

Vicious Cycle of Healthcare Mentality

Western (Allopathic) Medicine Model

Surgery

Pain? Take this

If it does work!

Things You Can Manage

Sleep

Pers. Respon.

Stress Management

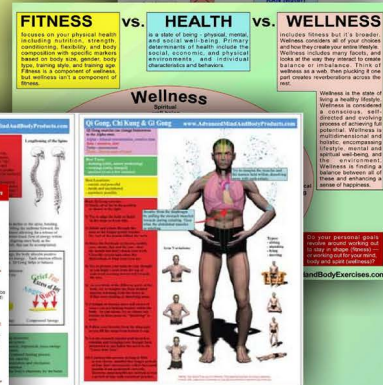
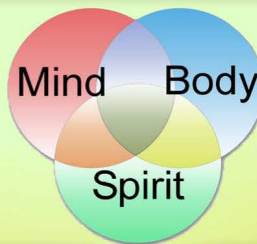
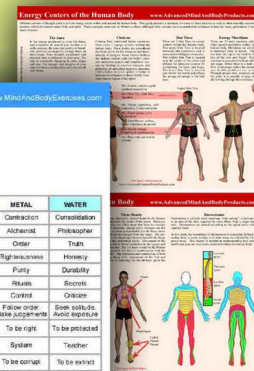
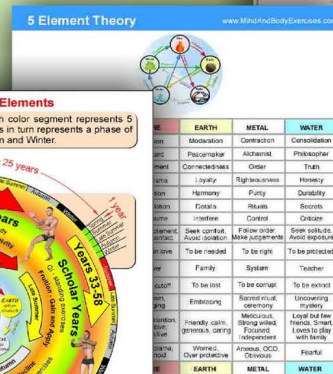
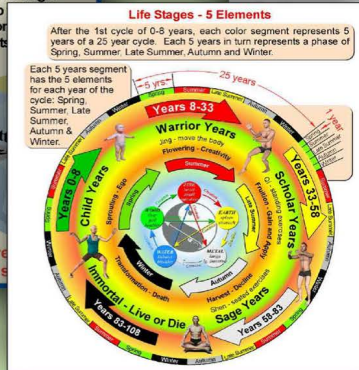
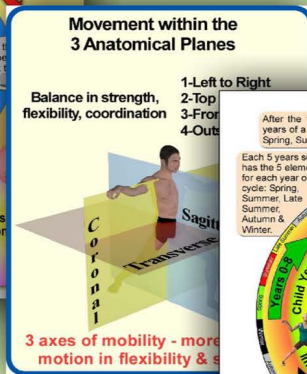
Why bother?

Screw it!

If You Think You Can Get Sick Tomorrow, Why Not Change Your Lifestyle Today?

Balance flexibility

www.MindAndBodyExercises.com





www.MindandBodyExercises.com

Disclaimer

This book is intended for information purposes only. The author does not promise or imply any results to those using this information, nor are they responsible for any adverse results brought about by the usage of the information contained herein. Use the information provided at your own risk. Furthermore, the author does not guarantee that the holder of this information will improve his or her health from the information contained herein.

The author of this book has used his/her best efforts in preparing this book. The author makes no representation of warranties with respect to the accuracy, applicability, or completeness of the contents of this book.

This book is © copyrighted by CAD Graphics, Inc. No part of this may be copied, or changed in any form, sold, or used in any way other than what is outlined within this book under any circumstances. No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, taping, or by any information storage retrieval system, without the written permission by the author.

© 2023 CAD Graphics, Inc.

ISBN: 978-1-958837-25-2

Revision 2 - 06-02-2023

Table of Contents

Welcome	Page 16
Health Insights & Observations	17
Highest Preventable Risk Factors	18
Is Returning to "Normal" Really A Good Thing?	19
Your Health-Your Choices	20
Things We Can Manage	21
Architect of Your Destiny	22
Five Pillars of Health	23
The I Don't Care Healthcare System	24
The Self-care Healthcare System	25
If You Think You Can Get Sick...	26
What Type of House Have We Built	27
Mind-Body-Spirit	28
A Balanced Life-One Perspective	29
The 3 Ingredients in Harmony	30
Which Path are you on?	31
Americans Get Heavier	32
Poor Diet-A Root Cause of Illness	33
Consistent Exercise Affects The Mind & Body	34
Benefits of Consistent Exercise	35
Leading Causes of Death	36
Returning to Normal	37
Exercise Beyond Skin Deep	38
Welcome to Your New Part-time Job	39
Your Choices = Your Health	40
Excessive Sitting is the New Smoking	41
A Root Cause of Disease	42
A Root Solution to Disease	43
Poor Circulation #1	44
Poor Circulation (detailed)	45
Vicious Circle of Healthcare Mentality	46

Table of Contents (con't.)

Factors to Achieve a Healthy Mind, Body & Spirit	47
Fitness or Wellness?	48
Checklist to Achieve a Healthier Mind, Body & Spirit	49
Fitness vs Health vs Wellness	50
Fitness vs Health vs Wellness	50
Fitness & Health overlap	51
Good Health is More Than Skin Deep	52
Are You an Inspiration or a Warning?	53
A Path to Inner Peace	54
The Cone of Learning	55
Some Options to Manage Pain	56
Key Components to Health	57
Control What You Can	58
Live in the Present	59
Address the Root Causes of Pain and Illness	60
Anatomy & Physiology – Specific Health Issues	61
& Relative Exercises	
The 3 Hearts	62
The 9 Gates - Major Joints	63
Energy Centers of the Human Body	64
Energetic Anatomy of the Human Body	65
Stretching of the Fascial Trains	66
Fascial Trains	67
Quadratus Lumborum	68
Pelvic Tilt	69
Relieve Sciatica & Lower Back Pain	70
Sciatica-Connection of Pain & Numbness	71
Sciatica-Pain in the Butt	72
Sciatica-One Part Affects Other Parts	73
Compressed Spine	74
Sciatica or Back Pain	75

Table of Contents (con't.)

Injured Spine Can Affect Other Areas	76
Relieve Chronic Lower Back Pain	77
Strengthen Your Back #1	78
Strengthen Your Back #2	79
Strengthening the Core &Spine #1	80
Strengthening the Core &Spine #2	81
Strengthening the Core &Spine #3	82
Basic Shoulder Anatomy-8 Directions	83
Basic Shoulder Anatomy	84
8 Directions of Shoulder Mobility	85
How Can Balance Be Improved 1	86
How Can Balanced be Improved 2	87
Body Components-Balance	88
Factors in Maintaining Balance	89
Exercise to Improve Your Sense of Balance #1	90
Exercise to Improve Your Sense of Balance #2	91
Vitamin D Metabolism & Deficiency	92
How to Achieve Healthier Bones	93
Bone Remodeling	94
Stages of Osteoporosis	95
Wolff's Law	96
Grip Strength	97
Wrist and Hand Anatomy	98
Shim Yuk-page 1	99
Shim Yuk-page 2	100
Shim Yuk-page 3	101
Bottle Exercises-detailed-page 1	102
Bottle Exercises-detailed-page 2	103
Bottle Exercises	104
Have You Challenged Yourself?	105
Rattan Hitter-page 1	106
Rattan Hitter-page 2	107

Table of Contents (con't.)

Dumbbell Exercises-page 1	108
Dumbbell Exercises-page 2	109
Ligaments of the Knee	110
Strength of the Knee Joint	111
Knee Exercises #1	112
Knee Exercises #2	113
Thoughts Affect Your Health	114
Parasympathetic Nervous System	115
HPA-axis	116
The Stress Response	117
Parasympathetic & Sympathetic Nervous Systems	118
Change Perspective-Change Your Chemistry	119
How Breathing Affects Health-1	120
How Breathing Affects Health-2	121
Effects of Stress on the Body	122
Excessive Stress & Cortisol	123
Excessive Cortisol-Cushing's Syndrome	124
How to Decrease Stress	125
Nitric Oxide	126
Shallow Breathing	127
Deep Breathing Benefits	128
Abdominal Breathing	129
Breathing Patterns	130
Breathe Deep	131
Average Lifespan & Breathing Frequency	132
Breathing Rate vs Intensity	133
Breath Management Activities	134
Breathing Frequency	135
Breathing Frequency During Activities	136
Breathing Frequency (enlarged)	137
Length of Breath	138

Table of Contents (con't.)

Changing Your Breathing Rhythm	139
How Rapid You Breathe	140
Other Benefits of Deep Breathing	141
Sleep Time	142
Side Effects of Poor Sleep	143
Recommended Hours of Sleep	144
Sleep Phases	145
How Well do You Sleep?	146
Ways to Get Better Sleep	147
Blood Shunting #1	148
Blood Shunting #2	149
Blood Shunting #3	150
Blood Shunting #4	151
pH Balance &Effects #1	152
pH Balance &Effects #2	153
Neuroplasticity #1	154
Neuroplasticity #2	155
Methods to Improve Neuroplasticity	156
Cross Crawl Mechanism #1	157
Cross Crawl Mechanism #2	158
Cross Crawl Exercises	159
Excessive Sitting is the New Smoking	160
Health Care Choices	161
Senses	162
Posture	163
Posture & Symmetry	164
Posture & Symmetry Affects the Body & Mind	165
Tensegrity Model	166
One Part Affects All Parts	167
Referred Pain	168
Muscular Imbalances	169
Vicious Cycle of Poor Posture	170

Table of Contents (con't.)

Balance in Structure	171
Common Roots Causes of Poor Posture	172
Effects of Poor Posture	173
Kinetic Chains and Posture	174
Address the Root Causes of Poor Posture	175
Posture & Symmetry-1	176
Posture & Symmetry-2	177
Sitting Too Much-Lower Back Pain	178
Spine-Anatomy Relationships	179
Anatomical Planes	180
Movement Within the 3 Anatomical Planes	181
Universal Circle Principle #1	182
Universal Circle Principle #2	183
Posture Affects Mind & Body	184
Poor Posture-Methods to Counterbalance-1	185
Methods to Improve Imbalances-2	186
Better Posture - Some Exercise Options	187
Causes of Chronic Back Pain	188
Posture Affects the Mind	189
Traditional Chinese Medicine	191
Eastern Practices	192
Eastern Philosophy-Everything is Connected	193
Dao Cosmology -Yin & Yang-8 Trigrams	194
Dao Cosmology (detailed)	195
Meaning of the Yin & Yang Symbol	196
Nothing is Ever Just Black & White	197
Yin & Yang-Balance	198
Yin & Yang-relative to the human body	199
The 5 Aspects of Yin and Yang	200
Various Clocks of Yin & Yang	201
Thoughts Affect Your Health	202

Table of Contents (con't.)

5 Element Theory	203
5 Elements-Creation & Control Cycles	204
5 Element Organ Pairings	205
5 Elements-Emotions & Organs	206
The 5 Shen	207
5 Element Correspondences #1	208
5 Element Correspondences #2	209
5 Phases of Food	210
5 Element List of Correspondences #1	211
6 Element Transformation #1	212
6 Element Transformation #2	213
5 Element Properties - Master Chart	214
Gears of Life-Journey Around the Sun	215
Seasons of Life - 5 Elements	216
Life Stages - 5 Elements	217
5 Element Interrelationships	218
Daily Energy Flow	219
6 Healing Sounds - Music Notes & Chakras	220
Musical Correspondences	221
Most Common Acupuncture Variations	222
The 12 Energy Meridians	223
Energetic Anatomy - 12 Primary Meridians	224
Acupuncture Point Classification Table	225
How Acupuncture Works	226
Energy Meridians & the Fascial Trains	227
An Acupuncture Mechanism Theory-1	228
An Acupuncture Mechanism Theory-2	229
Acupressure - Same concept but no needles!	230
Back Shu Points	231
6 Stages of Disease #1	232
6 Stages of Disease #2	233

Table of Contents (con't.)

Layers of Physical, Mental & Spiritual	234
The 8 Extraordinary Vessels #1	235
The 8 Extraordinary Vessels #2	236
The 8 Extraordinary Vessels #3	237
Horary Cycle #1	238
Horary Cycle #2	239
5 Element Body Clock Points	240
Gigong, Chi Kung & Gigong #1	241
Gigong, Chi Kung & Gigong #2	242
Gigong, Chi Kung & Gigong #3	243
Gigong, Chi Kung & Qigong #4	244
Open the Small Circulation - Kan & Li Breathing	245
The Small Circulation	246
Kan & Li (water & fire)	247
Advanced Breathing Patterns	248
Reflexology #1	249
Reflexology #2	250
Various Theories of Reflexology	251
Acupressure for Back Pain	252
Jing Well Points Introduction	253
Jing Well Points (enlarged)	254
Jing Well Acupressure Massage	255
Acupressure to Balance the Emotions	256
Headache Acupoints	257
Yin & Yang Acupressure Set	258
Lifesaving Acupressure	259
Moxibustion-page 1	260
Moxibustion-page 2	261
Restorative Exercises	263
Return on Investment of Training	264
Ancient Exercises Methods That Benefit	265

Table of Contents (con't.)

Exercise Intensity Zones	266
Exercise Effort Scale	267
Complementary Alternative Methods	268
Exercises That Focus on All Systems	269
The 3 Treasures-detailed #1	270
The 3 Treasures-detailed #2	271
Heal the Body with the Mind	272
Standing Practices Increase Qi	273
What is Qi, BaguaZhang, Tai Chi & Qigong #1	274
Many Benefits of Tai Chi	275
3 Ingredients in Harmony	276
Yin & Yang Exercise Sequence	277
Heal the Body with the Mind-page 1	278
Heal the Body with the Mind-page 2	279
5 Element Qigong	280
9 Gates-3 Planes-Exercise Methods	281
Mind & Body Connection #1	282
Mind & Body Connection #2	283
Qigong-Nei Dan	284
Kung Fu Lineage	285
Internal Energy Arts Comparison #1	286
Tai Chi	287
24 Yang Style Tai Chi #1	288
24 Yang Style Tai Chi #2	289
The 5 Root Powers of Tai Chi	290
The 8 Expressions of Tai Chi	291
Six Harmonies-page 1	292
Six Harmonies-page 2	293
24 Yang Style-Sequence Map	294
BaguaZhang	295
BaguaZhang Introduction	296

Table of Contents (con't.)

BaguaZhang - Fundamental Concepts #1	297
BaguaZhang - Fundamental Concepts #2	298
BaguaZhang - Fundamental Concepts #3	299
BaguaZhang-Sun Style 8 Animals	300
BaguaZhang-Sun Style-Fundamental Palms	301
BaguaZhang-Turning-Spinning Qigong-page 1	302
BaguaZhang-Turning-Spinning Qigong-page 2	303
Bagua Nei Gong-Page 1	304
Bagua Nei Gong-Page 2	305
Hsing Yi	307
Hsing Yi Foundation - San Ti Shi-#1	308
Hsing Yi Foundation - San Ti Shi- #2	309
Internal Energy Arts Comparison (detailed)	310
What is Qi, BaguaZhang, Tai Chi & Qigong #2	311
The 9 Gates & the 8 Vessels	312
Opening the 9 Gates	313
6 Forces of Opposition	314
Stacking of the Bones	315
Increase Your Capacity	316
Taoist Yoga	317
Taoist Yoga-posture Variations-page 1	318
Taoist Yoga-posture Variations-page 2	319
Fascia Stretching page 1	320
Fascia Stretching page 2	321
Taoist Yoga-various sets	322
Dao Yi	323
70 Yoga Poses	324
Daoist Yoga-Dao Yi-Hard Qigong	325
Yoga Postures for Martial Arts-page 1	326
Yoga Postures for Martial Arts-page 2	327
8 Pieces of Brocades #1	328

Table of Contents (con't.)

8 Pieces of Brocades #2	329
Tai Chi-Qigong-Dao Yin	330
Tourniquet Effect	331
Ship Pal Gye (set1)-page1	332
Ship Pal Gye (set1)-page2	333
Opening & Filling of the 8 Vessels #1	334
Opening & Filling of the 8 Vessels #2	335
Opening & Filling of the 8 Vessels #3	336
Opening & Filling of the 8 Vessels #4	337
Pal Ja Kwon #1	338
Pal Ja Kwon #2	339
8 Vessels-Ship Pal Gye-matrix	340
Basic Shoulder Anatomy & Exercises	341
Meridian Exercises (set1)-page1	342
Meridian Exercises (set1)-page2	343
Opening the Small Circulation-exercises #1	344
Opening the Small Circulation-exercises #2	345
Bo Stance Variations-page 1	346
Bo Stance Variations-page 2	347
Mind & Body Exercises-page 1	348
Mind & Body Exercises-page 2	349
Relieve Sciatica & Lower Back Pain	350
Awareness, Reflections & Philosophy	351
Self-discipline	352
Echoes (karma)	353
Welcome to Your Reality	354
Methods for Self-reflection	355
Key Concepts to Longevity #1	356
Key Concepts to Longevity #2	357
How are you Motivated?	358
Graduate from High School	359
Further Your Knowledge	360
Typical Education Paths	361
Grow Older and Wiser	362

Table of Contents (con't.)

Peaks & Valleys	363
You Are Not Your Thoughts	364
8 Trigrams #1	365
8 Trigrams #2	366
8 Trigrams #3	367
Cycles of the Bagua	368
The 8 Qi Centers	369
True-Right-Correct	370
The 8 Step Path	371
Step 1-Know Your True Self	372
Step 2-Make Correct Daily Choices	373
Step 3-Overcome Delusion	374
Step 4-Cultivate Good Seeds	375
Step 5-Attain Honor	376
Step 6-Change Your Reality	377
Step 7-Become a Living Vessel of Wisdom	378
Step 8-Draw on Natures Power	379
Miscellaneous Concepts	381
Knowledge-Wellness-Community	382
Kinetic Energy	383
Kinetic Linking #1	384
Kinetic Linking #2	385
Chakra-Dan Tien Comparison #1	386
Chakra-Dan Tien Comparison #2	387
Chakras	388
Energy Centers of the Human Body	389
Chakras & Hierarchy of Needs	390
Chakra chart-correspondences	391
Herbal Extract Chart	392
If You Never Had to Defend Yourself...	393
We Earn Our Life Through Others	394
Appendices	396
Glossary for Energetic Anatomy	428
Personal Notes	432
About	433

Be the Warrior, the Scholar, the Sage - a Blueprint to Happiness & Purpose

精

Jing (Essence)

Warrior Phase

Through practicing physical movements (Jing - essence), one can better develop:

- 1) Awareness – realization, perception or knowledge
- 2) Memory – the process of reproducing or recalling what has been learned or experienced
- 3) Coordination – bring actions together into a smooth concerted way
- 4) Control – skill in the use of restraint, direction and coordination
- 5) Endurance – ability to tolerate stress or hardship
- 6) Strength – power to resist or exert force
- 7) Stamina – combination of endurance and strength

8) Speed – rate of motion

9) Power – might or influence

10) Reflex – end result of reception, transmission and reaction

11) Strategy – a careful plan or method to achieve a goal

Mentally, these character traits are nurtured & refined:

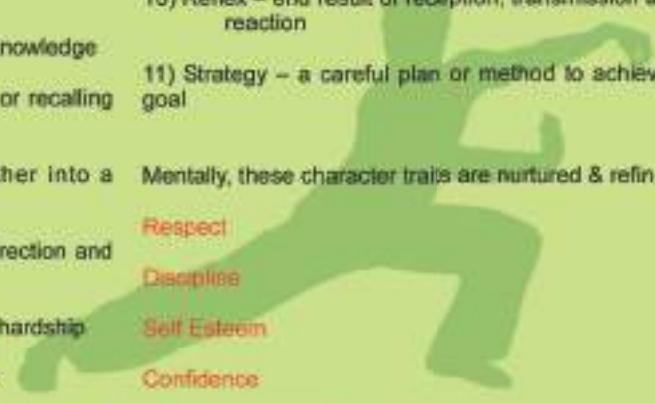
Respect

Discipline

Self Esteem

Confidence

Determination to Achieve Goals



氣

Qi (Energy)

Scholar Phase

Through practicing mental exercises (Qigong - vitality), one can better develop:

- 1) Relaxation of the muscles
- 2) Building of internal power
- 3) Strengthening of the organs
- 4) Improving the cardiopulmonary function
- 5) Strengthening the nerves
- 6) Improving vascular function
- 7) Can be practiced by the seriously ill
- 8) Help prevent injury to joints, ligaments & bones

9) Quicken recovery time from injuries & surgery

10) Building of athletic & martial arts power

11) Lessening of stress & balances emotions

12) Benefits sedentary individuals

Mentally, these concepts are comprehended & assimilated:

Human anatomy & physiology

Energy flow (Qi) with the energy meridians

Structural alignment of the skeletal & muscular systems



神

Shen (Spirit)

Sage Phase

Through practicing meditation exercises (Shen - consciousness), one can develop better understanding of:

- 1) The origin, nature, and character of things and beings
- 2) The human condition - study of human nature and conditions of life
- 3) The importance of communication on many different levels in order to share and disseminate wisdom

4) Sense of purpose

5) Making a difference

6) Self-less service to others

7) The inter-relationship between one another and how that can determine cause and effect

8) Our interaction between humans and the world (universe) we exist in



Welcome!!

