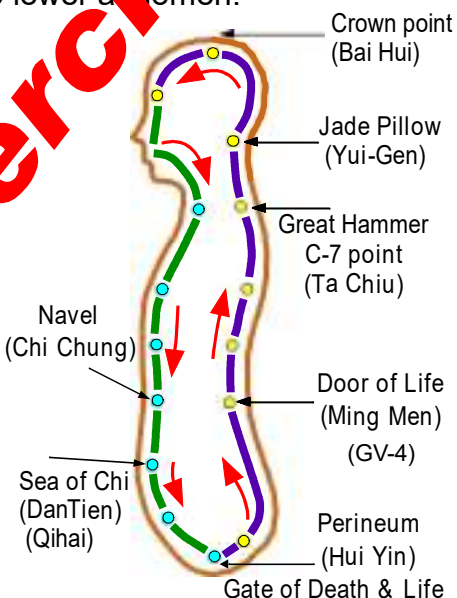
Jade Pillow – located at the top of the cervical vertebrae (C1).

Great Hammer – located on the midline at the base of the neck between seventh cervical vertebra and first thoracic vertebra.

Mingmen point – Conception Vessel 4 (CV4), the ‘Sea of Chi’ located on the lower abdomen.

Qihai point – Conception Vessel 6 (CV6), the ‘Sea of Qi’ located on the lower abdomen.

Huiyin point – Conception Vessel 1 (CV1), also known as the base chakra, is located between the genitals and the anus; the part of the body called the perineum.



Wu Xing or 5 Elements -

The 5 Element theory is a major component of thought within Traditional Chinese Medicine (TCM). Each element represents natural aspects within our world. Natural cycles and interrelationships between these elements, is the basis for this theory. These elements have corresponding relationships within our environment as well as within our own being.



Ancient Exercise Methods That Benefit the Mind & Body

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Benefits:

Balancing of
the emotions

Balance & stability

Change in blood
chemistry

Coordination

Flexibility

Range of motion

Strength



About the Instructor, Author & Artist - Jim Moltzan

My fitness training started at the age of 16 and has continued for over 38 years. During that time, I attended high school, then college, and worked 2 jobs all while pursuing further training in martial arts and other fitness methods. 26 years ago, I started up an additional business to help finance my next goal of owning my own school. I moved to Florida from the Midwest to make this goal a reality. Now, having had previous ownership in 2 wellness & martial arts schools, I have reached far beyond what I thought to have been my potential. Currently though, no more schools for me; too much time was spent on the business aspects, instead of the importance of the training and how it benefits myself and the others in my life.

Now, as a husband and father of 2 grown children, I have no problem with expressing that we must be prepared to work hard mentally, physically and financially to earn our good health and well-being; not only for ourselves but for our families as well. Good health always comes at a cost whether in time, effort, cost, sacrifice or some combination of the previous.

The majority of the movements I teach are of Chinese origin. The Qigong (breathing work) is from Chinese Kung Fu and the Korean Dong Han medical Qigong lineage. I have also gained much knowledge of Traditional Chinese Medicine (TCM) from many TCM practitioners, martial arts masters, teachers and peers. This includes many techniques and practices of acupressure (reflexology, auricular, Jing Well, etc.), acupuncture, moxibustion as well as preparation of some herbal remedies and extracts for conditioning and injuries. I have been studying for over 20 years with Zen Wellness, learning medical Qigong as well as other Eastern methods of fitness and self awareness. I have been recognized as a "Gold Coin" master instructor having trained and taught others for at least 10000 hours or roughly over 35 years. The core fitness movements are from Kung Fu and its forms in Baguazhang and Shipai Ji (Korean Kung Fu and weapons training). Each martial art and its fitness exercises can complement and enhance one another. The more ways that you can move your body, the better it is for your overall health.

Physical health, mental well-being and the relationships within our lives; are these the most cherished aspects of our existence? Yet, how much effort do we put towards improving these areas on a daily basis?