This journal is my 24th in a series designed for beginners to advanced health, wellness and fitness enthusiasts. This information is the summation of almost 40 years of research and 1st hand applications. In this mostly graphics booklet, there are specific images of concepts relative to human behavior, health, well-being, fitness and relative philosophy on these topics. These graphics are meant to be studied as well as used as a teaching aid for those in the teaching, coaching and instructor communities.

Health Insights & Observations

Anatomy & Physiology (Specific Health Issues & Relative Exercises)

Posture

Eastern Philosophy & Traditional Chinese Medicine

Awareness, Reflections & Philosophy

Miscellaneous

Included in this journal are various illustrations showing the best views and main fundamentals of the chosen exercises. Using transparent figures, muscular/skeletal models as well as figures with 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 appropriate for you and your level of wellness/fitness. 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.

Be well on your journey forward!

Health Insights & Observations

Highest Preventable Risk Factors

- 
- 1) Poor diet
 - 2) Inactivity
 - 3) Smoking

Things
You Can
Manage

Food &
Diet

Sleep

Personal
Responsibility

Exercise

Stress
Management

Relationships

www.MindAndBodyExercises.com

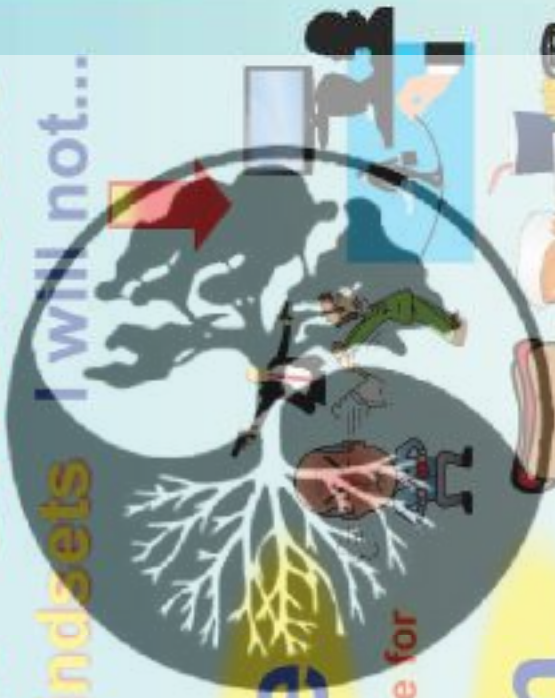
Is Returning to “Normal” Really a Good Thing?

“Normal” in the US

- 12.2% of adults meet the daily fruit intake recommendation (CDC 2018)
- 9.3% of adults meet the daily vegetable intake recommendation (CDC 2018)
- 23% exercise regularly (CDC 2018)
- 42% vitamin D deficiency (CDC 2018)
- 73% overweight (CDC 2018)
- 42% obese (CDC 2018)
- 18% obesity age 2-18 (CDC 2018)
- 70% on prescriptions (CDC 2019)
- 60% have chronic issues (CDC 2019)
- 40% have more than one chronic issues (comorbidities) (CDC 2019)
- 14% Smoke (CDC 2019)

Your Health - Your Choices

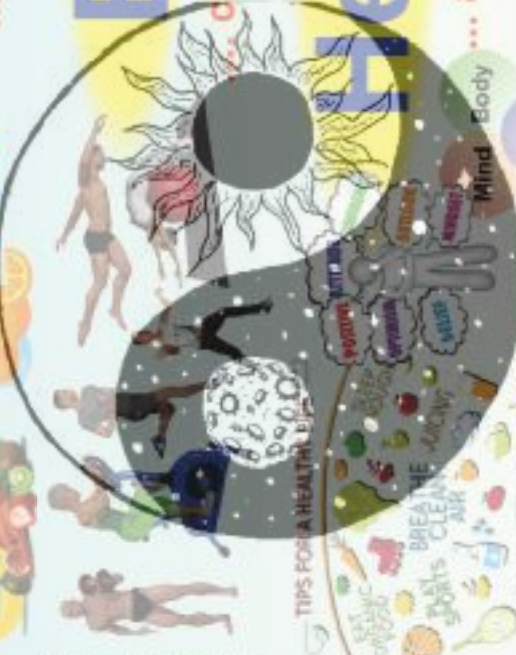
I can... Two Very Different Mindsets I will not...



... choose what I make time for

Do What You Can

... choose what I consume



... choose how I move my body

Health Care

... accept responsibility for my health and well-being

www.MindandBodyExercises.com

Things We Can Manage



Most say these are the most important facets in their lives.



Being committed to doing the work and making them a priority is a different discussion.



You are the architect of your own destiny; you are the master of your own fate; you are behind the steering wheel of your life. There are no limitations to what you can do, have, or be. Except the limitations you place on yourself by your own thinking.

Brian Tracy



Five Pillars of Health

Self-discipline
begins with
mastery
of your
thoughts.

Things
You Can

Manage

Control of
what you think,
leads to control
of your actions.

Food &
Diet

Exercise

Stress
Management

Sleep

Relationships

www.MindAndBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

The "I don't care" healthcare system



© 2021 - CAD Graphics, Inc. - All Rights Reserved

www.MindAndBodyExercises.com

The "self-care" healthcare system



What
you eat



What
you
think



How you
move



**If You Think You Can Get Sick Tomorrow,
Would You Change Your Lifestyle Today?**



What Type of House Have We Built?

Our \$4 Trillion
"Sickcare" System



When the healthcare system is based upon a foundation of treating symptoms through diagnosis, pharmaceuticals and often surgery

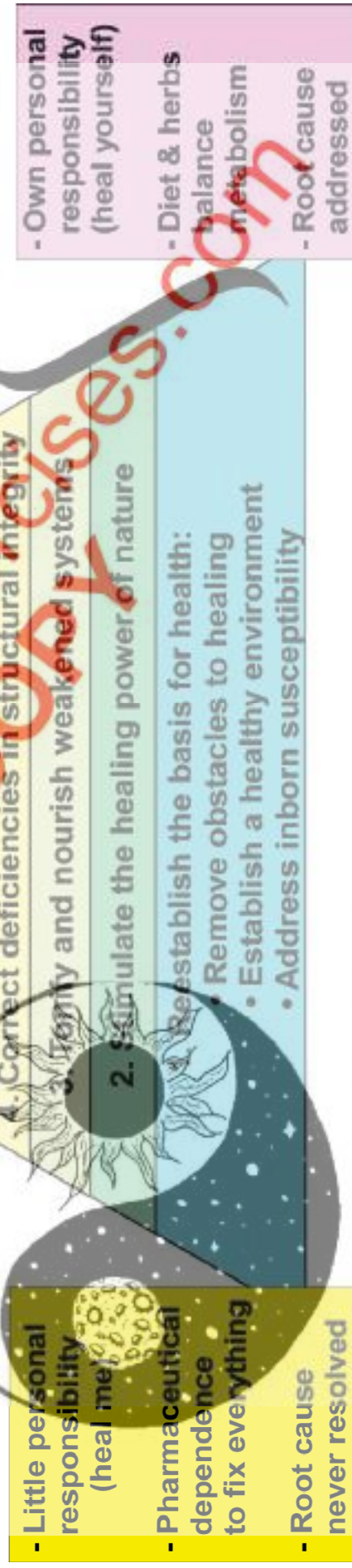
Treat the symptoms

Order of Appropriate
Therapeutic Intervention



When the healthcare system is based upon a strong foundation of prevention through diet and lifestyle choices

Treat the root causes





A Balanced Life - One Perspective

Intent

Intellect

Inner dialogue

Positive attitude

Personal boundaries

Emotion management

Mind Body Spirit

Physical health

Proper nutrition

Adequate sleep

Personal hygiene

Stress management

Exercise and movement

Responsible medical care

Preservation of resources

Self-awareness

Values & morals

Sense of purpose

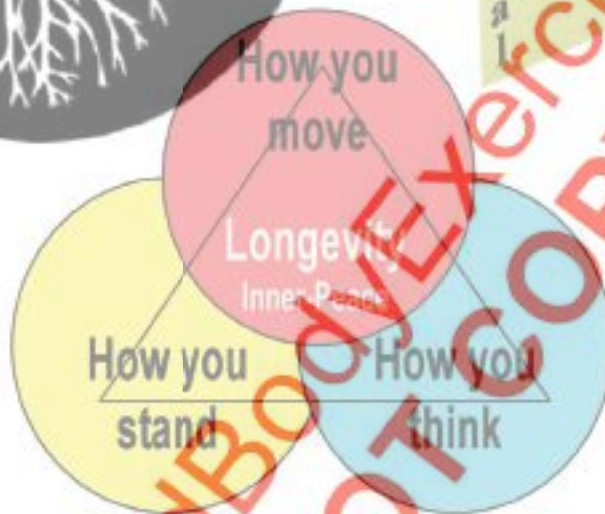
Seeing yourself, as others see you

Faith in something bigger than yourself

The 3 ingredients in Harmony:

Balanced (strength, flexibility, coordination) movement within the 3 Anatomical Planes

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



Standing Practices Increase Qi

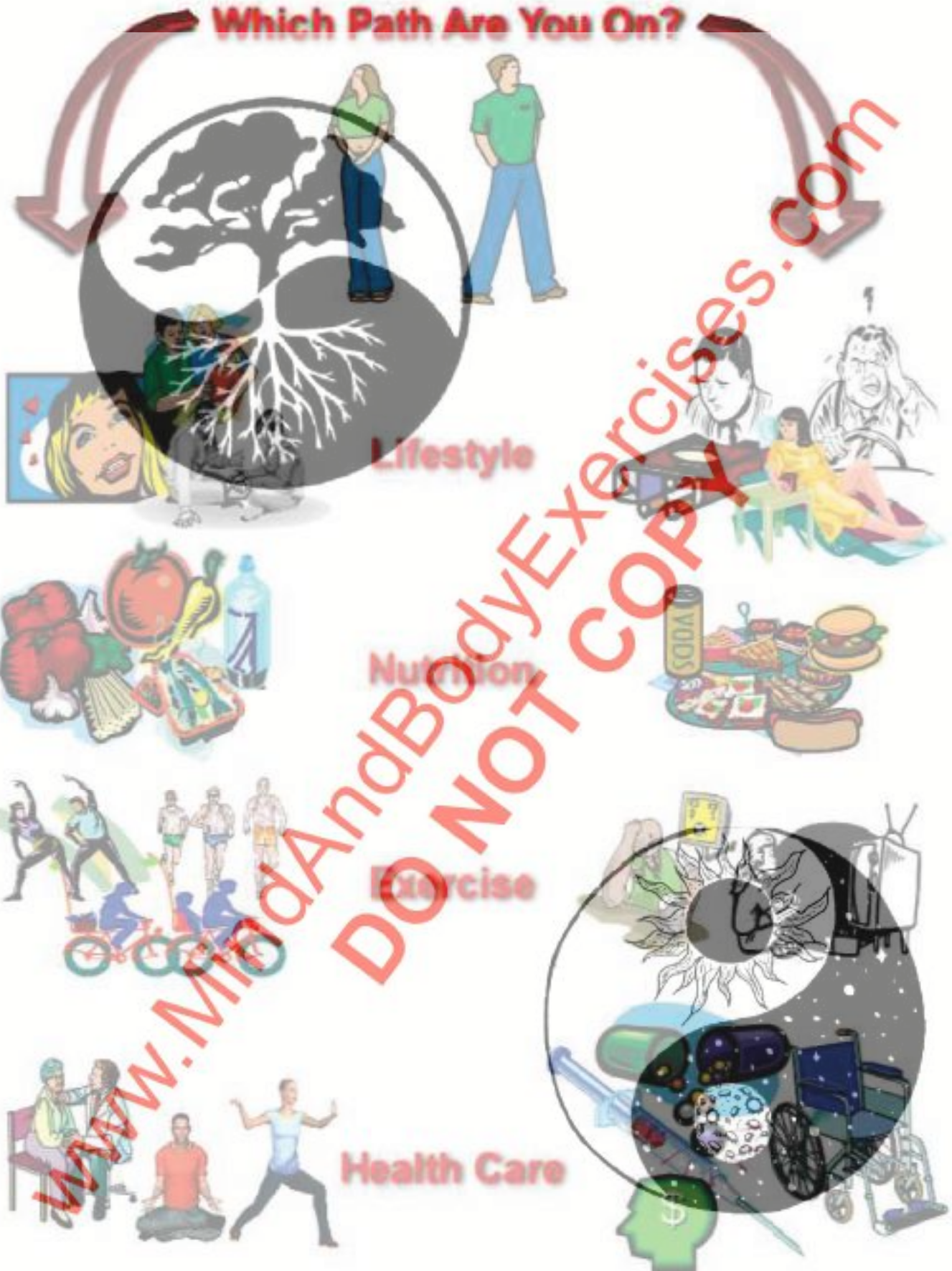


Thoughts Effect Your Health



Required tasks

Which Path Are You On?



Americans Get Heavier

affecting organs & consequently poor health

1960

Average man*
165 lbs.

31.5% of the US
overweight
(source CDC)

2016

Average man
197.8 lbs.

71.3% of the US
overweight
(source CDC)

2018

42.4% of the US
Obese
(source CDC)

Less
Meds
Consumed

More
Active
Occupations

Home
Prepared
Meals

More
Meds
Consumed

More
Sitting
Occupations

Fast
Food
Meals

More
Meds
Consumed

Sedentary
Lifestyle

More
Chemicals
in Foods

www.MindandBodyExercises.com

© Copyright 2020 - CAD Graphics, Inc.

Poor Diet = A Root Cause of Illness

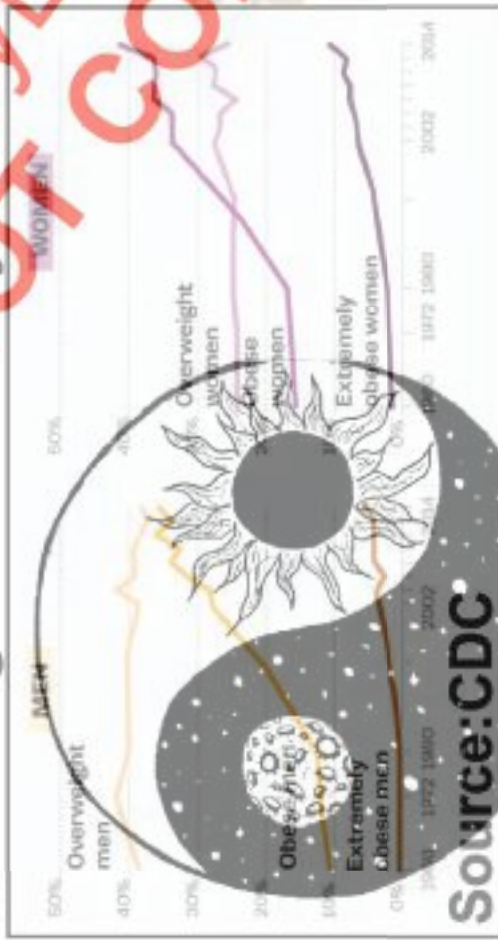
2018 42.4% of the US Obese
(source CDC)



2016 71.3% of the US overweight
(source CDC)



The Stunning rise of obesity in America



Disease & Illness

Obesity

Stress

Medications

Genetics

Poor Diet

www.MindandBodyExercises.com

© Copyright 2021 • C&D Graphics, Inc.

Consistent Exercise Affects the Body & Mind

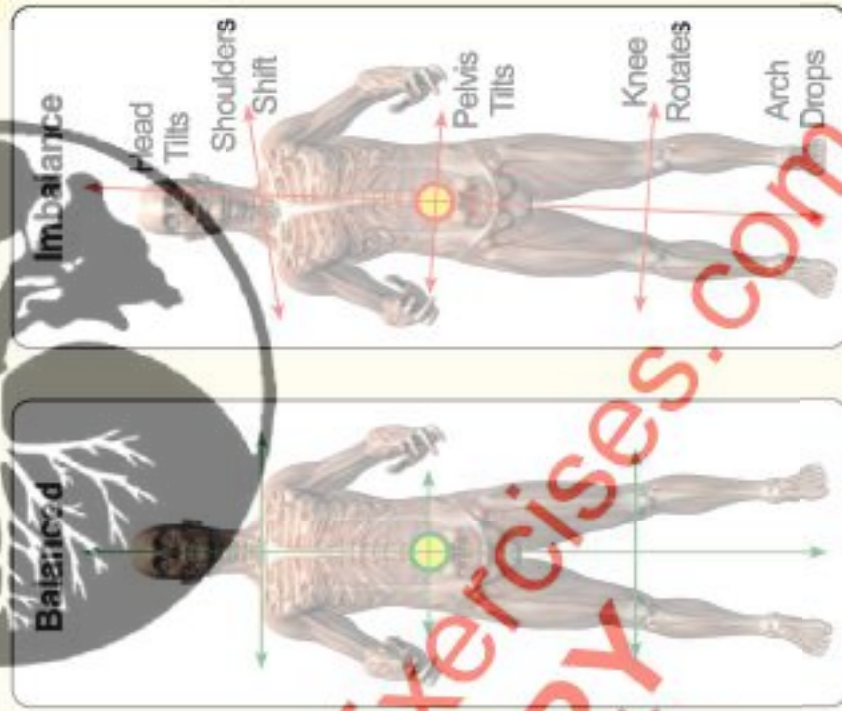
Many chronic issues can improve just by becoming more active. The type of exercise is key to individual goals.

Consistent exercise can improve posture, affecting the nervous, muscular, circulatory & skeletal systems.

Headaches Mental Stress



It is easier to prevent many health issues than to fix them after they are acquired.



www.MindAndBodyExercises.com

© Copyright 2020 - CAD Graphics, Inc.

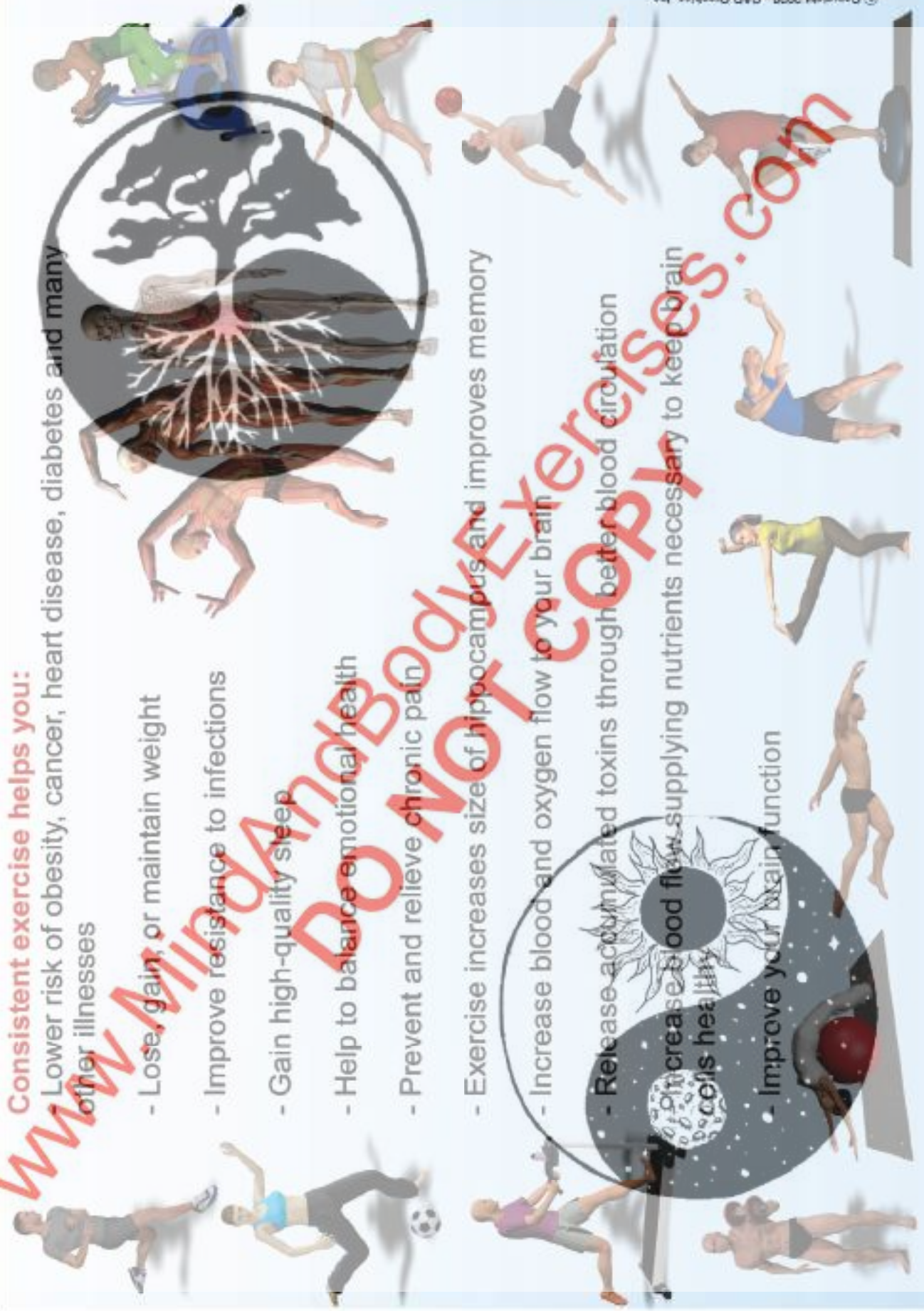
Benefits of Consistent Exercise

www.MindandBodyExercises.com

Consistent exercise helps you:

Lower risk of obesity, cancer, heart disease, diabetes and many other illnesses

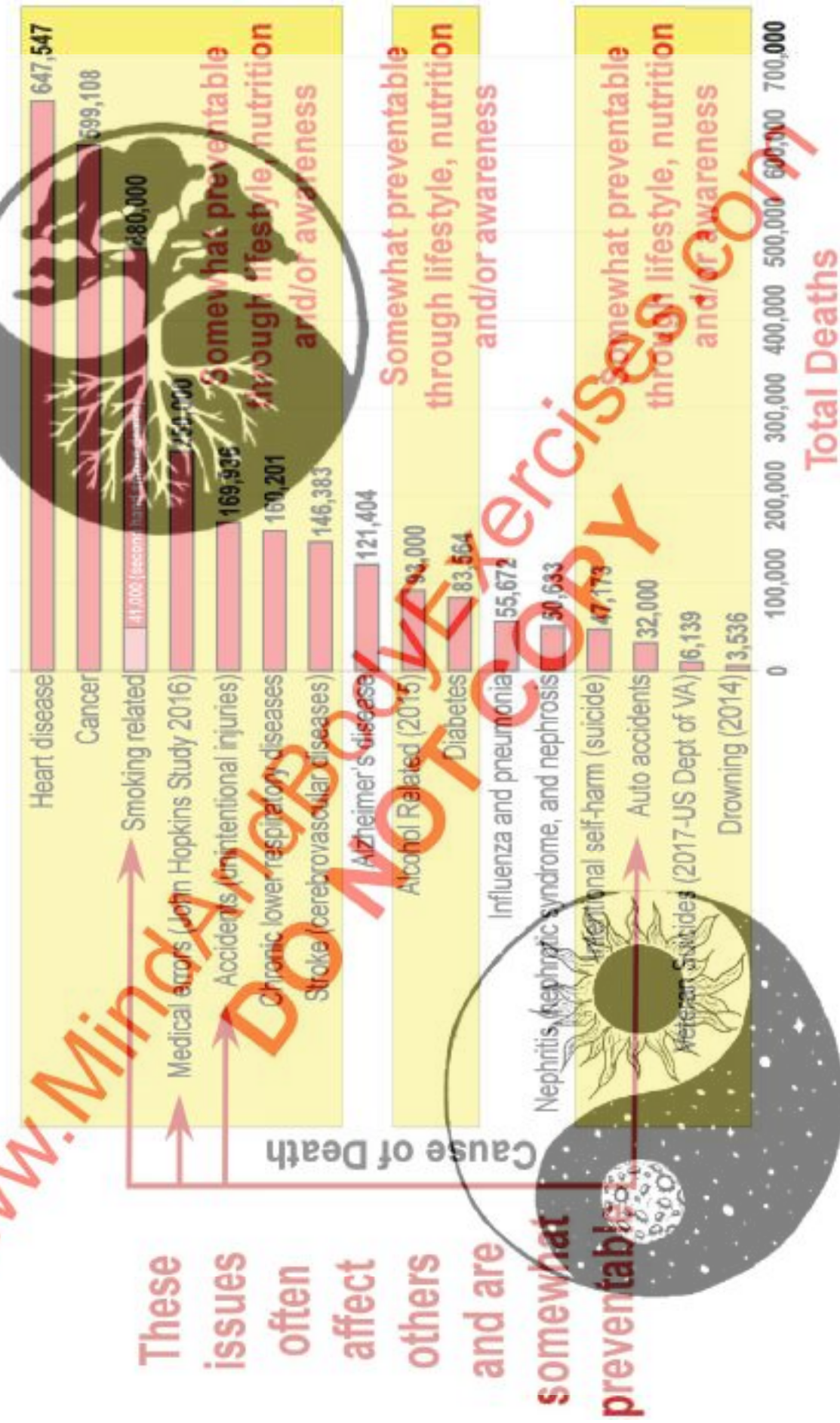
- Lose, gain, or maintain weight
- Improve resistance to infections
- Gain high-quality sleep
- Help to balance emotional health
- Prevent and relieve chronic pain
- Exercise increases size of hippocampus and improves memory
- Increase blood and oxygen flow to your brain
- Release accumulated toxins through better blood circulation
- Increase blood flow supplying nutrients necessary to keep brain cells healthy
- Improve your brain function



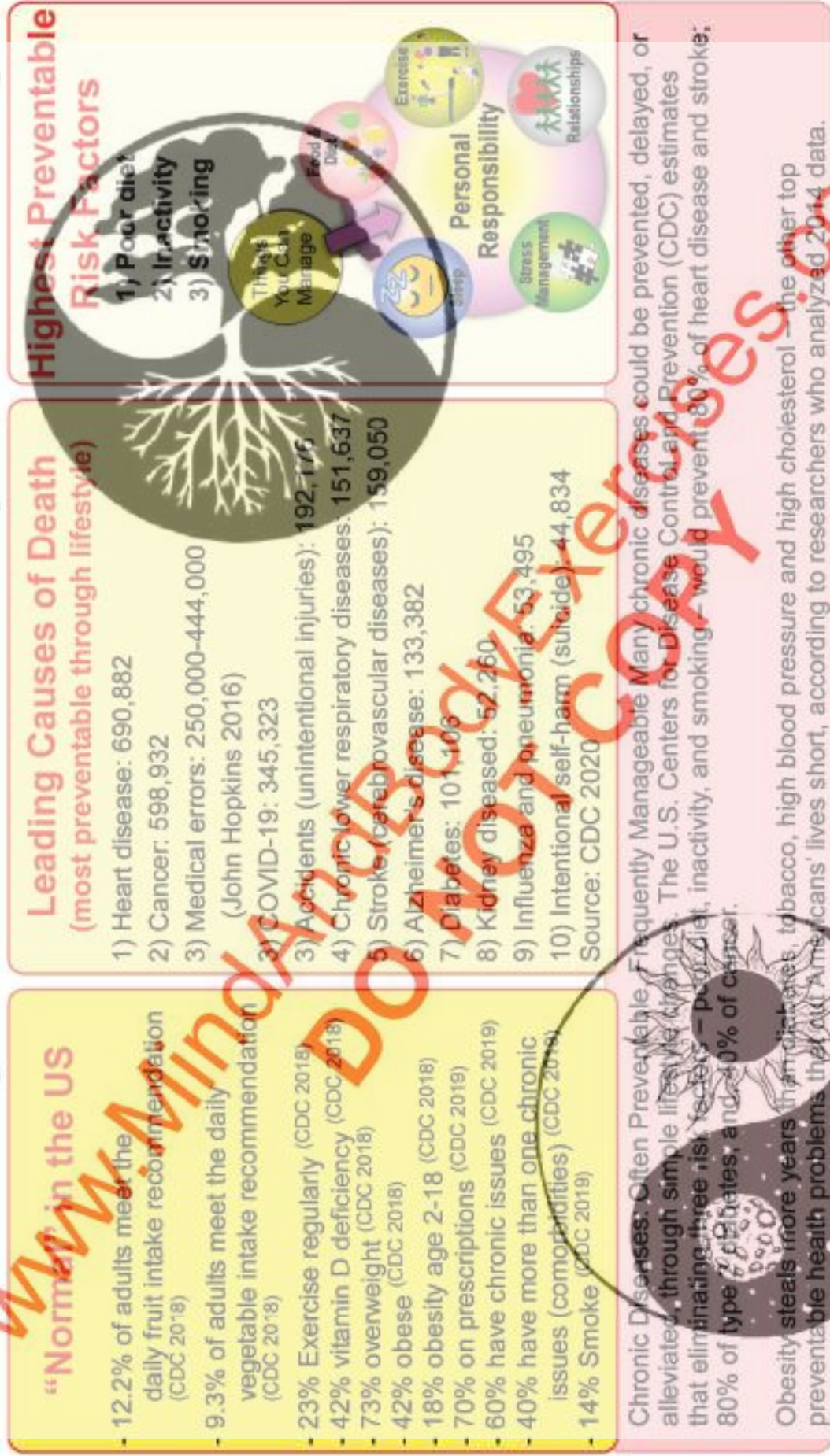
© Copyright 2020 - CAP Graphics, Inc.

Number of Yearly US Deaths for Leading Causes of Death

(CDC stats of 2017 unless noted otherwise)

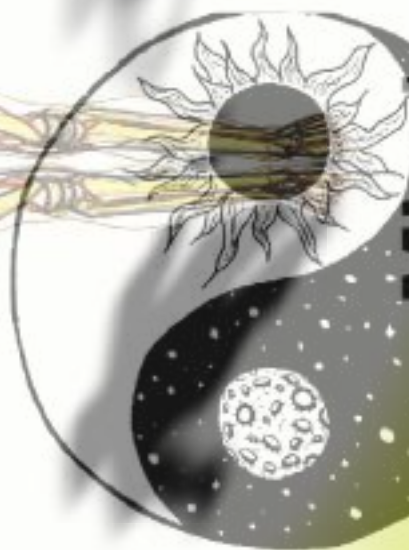


Is Returning to “Normal” Really a Good Thing?



If not being sick is the goal, we need to focus on being fit, well & healthy

Do you exercise beyond skin deep?



www.MindandBodyExercises.com

exercises for the mind, body & self-awareness

Welcome to Your New Part-time Job - Your Health!

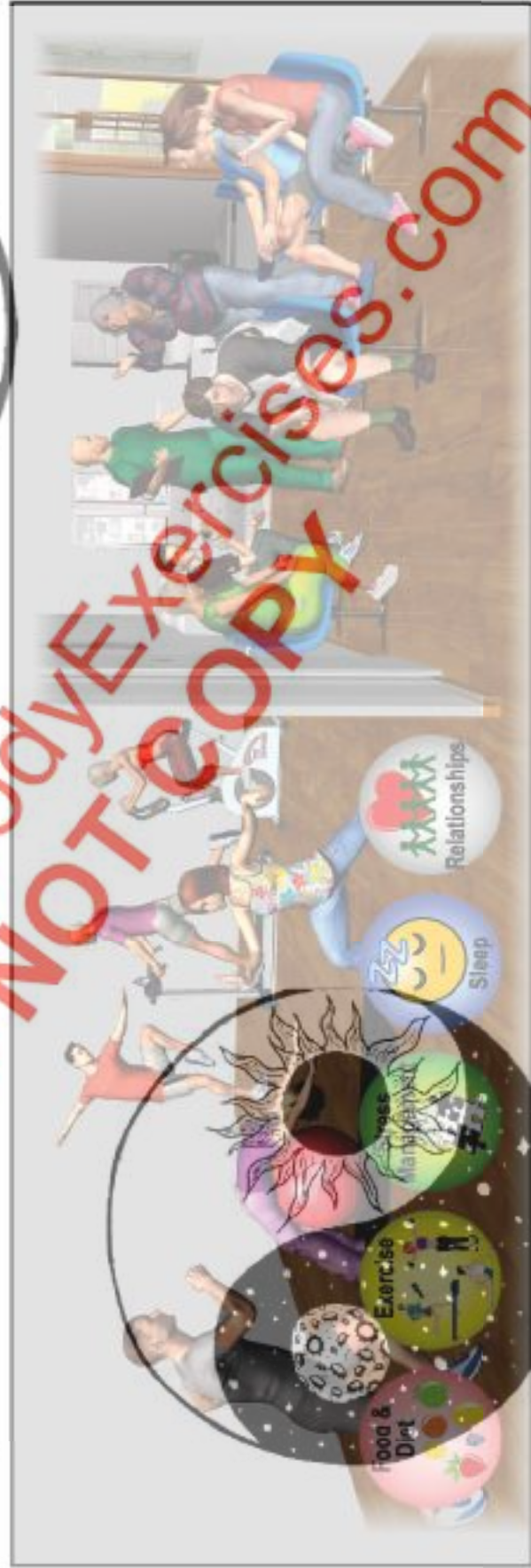
As we all continue to age, we need to decide how much time and effort we choose to put towards our health and well being. Weekly hours of time pursuing a healthy lifestyle can prevent potential hours at the doctor's office or days in the hospital.

Self-care

- relies mostly on the individual using preventative and proactive methods to maintain a healthy lifestyle.

Healthcare

- relies mostly on the individual seeking medical professionals to maintain their lifestyle free from illness and discomfort.



Your Choices = Your Health



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.

People with sitting As soon as you sit, jobs have twice the electrical activity in rate of cardiovascular the leg muscles disease as people shuts off with standing jobs.

Calorie burning drops to 1 per minute

Enzymes that help break down fat drop 90%

After 2 hours good cholesterol drops 20%

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

A ROOT CAUSE of DISEASE:

Breathing is too fast
& too shallow which can:

Affect Thoughts

Affect Emotions

Affect Blood Chemistry

Affect Organs & Functions

OVERALL HEALTH



www.MindAndBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

A ROOT SOLUTION to COMBAT DISEASE:

Activate the Parasympathetic Nervous System (PSNS)

12-18 breaths per minute average
keeps us in the Sympathetic
Nervous System of “Fight or Flight”

10 BPM or less activates PSNS

Fight or flight response transitions to
restore and regenerate

DOSE chemicals & hormones
released instead of Cortisol

D - dopamine

O - oxytocin

S - serotonin

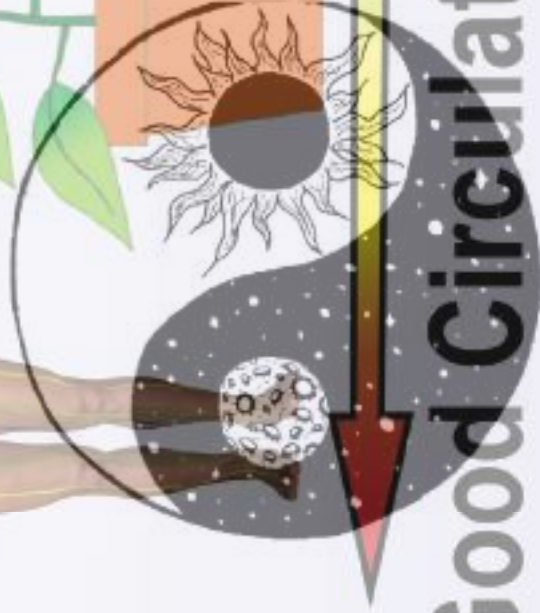
E - endorphins



Poor Circulation

Starts in the Toes & Fingers

However, it is usually an indication of other more serious issues.



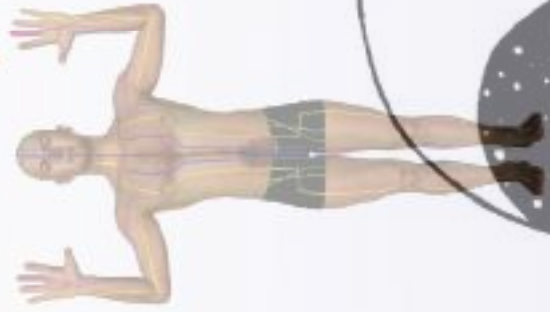
Good Circulation

Poor Circulation

www.MindandBodyExercises.com

Poor Circulation Starts in the Toes & Fingers

Poor circulation or Peripheral Arterial Disease (PAD) is the restriction of blood flow to the arteries of the arms and legs. When arteries become narrowed by the accumulation of cholesterol and other materials on the walls of the arteries also known as plaque, the oxygen-rich blood flowing through the arteries cannot reach the fingers and toes.



As trees and plants age or lack water and nutrients, it becomes more difficult for the water to travel to the parts farthest from the roots, reaching the leaves and branches. This is why we see the leaves on trees and plants wither before they die. Just like a tree, our bodies have difficulty getting the blood to circulate to the farthest parts from the heart, being the fingers and toes. This concept leads to the realization that we need to put extra attention towards the fingers and toes to insure good blood circulation throughout the whole body.