Many have used martial arts training as a method of learning to see one's character as others see them. I feel that I can offer the priceless qualities of truth, honor and integrity with my instruction. You must seek the right teacher for you, because in time a student can become similar to their teacher. Through the training that I have experienced and offer to others, an individual can understand and hopefully reach their full potential.

By developing self-discipline to continuously execute and perfect sets of movements, an individual can start to understand not only how their being works physically but also mentally and emotionally. You can find your strengths and your weaknesses and improve them both. From here the self-control acquired can be used to accomplish any goal when properly motivated.



Lineage

I have been recognized as a 1000 and 10,000 hour student and teacher, I have earned gold coins through the Doh Yi Masters and Zen Wellness programs. Also, I have earned a 5th degree in Korean Kung Fu through the Dong Han lineage.



Laminated Charts 8.5" x 11" or 11" x 17" - over 200 various graphics (check the website)

Qigong - Chi Kung

SKU: ChiKung



The human body is made up of bones, muscles, and organs amongst other components. Veins, arteries and capillaries carry blood and nutrients throughout to all of the systems and components. Additionally, 12 major energy medians carry the body's energy, "life force" also known as "chi". One's chi is stored in the lower Dan Tien. Daily emotional imbalances accumulate tension and stress gradually affecting all of the body's systems. Each discomfort, nuisance, irritation or grudge continues to tighten and squeeze the flow of the life force. This is where "dis-ease" claims its foothold.

Strengthen Your Back (set #1)

SKU: StrengthenYourBack1



Good health of the lower back starts with good posture. The following set of exercises develop strength and flexibility which improve posture. Strength in the back, hips and abdominals provide a strong cage that houses the internal organs. Flexibility in these areas helps to maintain good blood circulation to the organs and lower body. Lengthening of the spine while exercising reduces stress and tension on the nervous system.

Broadsword 1-10

SKU: Broadsword



Broadsword training develops the body, mind and spirit well beyond that which can be gained from empty hand training alone. The Broadsword has many different sets to be mastered utilizing quick, fluid and precise movements.

Ship Pal Gye set 7 (Kung Fu stance training)

SKU: ShipPalGye7



SHIP PAL GYE or Ship Par Gay, is a Korean version of Chinese Shaolin Lohan Qigong, meaning "18 chi movements" or what were supposedly the original 18 drills that Bodhidharma introduced to the Shaolin monks. It is reputed to be the basis for the Shaolin Kung Fu, which in turn, greatly influenced the developments of all branches of Asian fighting arts.

Noble Stances

SKU: NobleStances



Noble stances are a combination of various stances from different styles of Chinese martial arts. Stances, in this case, meaning correct placement of the feet, knees, hips, and arm positions relative to one's center of gravity. Executing static positions and holding the particular body positions for anywhere from a few seconds to several minutes reaps many benefits, foremost being able to cultivate a strong and healthy core.

Laminated Charts 8.5" x 11" or 11" x 17"



Yoga Postures for Martial Arts

SKU: YogaPostures1

Martial arts have their roots in Yoga going back to Bodhidharma teaching the Shaolin monks hundreds of years ago. When one is in the proper body alignments, the individual disciplines the mind, discover ones spirit, as well as cultivates internal energy. Physical benefits such as strength, flexibility and increased range of motion can be achieved from consistent practice.



Strengthen Your Core set 1

SKU: StrengthenYourCore1

The “core” is comprised of many different muscles that stabilize the pelvis and spine . These muscles provide a firm foundation for movement of the torso, arms and legs. These muscles also provide a protective cage for the internal organs. This graphic shows the main muscle groups of the core and exercises that can strengthen, tone and increase flexibility.



San Ti Shi stance training

SKU: SanTiShi

“San Ti Shi” is Chinese for “Trinity Posture”, also known as the “3 Elements Form/Posture” or “3 Body Posture”.San Ti Chi is the fundamental posture used in Hsing Yi Chuan (Xing Yi Quan). Hsing Yi is one of the 3 major internal martial arts along with Tai Chi and BaguaZhang.