Often people look for medicine to achieve this, when in reality a balanced diet and proper exercise can be the solution. Most people that do exercise, usually don't focus specifically on exercising the toes and fingers and consequently still develop arthritis, rheumatism, and other issues within the hands and feet. Tai Chi, qigong and yoga are methods that engage all parts of the body literally, from head to toe and not just the main muscle groups.

www.MindandBodyExercises.com

Vicious Cycle of Healthcare Mentality



Factors to Achieve a Healthier Mind, Body & Spirit

1 - A lineage of methods that have proven the test of time



Ancient Exercise Methods That Benefit the Mind, Body & Spirit

BaguaZhang
(origins in 16-18 century AD)

Qi Gong

Asian Martial Arts
(origins in 4-5 century AD)

Qigong (Yoga)
(origins in 1000-1600 BCE)

2 - A teacher that has the knowledge & is willing to share



3 - A community of like minded peers for support & contrast



Do your personal goals revolve around working out to stay in shape (fitness) — or working out for your mind, body and spirit (wellness)?



Checklist to Achieve a Healthier Mind, Body & Spirit

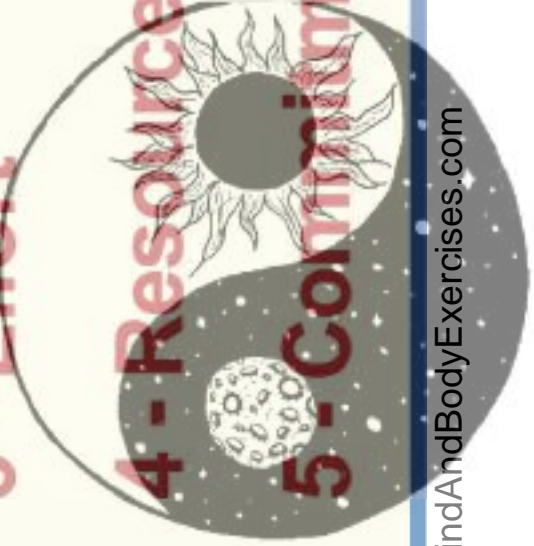
1 - A goal/sense of purpose

2 - Time

3 - Effort

4 - Resources

5 - Commitment to yourself



FITNESS

vs.

HEALTH

vs.

WELLNESS

focuses on your physical health including nutrition, strength, conditioning, flexibility, and body composition with specific markers based on body size, gender, body type, training style, and training age. Fitness is a component of wellness but wellness isn't a component of fitness.

is a state of being - physical, mental, and social well-being. Primary determinants of health include the social, economic, and physical environments, and individual characteristics and behaviors.

includes fitness but it's broader. Wellness considers all of your choices and how they create your entire lifestyle. Wellness includes many facets, and looks at the way they interact to create balance or imbalance. Think of wellness as a web, then plucking it one part creates reverberations across the web.

Wellness is the state of living a healthy lifestyle. Wellness is considered a conscious, self-directed and evolving process of achieving full potential. Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment. Wellness is finding a balance between all of these and enhancing a sense of happiness.

Wellness

Does NOT Book Exercises.com

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness

Wellness

Health

Fitness



Good Health is More Than Skin Deep



A balanced mind, body & spirit make a person **wealthy in being healthy!**

Exercising to achieve performance or attractiveness is often rewarding. However, as we age the following become essential to maintaining health and well-being.

- range of motion
- joint strength
- fine motor skills
- adequate sleep

- bone density
- thought engagement
- stress management
- balanced organ function

Are You an Inspiration or a Warning?



A Path to Inner Peace

So often we speak of having inner peace to become better humans, but how do we choose to actually evolve to achieve this? Should have, could have, would have... all lead to a life of regrets as we realize what is truly most important to us. Our mind, body and spirit, no? Family and friends are also important, but without yourself it is very difficult to enjoy your family and friends. A way to experience peace is by having the freedom to satisfy your life desires. Self-discipline is the root to achieve any worthwhile goal. And **YOU** are in charge of pursuing **YOUR** inner peace.

Strength Over Yourself is Wisdom;

Strength Over Others is Power

Anything is Possible With a Strong Will

Put in The Effort; no Free Rides

Realize You Are in Charge of Your Reality

Utilize Resources - Books, Teachers, etc.

Establish Your Need

Explore Something New

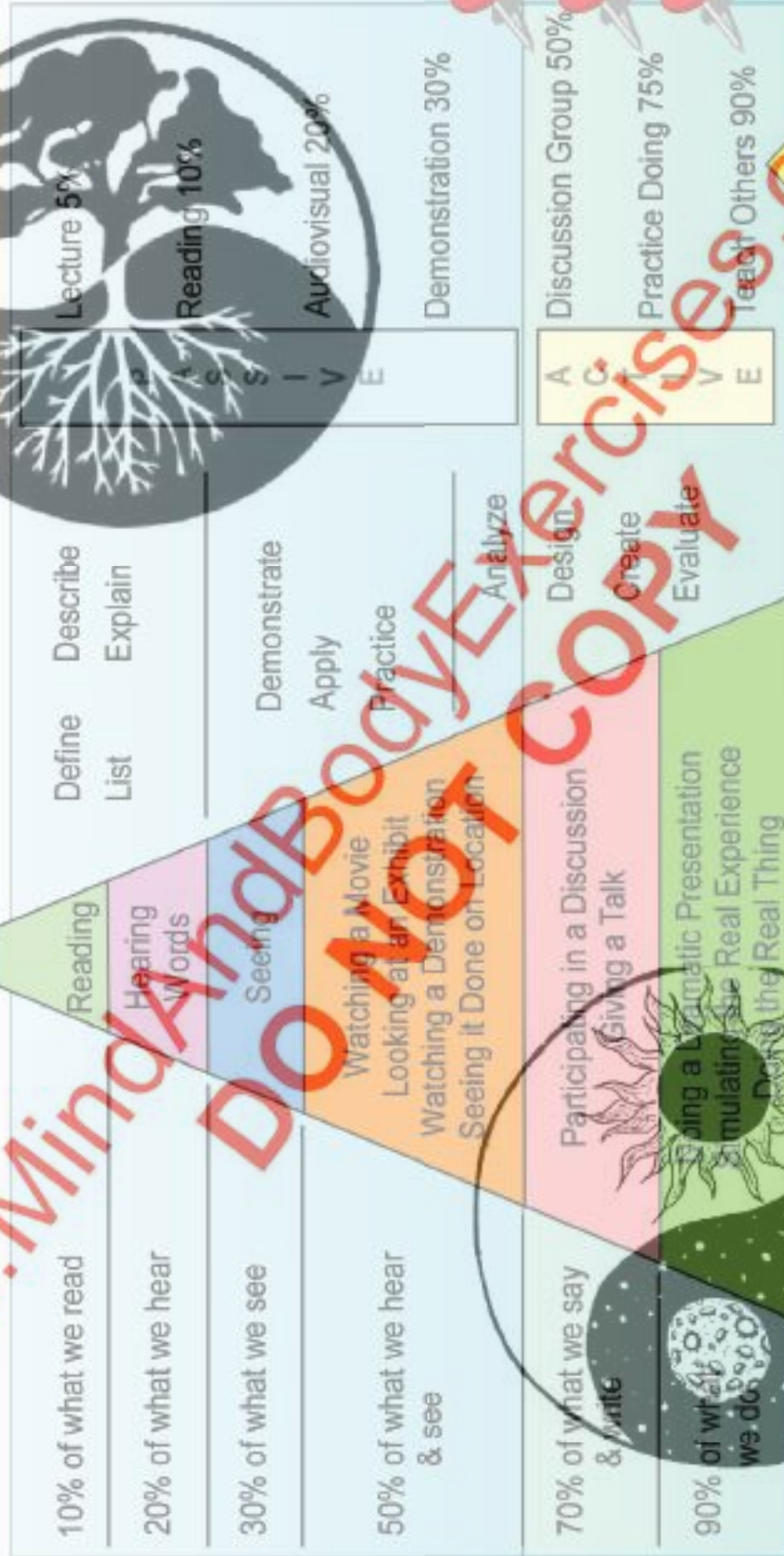


The Cone of Learning

After 2 Weeks,
We Tend to Remember:

People Are Able To:
(learning outcomes)

Teaching Methods
(retention)



I see and I forget.
I hear and I remember.
I do and I understand
- Confucius

Really where we need
to be to successfully
understand subject matter

Some Options to Manage Pain

www.MindAndBodyExercises.com

Western Methods

Pain Relievers

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

Antidepressants and Anticonvulsants

Medications that also have benefits for treating depression and seizures

Exercise

Exercise and physical therapy have been known to ease pain symptoms

Cognitive Behavioral Therapy

Managing thoughts and behaviors related to pain

Ancient Eastern Exercise Methods

Tai Chi

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

BaguaZhang

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

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

Other Methods Using Reflexology, Energy Meridians and/or Specific Strategic Trauma

Massage

General or specific manipulation by 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 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.

These methods are all part of the same branch of knowledge of our internal energy flow to enhance longevity or relieve blockages within the human body.

The mind, body and awareness (spirit) are all interconnected. An imbalance or deficiency in one, greatly affects the other areas.

Factors to Achieve a Healthier Mind, Body & Spirit

- 1 - A lineage of methods that have proven the test of time
- 2 - A teacher that has the knowledge & is willing to share
- 3 - A community of like minded peers for support & contrast

Movement within the 3 Anatomical Planes

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

Balance in strength, flexibility, coordination

3 axes of movement, most range of motion in flexibility & strength

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

Posture & Symmetry

Posture affects the nervous, muscular, circulatory & skeletal systems

Balanced Imbalance

Posture affects the spine, which affects the nervous, muscular, circulatory & skeletal systems

Spinal Anatomy Relationships

When one part moves, all parts move

There are many individual exercises and techniques, that can stretch and release tension of the fascia, trains, improve posture, engage one's thought, and activate the parasympathetic nervous system throughout the human body. Tai Chi, Qigong, Yoga and Pilates are methods that are preventative or post-injury low impact exercises.

Methods for Self-reflection

- 1 - Observation
- 2 - Contemplation
- 3 - Meditation
- 4 - Prayer

Engaging the mind to become the observer of one's thoughts

Thoughts Affect Your Health

Emotions can change blood chemistry

Reflexology

Flexibility and health of the hands & feet can affect various components of the body

Acupressure is another name for reflexology

Parasympathetic & Sympathetic Nervous Systems

*"Fight or flight response" alters the blood chemistry

Fascial Trains - connective tissue

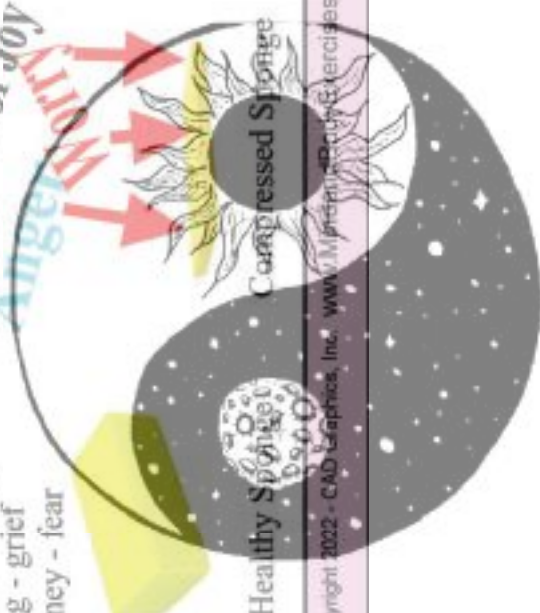
Poor elasticity affects the whole body

www.AnaBoo.com
 Control What You Can - You
 DO NOT COPY EXERCISES.COM

Similar to a sponge, the mind and body absorb positive as well as negative energy. Each emotion affects an internal organ. Exercises such as meditation, yoga, tai chi and others can help to balance our emotions.

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

Grief Fear
 Excess of Joy
 Anger Worry



© Copyright 2022 - CAD Graphics, Inc. www.AnaBoo.com

Life's Challenges Pressing Inwards

Work
 Family
 Culture

Your Consciousness

Friends
 Society
 School

You Pressing Processes Outwards
 You Realizing That You Control You

Internal Strife



NO CONTROL
 Feeling like others control your thoughts, actions and life

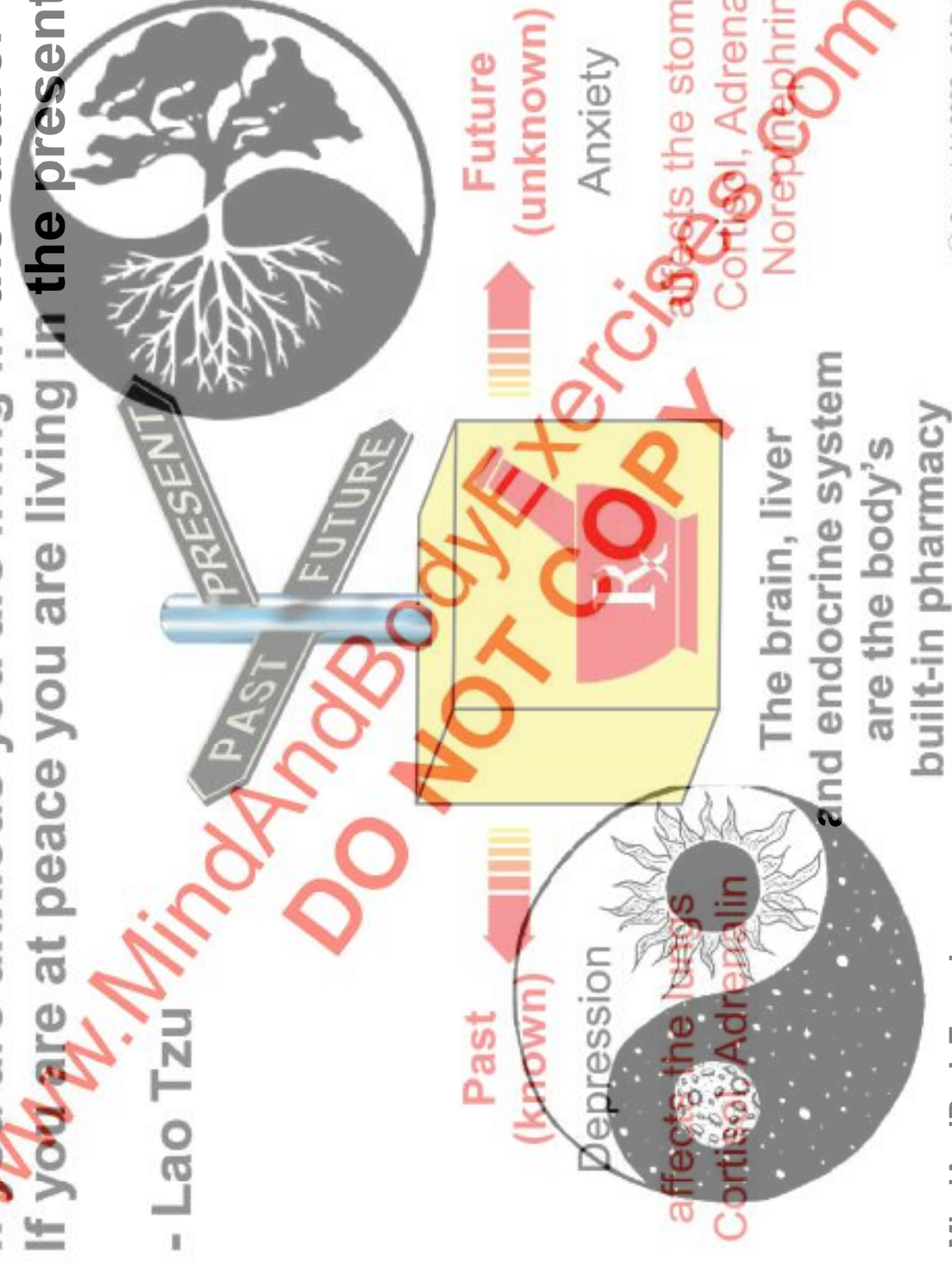
SELF-CONTROL
 Choosing to do what is right, in spite of your personal gain or loss

“If you are depressed you are living in the past.

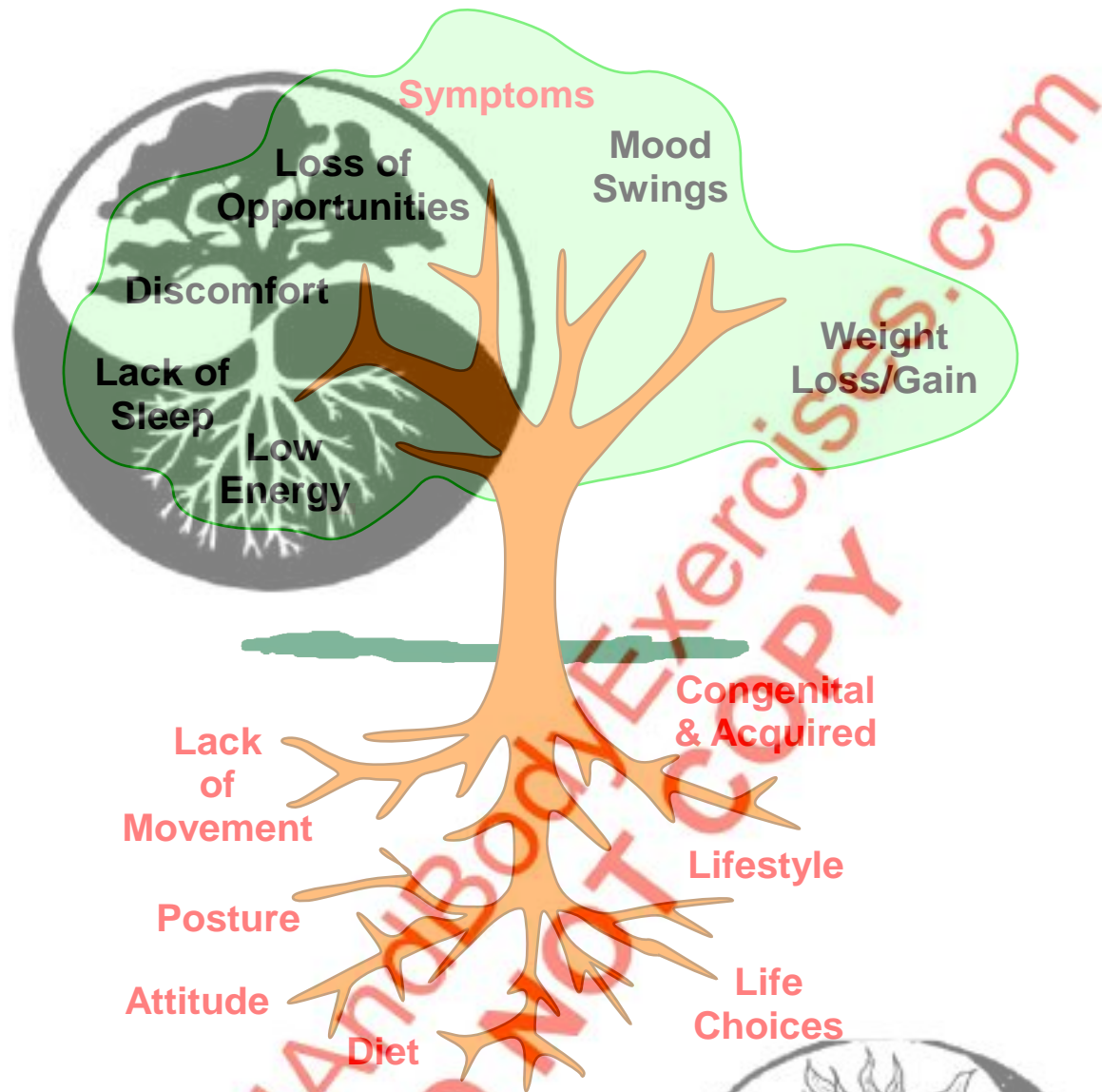
If you are anxious you are living in the future.