Rattan Hitter Meridian Exercises

Practice of Using the Rattan orWire Hitter The following offers a brief summation of the theory behind using the rattan or wire hitter. Using a bundle of small 1/8" diameter rattan or wire, fixed into a handle, the device is briskly brushed across the surface of the body.



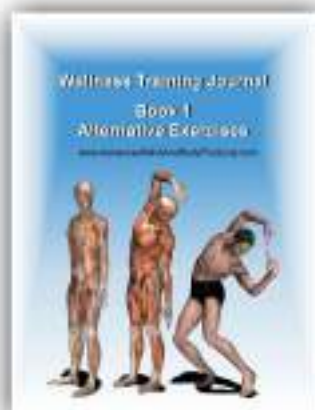
Bottle Exercises

Good health of the lower back starts with good posture. The following set of exercises develop strength, increase muscular range of motion and to a lesser degree - flexibility. Strength in the back, hips and abdomen, provide a strong cage that houses the internal organs. Flexibility in these areas helps to maintain good blood circulation to the organs and lower body. Unique to this set of exercises is the body postures combined with holding a weighted object and the extra awareness required to hold it while also maintaining the correct body alignments.

Other Products

www.MindAndBodyExercises.com

Journals - 8.5" x 11" - over 20 different booklets (check the website for updates)



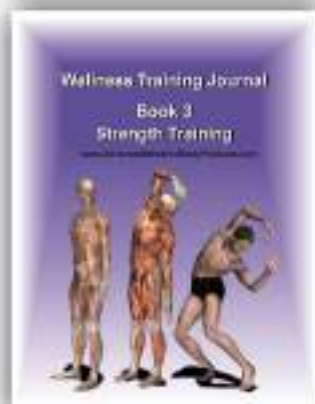
Alternative Exercises - Wellness Training Journal 1 - Hard copy

This book contains numerous exercise charts, information pages, meridian & reflexology charts, record/progress charts and pages for personal notes. Includes the following exercises: - Qigong - Yoga for Martial Arts - Relieve Chronic Lower Back Pain - Strengthen Your Back - Strengthen Your Core - Bo Stance Variations - BaguaZhang Basics - 37 pages, Hard copy.



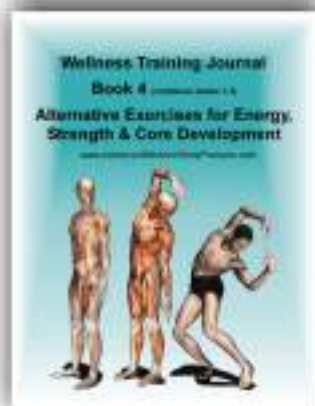
Core (stance) Training - Wellness Training Journal 2 - Hard copy

This book contains numerous exercise charts, information pages, meridian & reflexology charts, record/progress charts and pages for personal notes. Includes the following exercises: - Qigong - San ti Shi - Ship Pal Gye sets 1,2 & 7, Noble stances 33 pages, Hard copy.



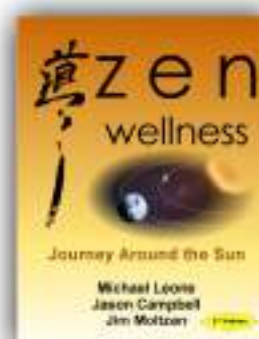
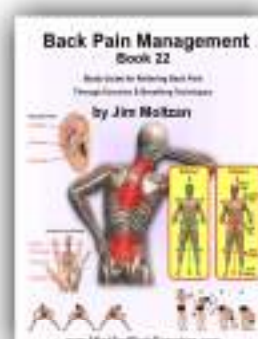
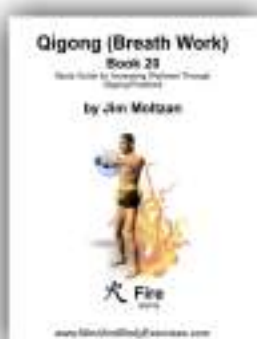
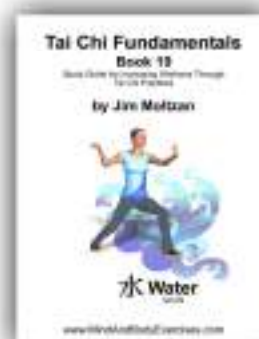
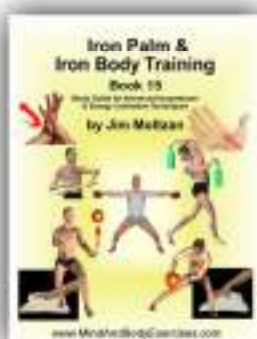
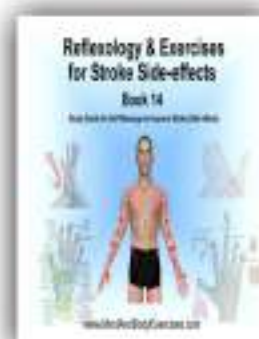
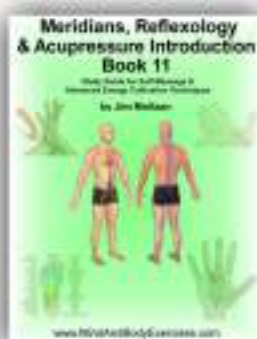
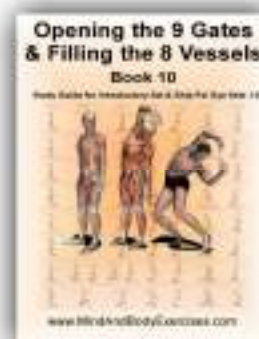
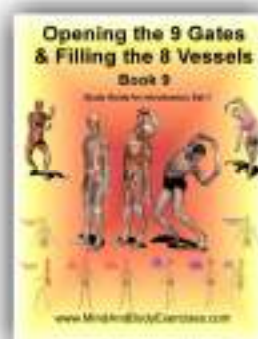
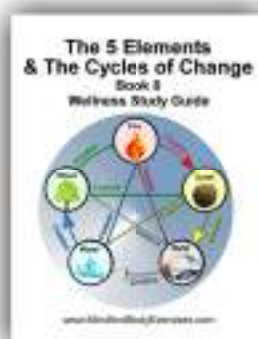
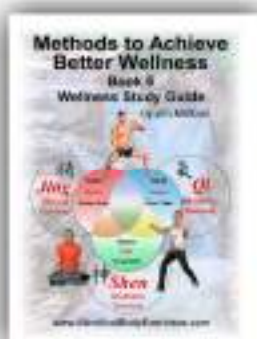
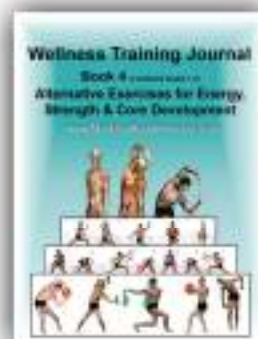
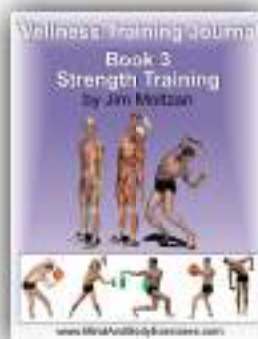
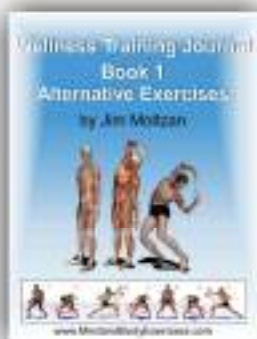
Strength Training - Wellness Training Journal 3 - Hard Copy

This book contains numerous exercise charts, information pages, meridian & reflexology charts, record/progress charts and pages for personal notes. Includes the following exercises: - Qigong - Stance Training with Resistance (Pal Ja Kwon) - Vibration Exercises with Rattan Hitter - Dumbbell Exercises - Meridian Exercises with Bottles 29 pages, Hard copy.



Combination 1-3 - Wellness Training Journal 4 - Hard Copy

Wellness Journal 4 combines books 1-3, including alternative exercises, core & strength training, 76 pages, hard copy.





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