If you are at peace you are living in the present.”

- Lao Tzu



Address the Root Causes of Pain and Illness



Copyright 2018 - CAD Graphics, Inc.

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:

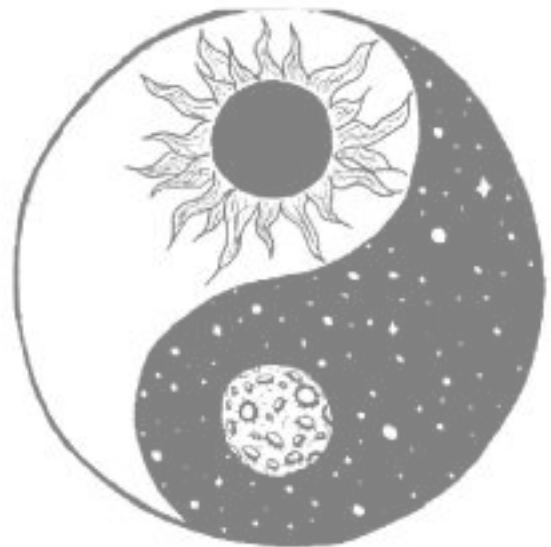
Root Causes

- 1) Environmental
(due to 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 - leading to shallow breathing
(factors cause the body's blood chemistry to compensate for the engaging of the fight or flight response)



Anatomy & Physiology

**(Specific Health Issues
& Relative Exercises)**



The 3 Hearts

www.MindandBodyExercises.com

There is one physically named heart in the human body located near the center of the chest. However, there are also two other areas that help to circulate blood and therefore, energy (qi) throughout the body.

The 1st heart is responsible for the basic circulation of blood and oxygen from the lungs. This is also where the SA Node (sinoatrial) is located, which is the electrical signal that causes the heart chambers to contract or pump.

The second heart is the diaphragm located beneath the lungs and above the abdominal cavity. Movement of the diaphragm aids in blood circulation to the organs and lower extremities.

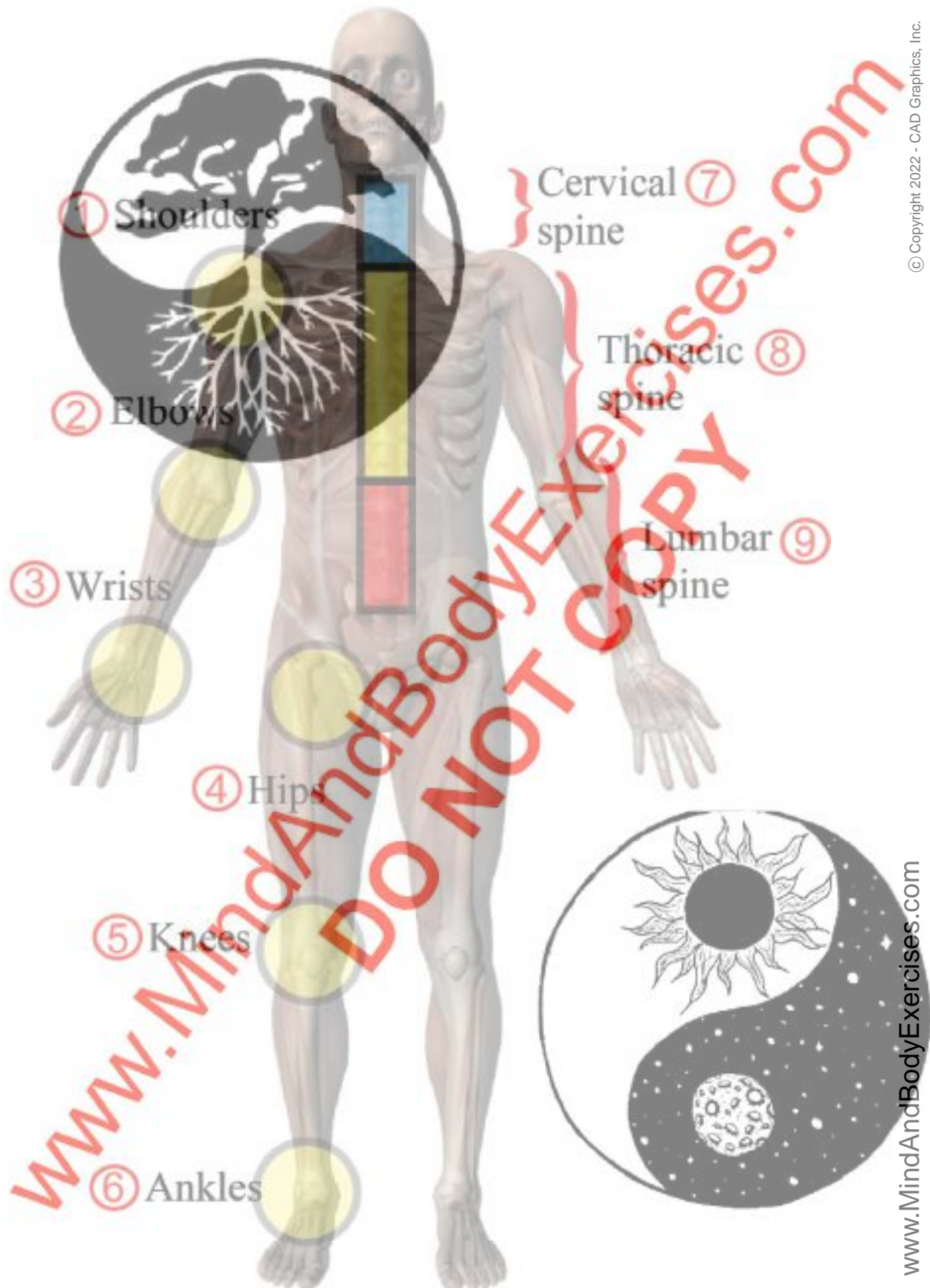
The 3rd heart would be the Plantar Plexus located in the foot in combination with the calf muscles. The extension and contraction of both the calves along with movement of the foot and ankles, aids in pumping the blood back up to the heart.

Tai Chi, qigong and yoga have long been known to activate and engage the 3 hearts, and consequently improve circulation and overall health.



© Copyright 2020 - CAD Graphics, Inc.

The 9 Gates - Major Joints



9 Gates

There are 9 main joints or sets of joints, which are also called gates. These gates are where blood and energy have to pass in order to nourish and energize the human body. 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.

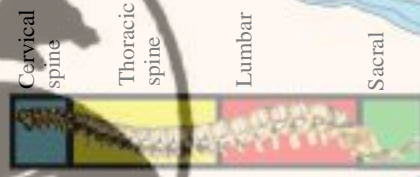
Three Hearts

There is one physically named heart in the human body located near the center of the chest. However, there are also two other areas that help to circulate blood and therefore, energy (chi) through out the body. The 1st heart is responsible for the basic circulation of blood and oxygen from the lungs. The second heart is the diaphragm located beneath the lungs and above the abdominal cavity. Movement of the diaphragm aids in blood circulation to the organs and lower extremities. The 3rd heart would be the Plantar Plexus located in the foot in combination with the calf muscles. The extension and contraction of both the calves along with movement of the foot and ankles, aids in pumping the blood back up to the heart.

Dermatomes

Dermatome is a Greek word meanings "skin cutting". A dermatome is an area of the skin, supplied by nerve fibers from a single nerve root. Dermatomes are named according to the spinal nerve which supplies them.

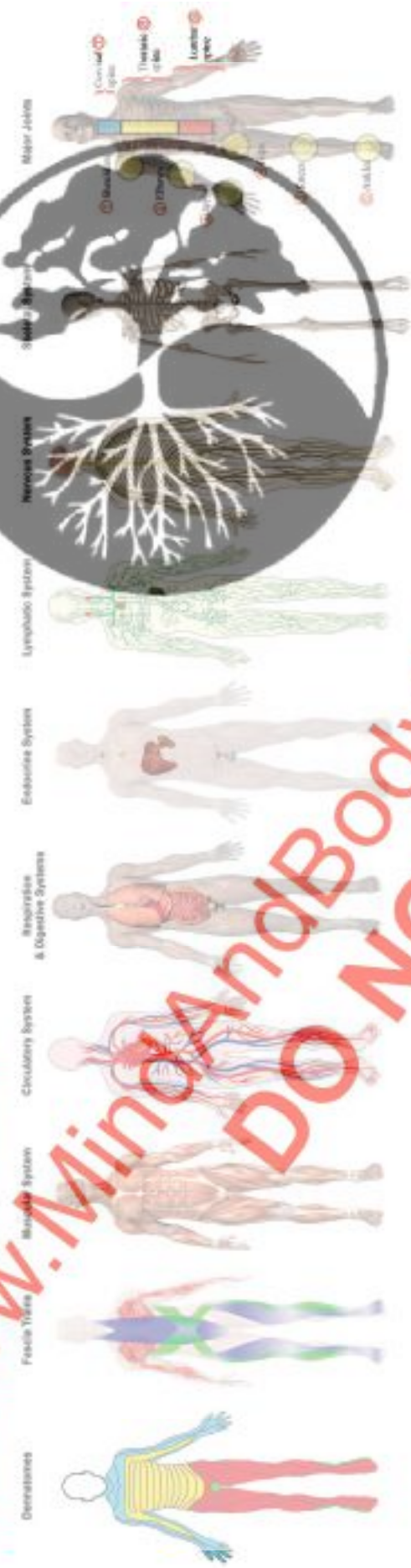
In this chart, the boundaries of dermatomes is somewhat defined. In reality, there is some overlap is to what areas are effected by which nerve roots. This theory is helpful in understanding how spinal health and pain are very much connected within the human body.



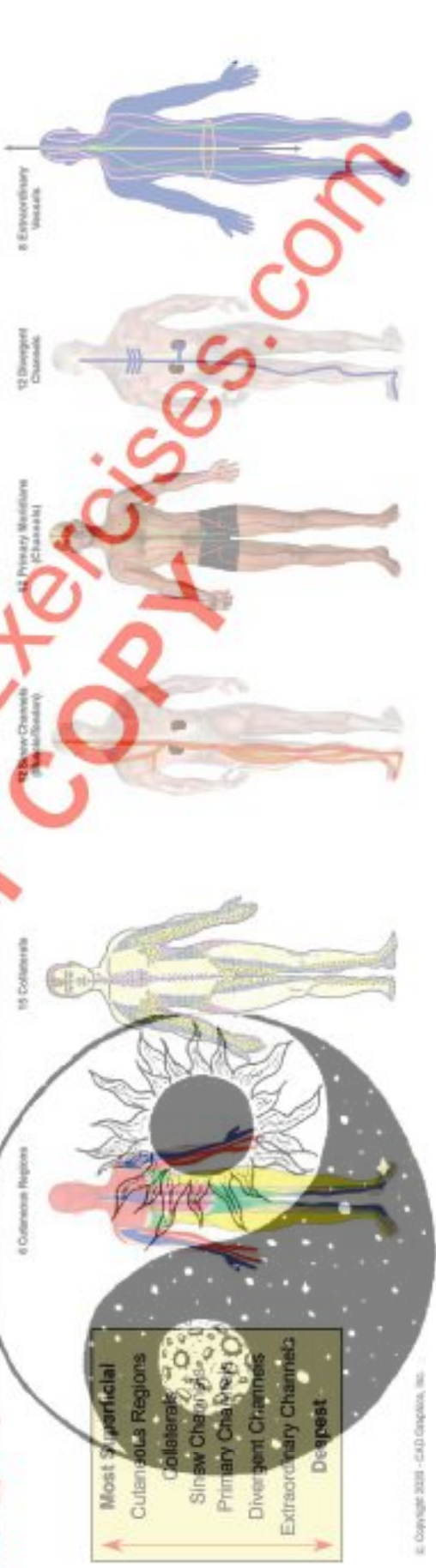
NOTE: This study guide is a general reference for the concepts shown.

© Copyright 2016 - CAD Graphics, Inc.

Physical Layers (Modern Medicine)



Energy Layers (Traditional Chinese Medicine)



Stretching of the Fascial Trains

www.MindAndBodyExercises.com

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 losses 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.



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

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 fascial train spanning the brow line to the soles of the feet)
- Activates the hip, 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

Modifications for those unable to stand while performing this exercise



Fascial Trains (connective tissue)

Superficial
Front
Line



Superficial
Back
Line



Spiral
Line



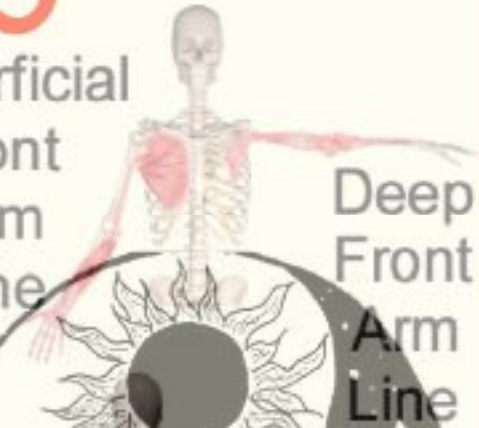
Lateral
Line



Deep
Front
Line



Superficial
Front
Arm
Line



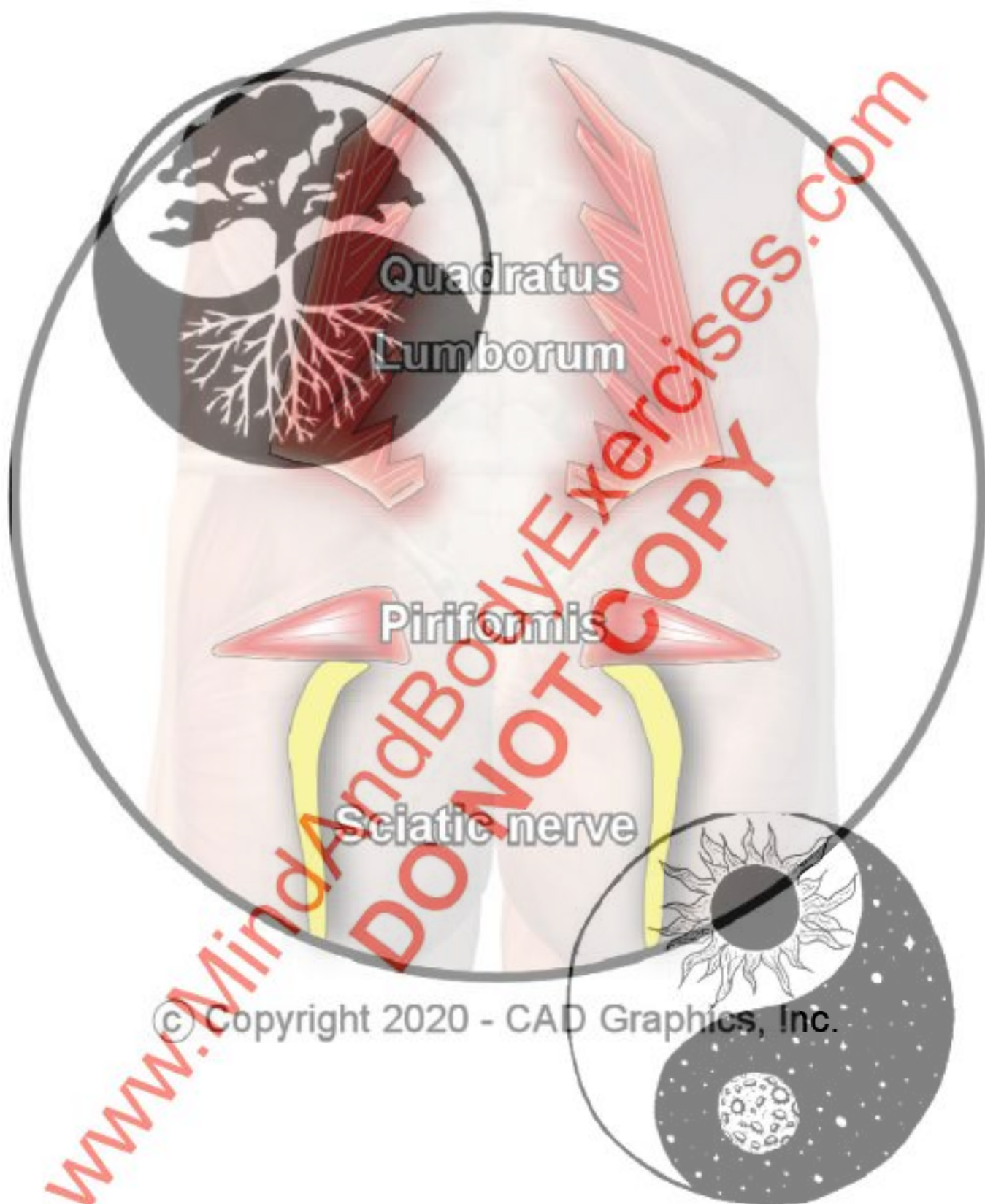
Deep
Front
Arm
Line

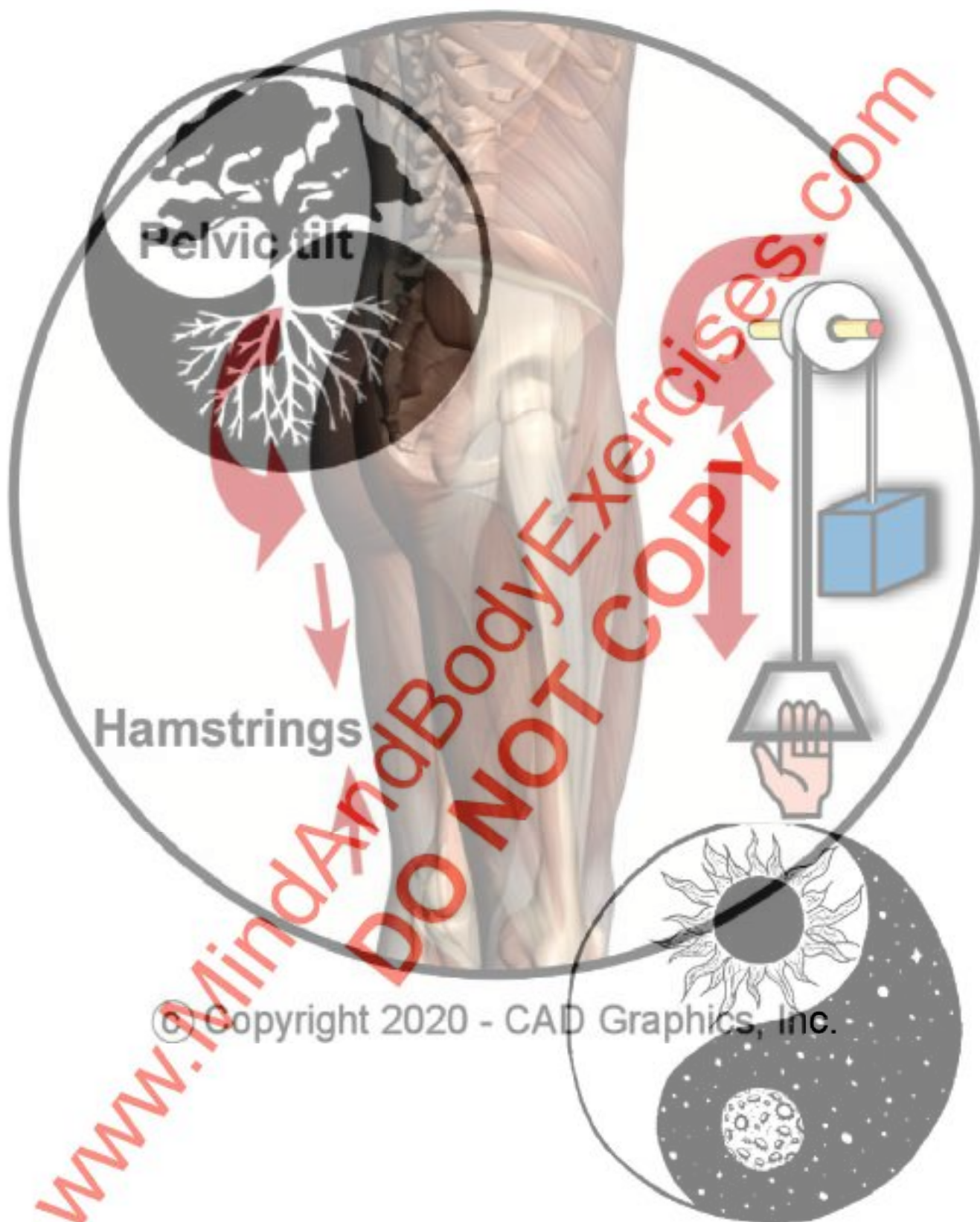
Deep
Back
Arm
Line



Superficial
Back
Arm
Line

Poor elasticity affects the whole body





© Copyright 2020 - CAD Graphics, Inc.

Relieve Sciatica & Lower Back Pain

www.MindandBodyExercises.com

Sciatica can be more painful and debilitating than the occasional strain or pulled muscle. Causes of back pain can be many ranging from poor posture, heavy lifting, sports injuries and lack of exercise among others. Most muscle pain goes away within a few days or weeks but sciatica can be an ongoing chronic symptom of a more serious condition requiring extra attention. 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 sitting can tighten these muscles as well as lack of activity on a regular basis. The set of exercises on page 2 of this graphic, lengthen, strengthen and increase flexibility within the spine, which improve posture. These are key factors with sciatica as the vertebrae can pinch the nerve root.

Symptoms of Sciatica:

- pain in lower back, hips, legs and/or feet
- burning, tingling, numbness, weakness

Causes of Sciatica:

- disc herniation
- bone spurs
- postural imbalances
- tight muscular structure
- obesity
- injury

Treatments:

- rest
- chiropractic
- exercise
- surgery
- pain meds
- massage
- therapy
- acupuncture

Compressed Spine

Can Affect Other Areas

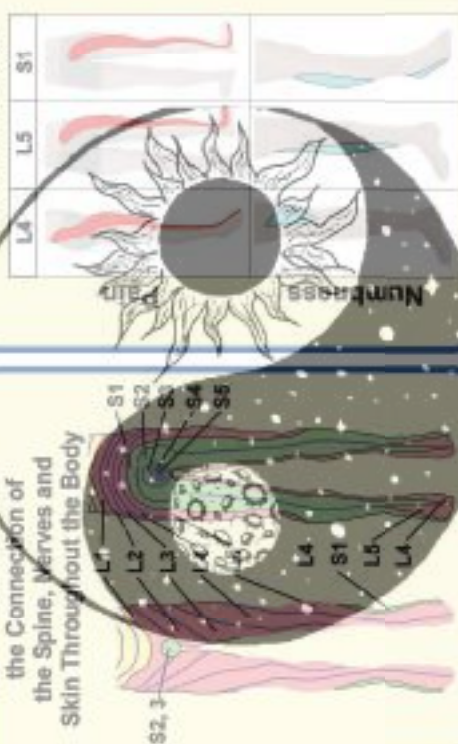
The health of the spine affects the nervous, muscular, circulatory & skeletal systems



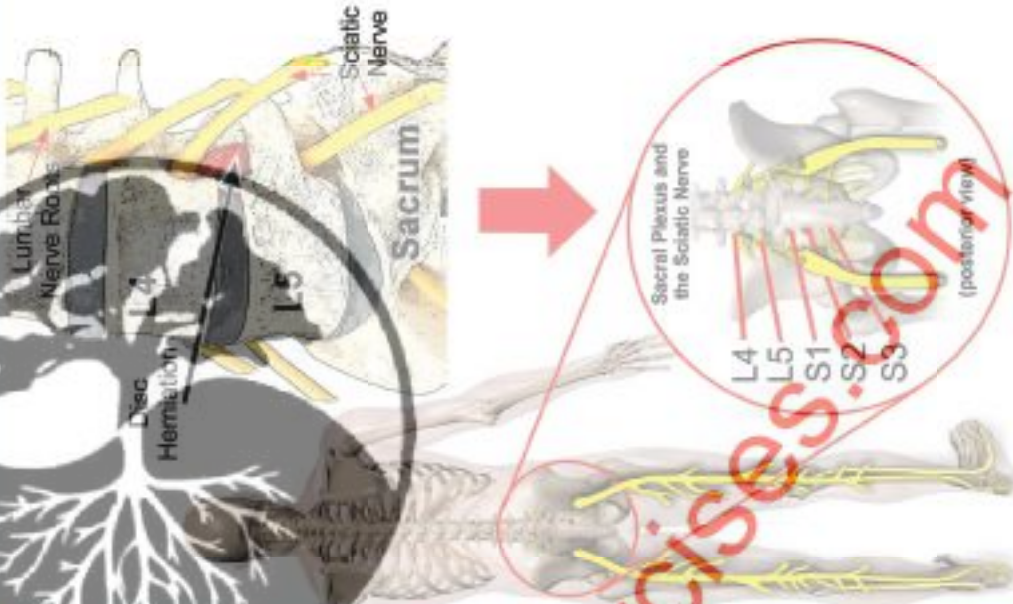
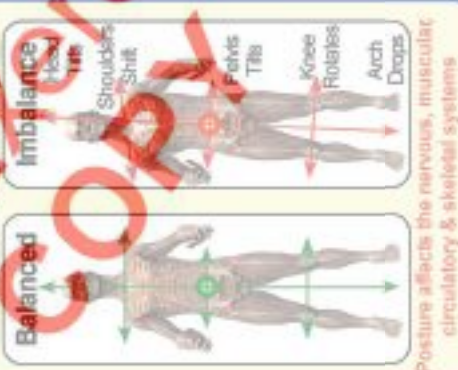
Just like the tensegrity model, tension on one area, can affect tension on all components throughout the structure.



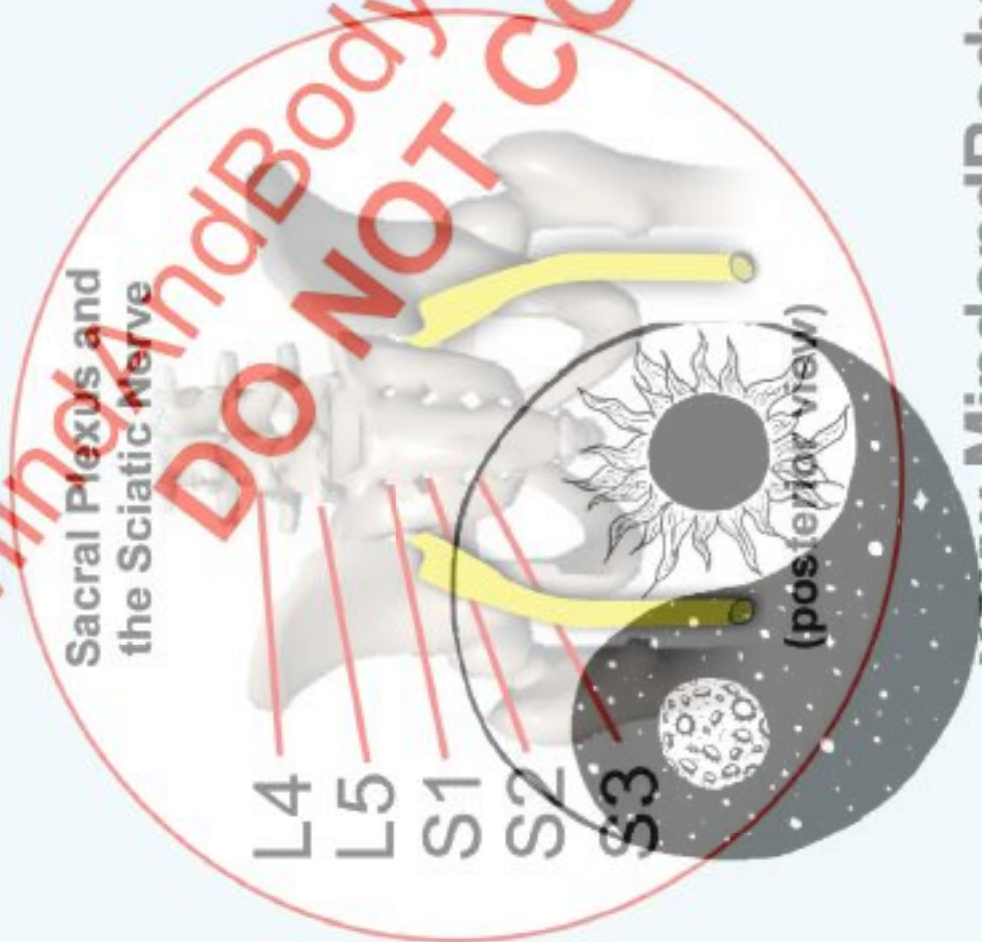
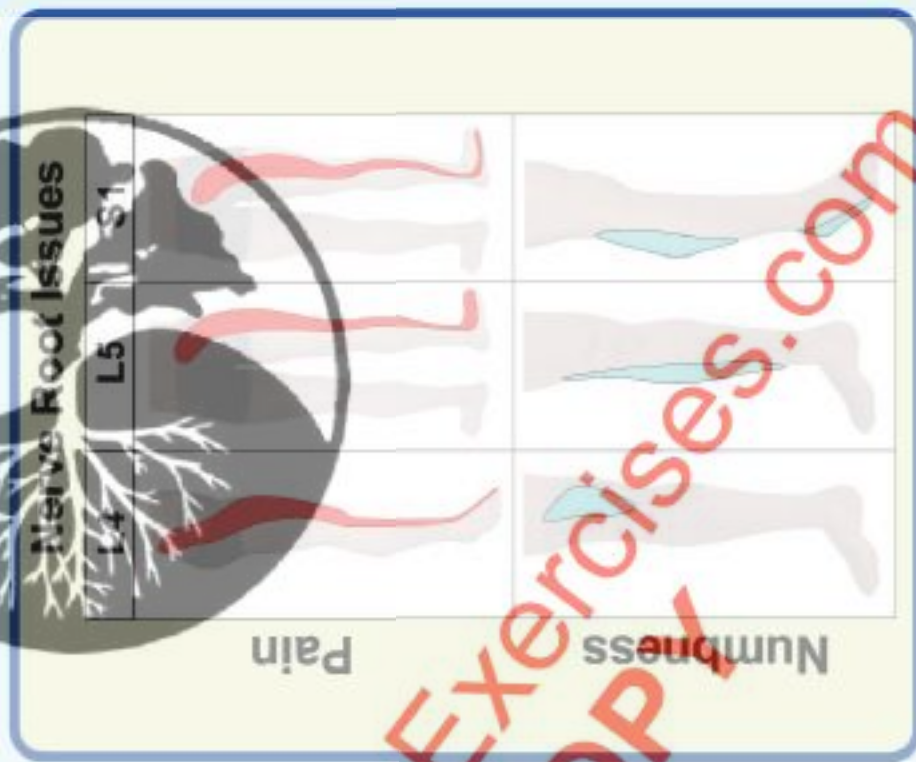
Dermatomes Show the Connection of the Spine, Nerves and Skin Throughout the Body



Posture & Symmetry



Sciatica - Connection of Pain & Numbness



www.MindandBodyExercises.com

Sciatica - Pain in the Butt!

Symptoms of Sciatica:

- pain in lower back, hips, legs and/or feet
- burning, tingling, numbness, weakness

Causes of Sciatica:

- disc herniation
- bone spurs
- postural imbalances
- tight muscular structure
- obesity
- injury

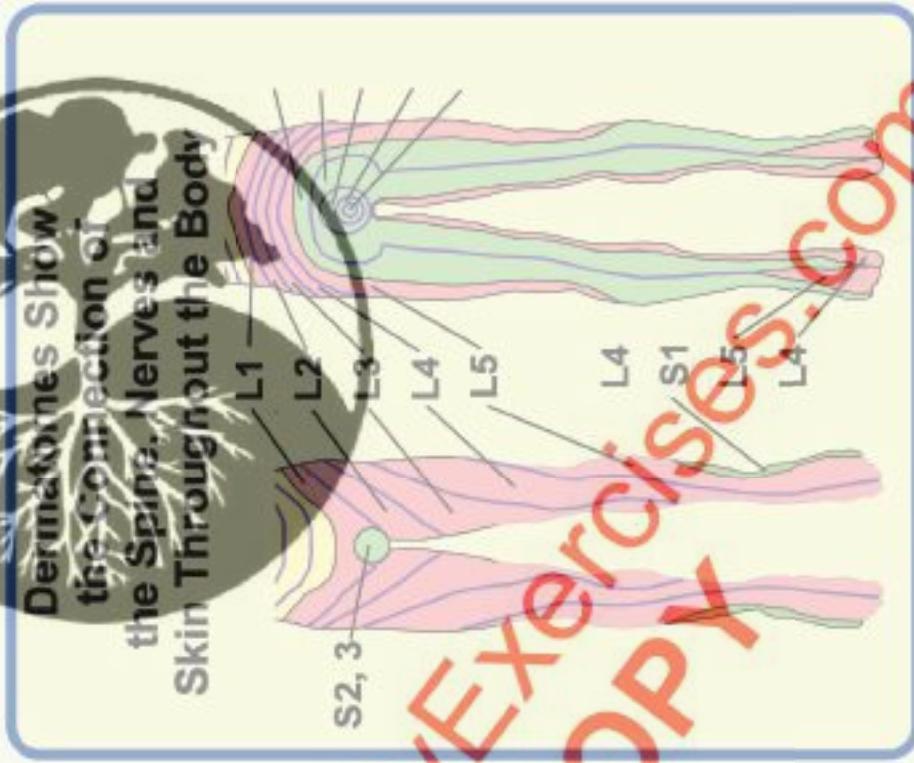
Treatments:

- rest
- chiropractic
- exercise
- surgery
- pain meds
- massage
- therapy
- acupuncture



www.MindandBodyExercises.com

Sciatica - One Part Affects Other Parts!



www.MindandBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

Compressed Spine Can Affect Other Areas

The health of the spine affects
the nervous, muscular,
circulatory & skeletal systems

L
u
m
b
a
r

Lg. Intestine L1

Appendix L2

Bladder L3

Prostate L4

Sciatic - legs L5

Hips - glutes Sacrum

Anus-rectum Coccyx

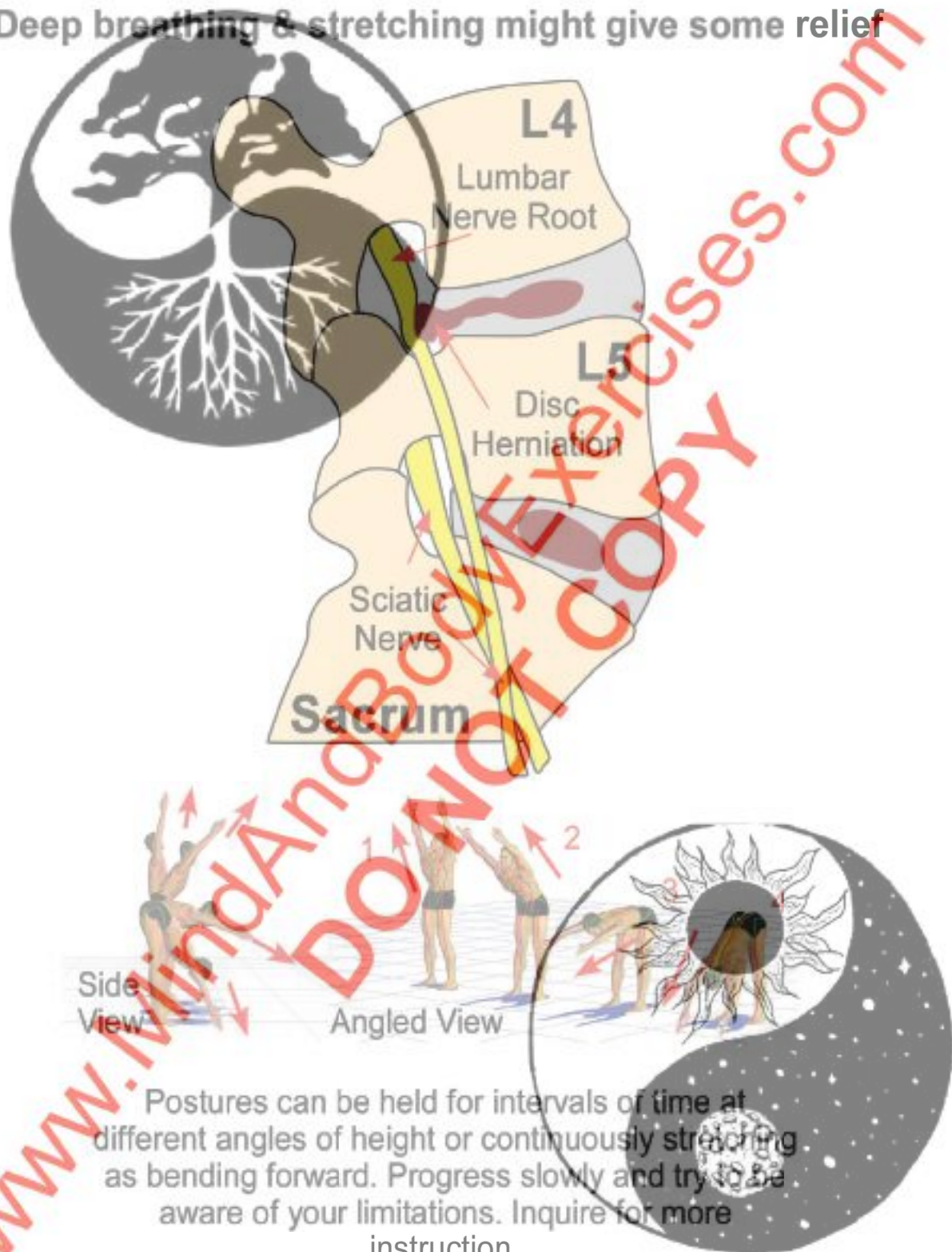
Healthy Lumbar Spinal
Compressed Lumbar Spine



www.MindandBodyExercises.com

Sciatica or Back Pain?

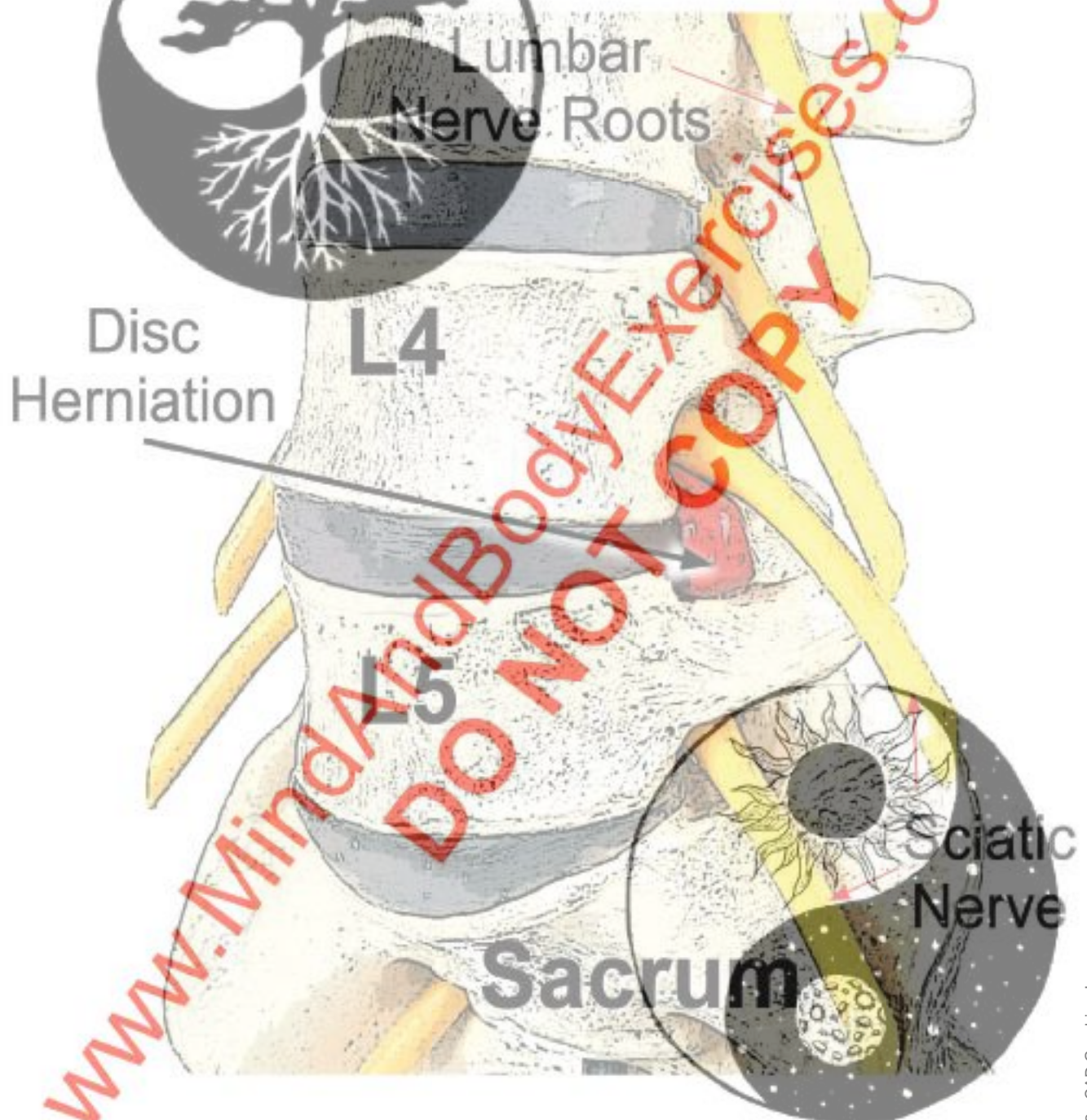
Deep breathing & stretching might give some relief



Postures can be held for intervals of time at different angles of height or continuously stretching as bending forward. Progress slowly and try to be aware of your limitations. Inquire for more instruction.

www.MindAndBodyExercises.com

Injured Spine Can Affect Other Areas



www.MindandBodyExercises.com

Relieve Chronic Lower Back Pain

www.MindAndBodyExercises.com

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. 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.

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



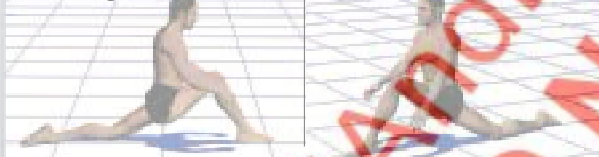
Sit on the buttocks as leaning the upper body forward. Focus more on the torso coming forward than the hands reaching the feet.

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.

Low lunge



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

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.

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.

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.

© Copyright 2009 - CAD Graphics, Inc.

Strengthen Your Back (set #1)

www.MindAndBodyExercises.com

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 moving 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 where as 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 back health is an ongoing task. A consistent regimen of these exercises can help prevent problems before they arise.



Stand with feet shoulder-width apart. Hands at the hips as 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 in sets of 10 until desired amount of repetitions is achieved.



Knee Up

Top View



Front View

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



Knee Up & Torso Twist



Top View



Front View

Same as knee up exercise but add twisting the torso towards the raised knee as trying to touch the heel of the foot to the opposite raised knee.



Horse Stance & Torso Twist



Top View



Front View

Same as 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.

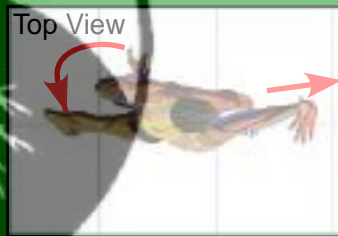
© Copyright 2009 - CAD Graphics, Inc.

Strengthen Your Back (set #1)

www.MindAndBodyExercises.com



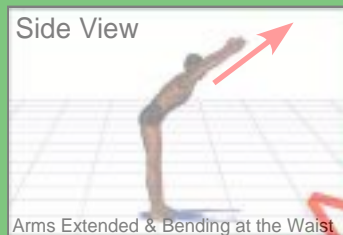
Feet slightly wider than shoulder width, knees bent, hands open positioned next to the hips. Back straight, lower back arched inward as hips sink down.



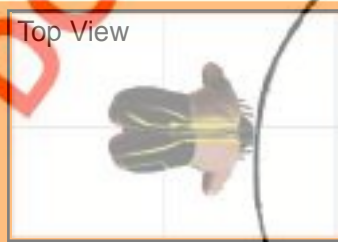
Left Bo stance as opposite arm extends out and away from back heel. Left hand, arm & shoulder twists with the torso towards the left. Sink hips.



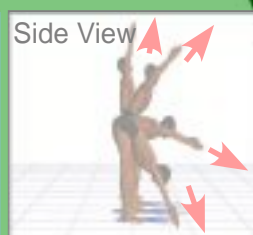
Same as the above 2 exercises but linking them together and alternating on both sides.



Rest on hands and knees as pulling stomach 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.

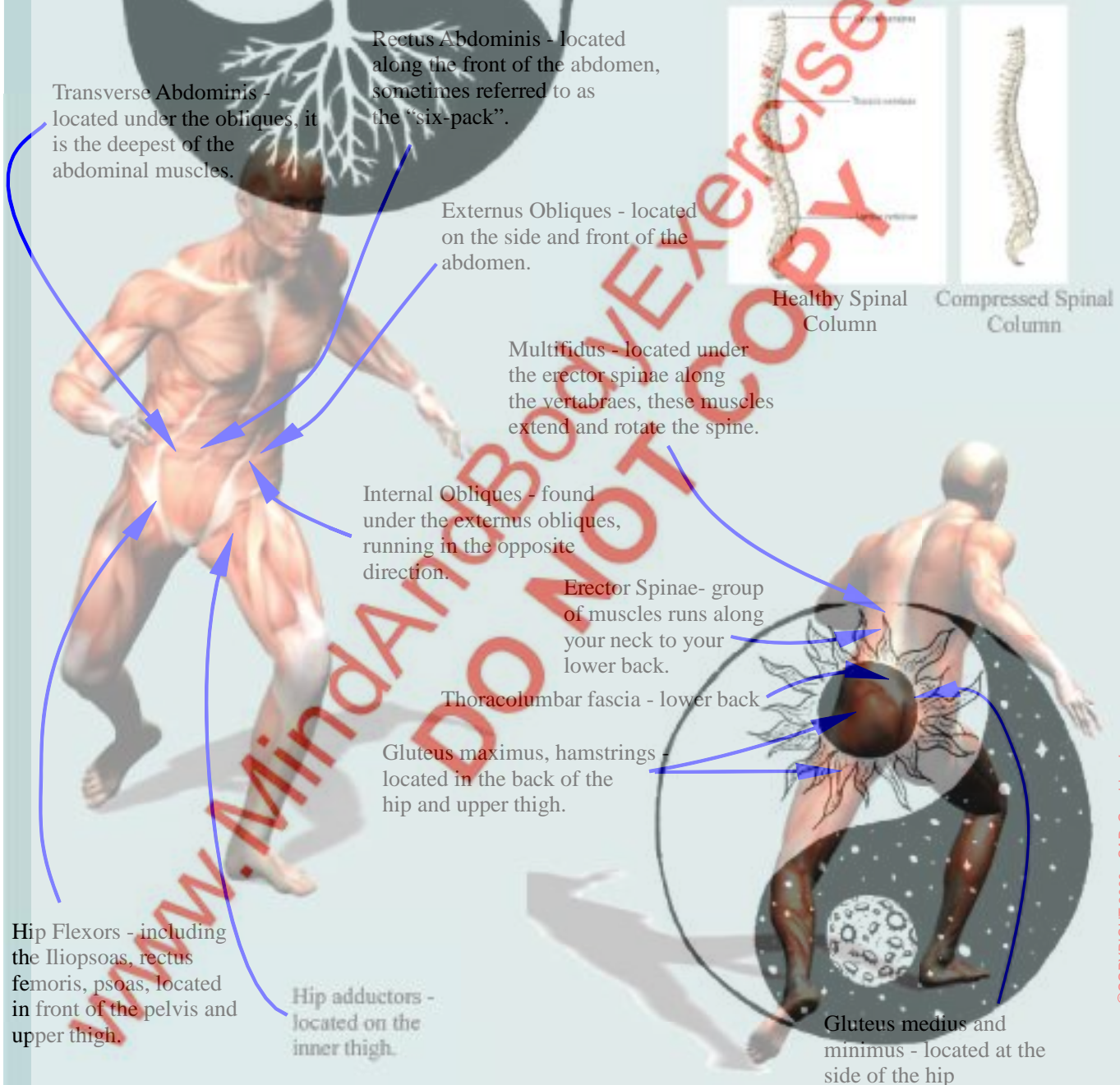


Combination of above 2 exercises. Can be held for intervals of time at different angles of height or continuously stretching as bending forward.

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.

© Copyright 2009 - CAD Graphics, Inc.

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 one's 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.

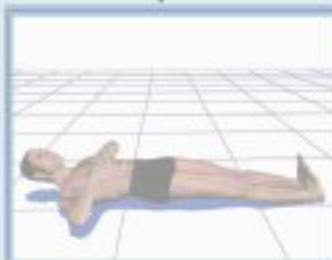


Slowly lift legs up until reaching position #4. Hold each position from 5-60 seconds for more difficulty.



Hold for 5-60 seconds, ankles pulled back.

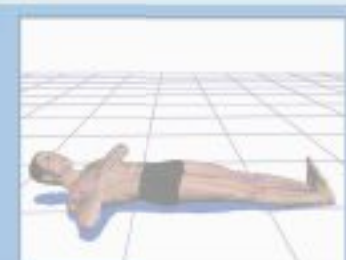
"V" sit-ups



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.



Hold 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.

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 and more focus to perform them. **Engagement of Thought** (or mindfulness) upon something other than the redundant inner dialogue, has been known to reduce stress, which effects all organs. This can be observed as a "fasting" or purging of one's thoughts in order to achieve mental clarity.

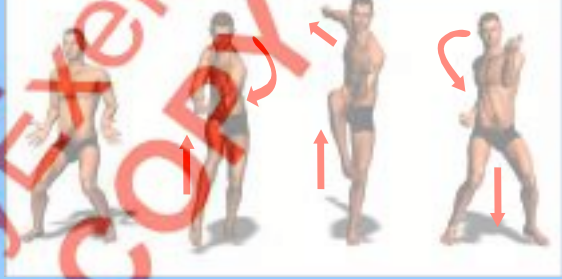
These exercises engage one's body and thought at the same time. When in the proper body alignments, the back, abdominals, quadriceps, hamstrings, knees and ankles are strengthened. The "kwa" or the area where the thigh meets the hip, is also developed promoting more circulation to the legs and lower torso. Stance training helps to discipline the mind, discover ones 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, 30 minutes to achieve advanced levels of development. Relax the body into the positions in spite of any tension in the muscles.

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) Hips shift towards left as head turns to look left.
- Repeat set switching left to right.

Exercise #2



- 1) Legs apart as hips 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 #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.

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.

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.

Basic Shoulder Anatomy

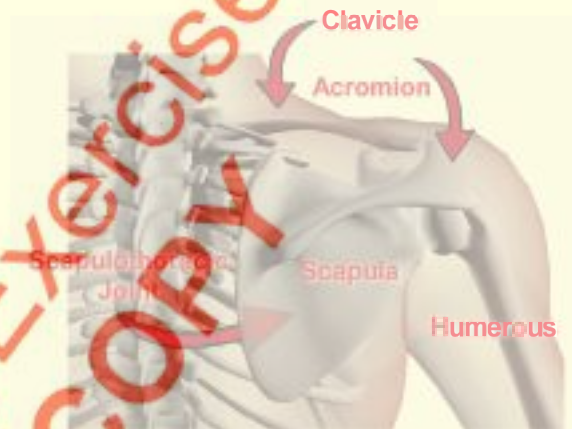
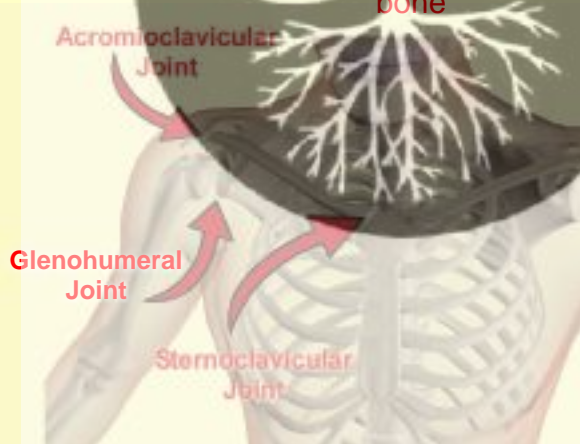
The human shoulder joint is a complex structure consisting of 4 joints and 3 bones:

- 1) Glenohumeral joint
- 2) Acromioclavicular joint
- 3) Sternoclavicular joint
- 4) Scapulothoracic joint

- 1) clavicle (collar bone)
- 2) scapula (shoulder blade)
- 3) humerus, upper arm bone

This structure of joints and bones allows your shoulder to move in various directions. Each movement has a different degree of mobility. The ability of the shoulders to move in a normal range depends on the health of your:

- 1) muscles
- 2) ligaments
- 3) bones
- 4) individual joints



8 Directions of Mobility



Adduction



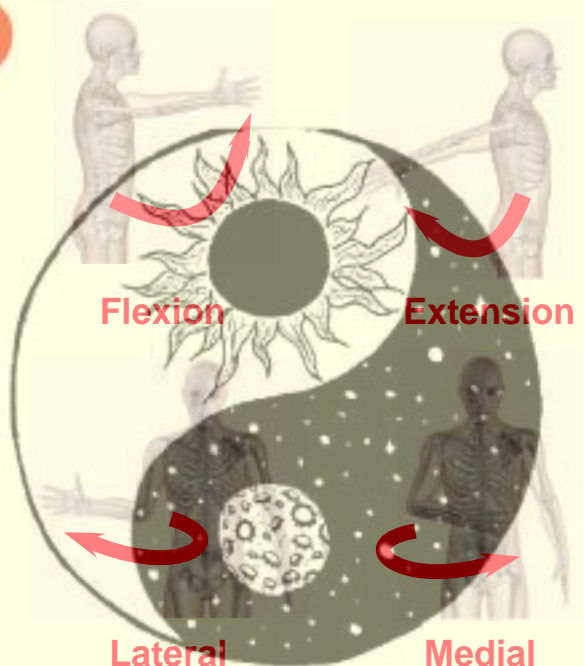
Abduction



Horizontal Abduction



Horizontal Adduction



Flexion

Extension

Lateral Rotation

Medial Rotation

Basic Shoulder Anatomy

The human shoulder joint is a complex structure consisting of 4 joints and 3 bones:

- 1) Glenohumeral joint
- 2) Acromioclavicular joint
- 3) Sternoclavicular joint
- 4) Scapulothoracic joint

- 1) clavicle (collar bone)
- 2) scapula (shoulder blade)
- 3) humerus (upper arm bone)

This structure of joints and bones allows your shoulder to move in various directions. Each movement has a different degree of mobility. The ability of the shoulder to move in a normal range depends on the health of your:

- 1) muscles
- 2) ligaments
- 3) bones
- 4) individual joints

Acromioclavicular Joint

Glenohumeral Joint

Sternoclavicular Joint

Clavicle

Acromion

Scapulothoracic Joint

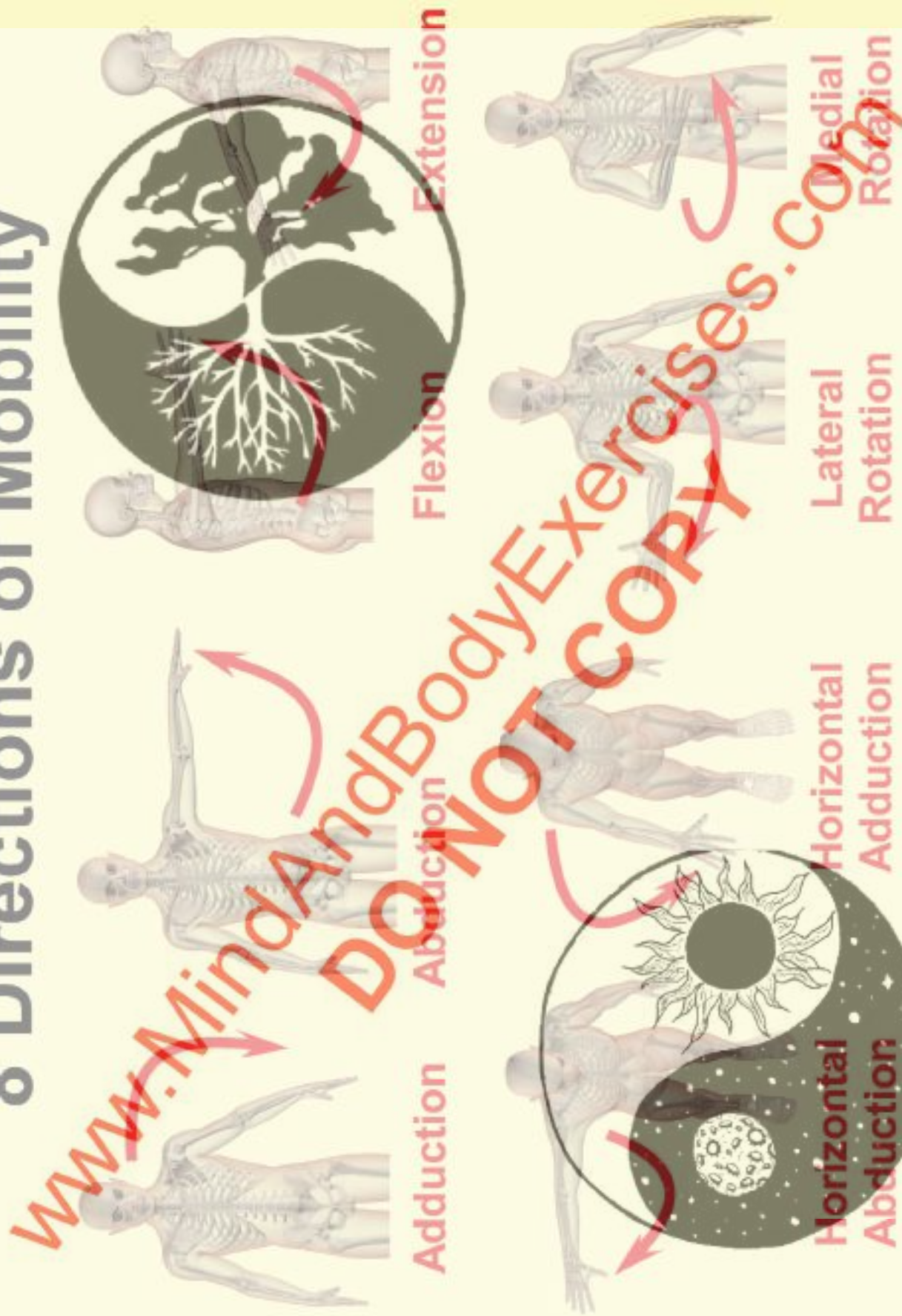
Scapula

Humerous

www.MindandBodyExercises.com

© Copyright 2020 - CAD Graphics, Inc.

8 Directions of Mobility



How Can Balance be Improved?



By practicing these exercises to improve physical balance (vestibular) that progressively challenge you to lose your sense of balance.

www.MindandBodyExercises.com

How Can Balance be Improved?



Static Balance

Maintaining stability with ones center of gravity situated on an axis of vertical rotation, with little or no body movement

Dynamic Balance

Maintaining stability with ones center of gravity situated outside an axis of vertical rotation, with body movement or the body in motion.

Basic Stance

Highest positioning, minimal bending of the main joints

Intermediate Stance

Medium positioning, more bending of the main joints

Advanced Stance

Lower positioning, increased bending & twisting of the main joints

Extreme Stance

Lowest positioning, maximum bending & twisting of the main joints

Balance Stance



Hold 5-10 seconds: minimum stretch. Improves range of motion, balance, coordination & focus
 Hold 10-30 seconds: average recommended stretch. Improves range of motion, muscles & joints strengthen. Body systems are engaged and invigorated.
 Hold 1-5 minutes: intense stretching & strengthening as primary muscles fatigue, lesser used muscles become engaged. Extreme mental focus and self-awareness is developed at this level

www.MindandBodyExercises.com

Body Components Connected to Balance

Brain

The brain processes the signals from the eyes, inner ear and the sensory systems (skin, joints, muscles, nerves) of the human body.

Eyes

The eyes relate information to the brain such as spatial orientation and environmental conditions.

Muscles

The muscular system provides strength and stability to the skeletal systems, while maintaining flexibility in movement.

Joints

Healthy joints help form a strong foundation for the body to navigate daily activities. Vibrations in movement are transferred through the bones and muscles to the brain to process.

The Vestibular System



Inner ear

The inner ear and the Vestibular system, regulates equilibrium while providing directional information to the brain to process.

Sensory Receptors

Nerves in the joints called proprioceptors, sense vibrations that flow through joints, muscles and skin sending the information to the brain to process.

Factors in Maintaining Balance

Awareness

Understanding where ones center of gravity sits, greatly helps to become more sensitive to correct body positioning. Also, being more observant of environmental changes such as lighting, weather, terrain, etc. can prevent loss of balance.



Focus

Keeping the eyes steady, helps keep the mind focused to be able to better control the bodies fine tuning of muscle control and body positioning leading to better balance.

Strength

Maintaining muscle tone contributes to having stability whether the body is in motion or stationary.



Range of Motion (flexibility)

When the limbs, muscles and joints are free to move, it is much easier to adjust ones center of gravity to a more balanced position.



Exercise 1
Shake the 9 Gates

1-2-3

NOTES: 1- Loosely shake hands & fingers. 2- Continue shaking hands working your way up to elbows & shoulders. 3- Shake & straighten torso while shaking upper body. 3- Some motion will be gentle bouncing forward on to the balls of the feet.

Exercise 2
Standing on a Boat

1-2-3

NOTES: 1- Female as arching the lower back. 2- Rock forward onto the balls of the feet. 3- Exhale as rocking back onto the heels, while keeping the torso slightly forward.

Exercise 3
Monkey Leaps From a Tree

1-2-3

NOTES: 1- Start in a natural position. 2- Female as swinging arms forward, rock on to balls of feet. 3- Exhale while bringing hands to lower back, round back & rock hips forward, rock on to heels.

Static Balance
Maintaining stability with ones center of gravity situated on an axis of vertical rotation, with little or no body movement

Basic Stance
Highest positioning, minimal bending of the main joints

Intermediate Stance
Medium positioning, more bending of the main joints

Advanced Stance
Lower positioning, increased bending & twisting of the main joints

Extreme Stance
Lowest positioning, maximum bending & twisting of the main joints

Balance Stance

Dynamic Balance
Maintaining stability with ones center of gravity situated outside an axis of vertical rotation, with body movement or the body in motion.

Hold 5-10 seconds: minimum stretch. Improves range of motion, balance, coordination & focus

Hold 10-30 seconds: average recommended stretch. Improves range of motion, muscles & joints strength. Body systems are engaged and invigorated.

Hold 1-5 minutes: intense stretching & strengthening as primary muscles fatigue, lesser used muscles become engaged. Extreme mental focus and self-awareness is developed at this level

Advanced

Walking in a circle (circle walking, Bagua, Pakua)

Aerobic and anaerobic exercises are included within Bagua training, helping to relieve stress, lower blood pressure, massage of the internal organs and improve a better sense of balance. Chemical releases occur which promote relaxation and tranquility as well as balancing out the body's metabolism.





Walking is usually done in a circle or figure "8" pattern, keeping the knees bent throughout the exercise. Various hand, foot and walking positions can be practiced

IMPORTANT:
Always watch that the toes, knees & hips stay in the same plane for all exercises.

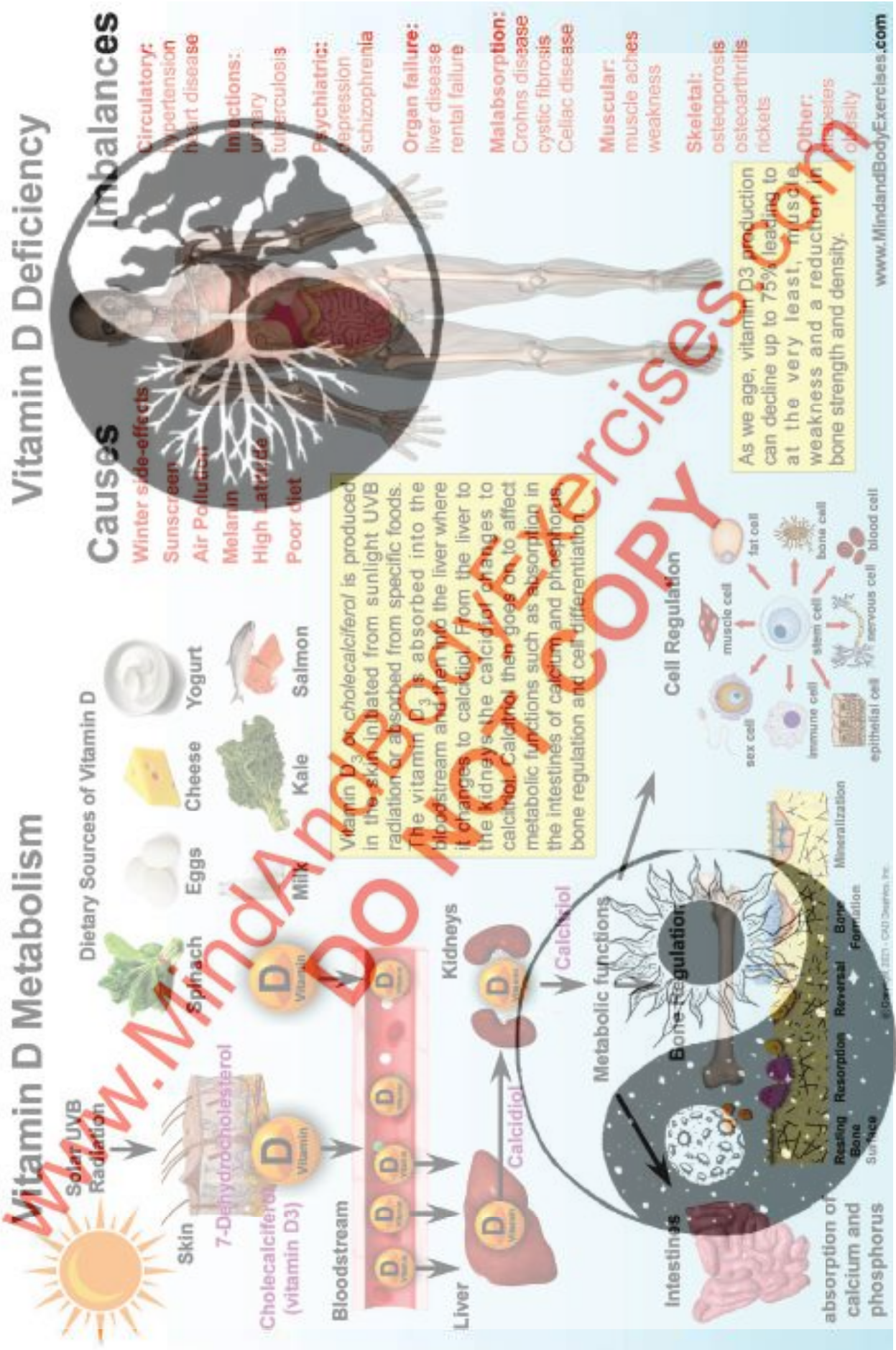
NOTE: This study guide is a general reference for the concepts shown. Consult with your physician if you are uncertain of your physical condition.

© Copyright 2016 - CAD Graphics, Inc.

Static Exercises to Improve Your Sense of Balance

Basic Stance	Intermediate Stance	Advanced Stance	Extreme Stance
Highest positioning, minimal bending of the main joints	Medium positioning, more bending of the main joints	Lower positioning, increased bending & twisting of the main joints	Lowest positioning, maximum bending & twisting of the main joints
			
Balance Stance Hold 5-10 seconds: minimum stretch. Improves range of motion, balance, coordination & focus Hold 10-30 seconds: average recommended stretch. Improves range of motion, muscles & joints strengthen. Body systems are engaged and invigorated.			Hold 1-5 minutes: intense stretching & strengthening as primary muscles fatigue, lesser used muscles become engaged. Extreme mental focus and self-awareness is developed at this level

Vitamin D Metabolism



How to Achieve Healthier Bones

www.MindandBodyExercises.com

Wolff's law, developed by anatomist & surgeon Julius Wolff in the 19th century, states that "bone in a healthy person or animal will adapt to the loads under which it is placed."

EXERCISE METHODS USING STRATEGIC TRAUMA:

TENSION

Dancing
Elastic Bands
Qigong (Chi Kung)
Pilates
Stair-Step machine
Tai Chi
Treadmill
Weights
Yard Work
Yoga

IMPACT VIBRATION

Aerobics
Hiking
Jump rope
Running
Stair climbing
Tennis
Walking - brisk

Various Conditioning Methods Spanning Centuries

BaguaZhang
(origins in 15-19 century AD)

Tai Chi
(origin in 12th century AD)

Asian Martial Arts
(origins in 4th century AD)

Benefits:

Balancing of the emotions
Balance & Stability
Change in blood chemistry
Coordination
Flexibility
Range of motion
Strength

Methods That Activate the Parasympathetic Nervous System

ROOT PROBLEM:

Breathing is too fast
& too shallow which can:

Affect Thoughts

Affect Emotions

Affect Blood Chemistry

Affect Organs & Functions

OVERALL HEALTH

ROOT SOLUTION:

Activate the

Parasympathetic

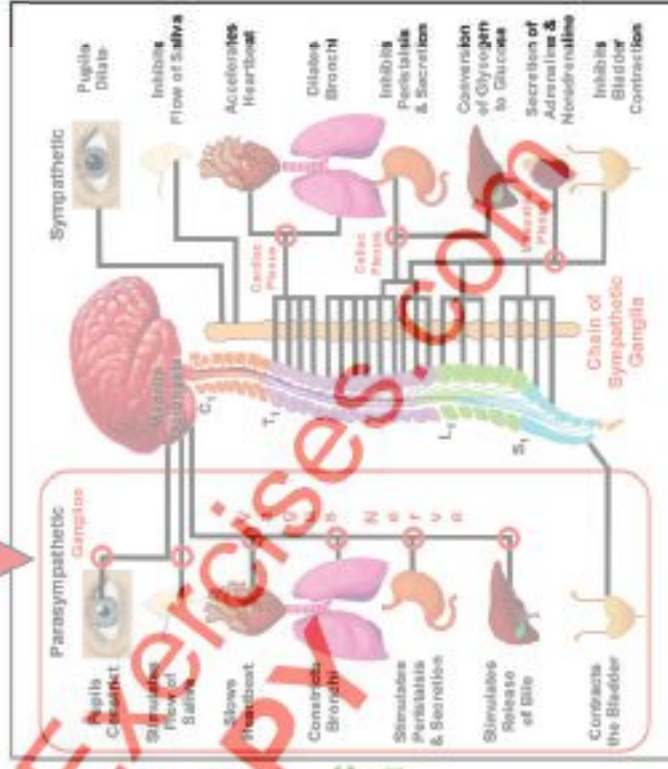
Nervous System (PSNS)

12-18 breaths per minute average
keeps us in the Sympathetic
Nervous System of "Fight or Flight"

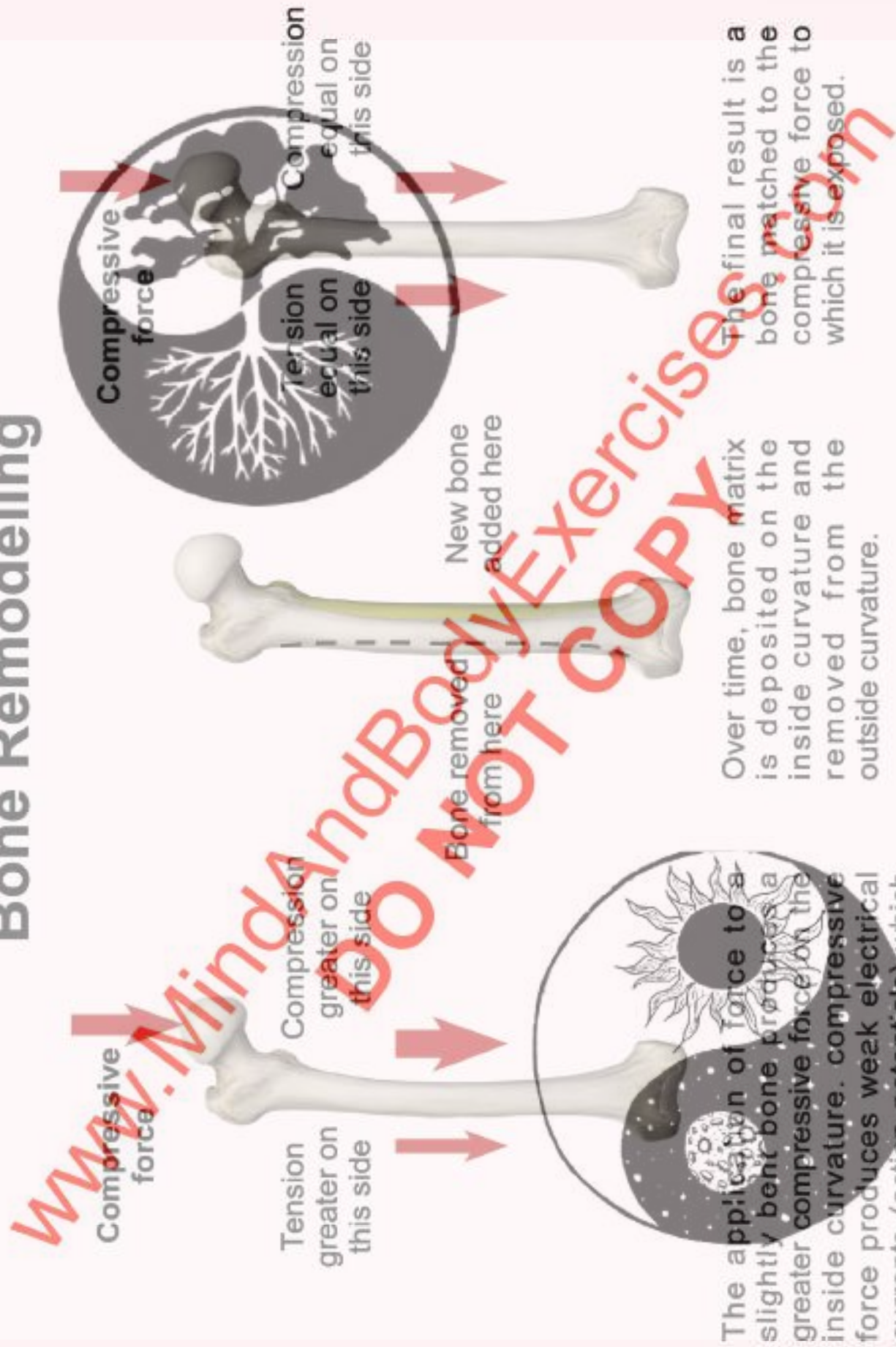
10 BPM or less activates PSNS

Tight or flight response transitions to
restore and regenerate

DOSE chemicals & hormones
released instead of Cortisol



Bone Remodeling



The application of force to a slightly bent bone produces a greater compressive force on the inside curvature. compressive force produces weak electrical currents (action potentials) which stimulate osteoblast production.

Over time, bone matrix is deposited on the inside curvature and removed from the outside curvature.

Stages of Osteoporosis



www.MindandBodyExercises.com

© Copyright 2021 - CAD Graphics, Inc.

Methods to Prevent Osteoporosis



www.MindandBodyExercises.com

© Copyright 2021 - CAD Graphics, Inc.

Wolff's Law

Tension and compression cycles create a small electrical potential that stimulates bone deposition and increased density at points of stress.

Load here
(body weight)

Head of femur

Point of
no stress

Tension
here

Compression
here

Grip Strength Affects Overall Health & Wellness

People who practice muscle/bone strengthening exercises, such as lifting weights or weight bearing exercises, are much less likely to manifest heart disease, osteoporosis, high blood pressure and various other chronic illnesses than others who avoid resistance exercise. In general, the weaker a person's grip strength is, the higher their epigenetic age seems to be. Their DNA seems to be less youthful than that of their stronger contemporaries. This may lead them to be potentially more vulnerable to earlier illness or death. People with lower hand grip strength have shown to have significantly lower bone mass density (BMD) of lumbar spine, femoral neck, and total hip strength overall.



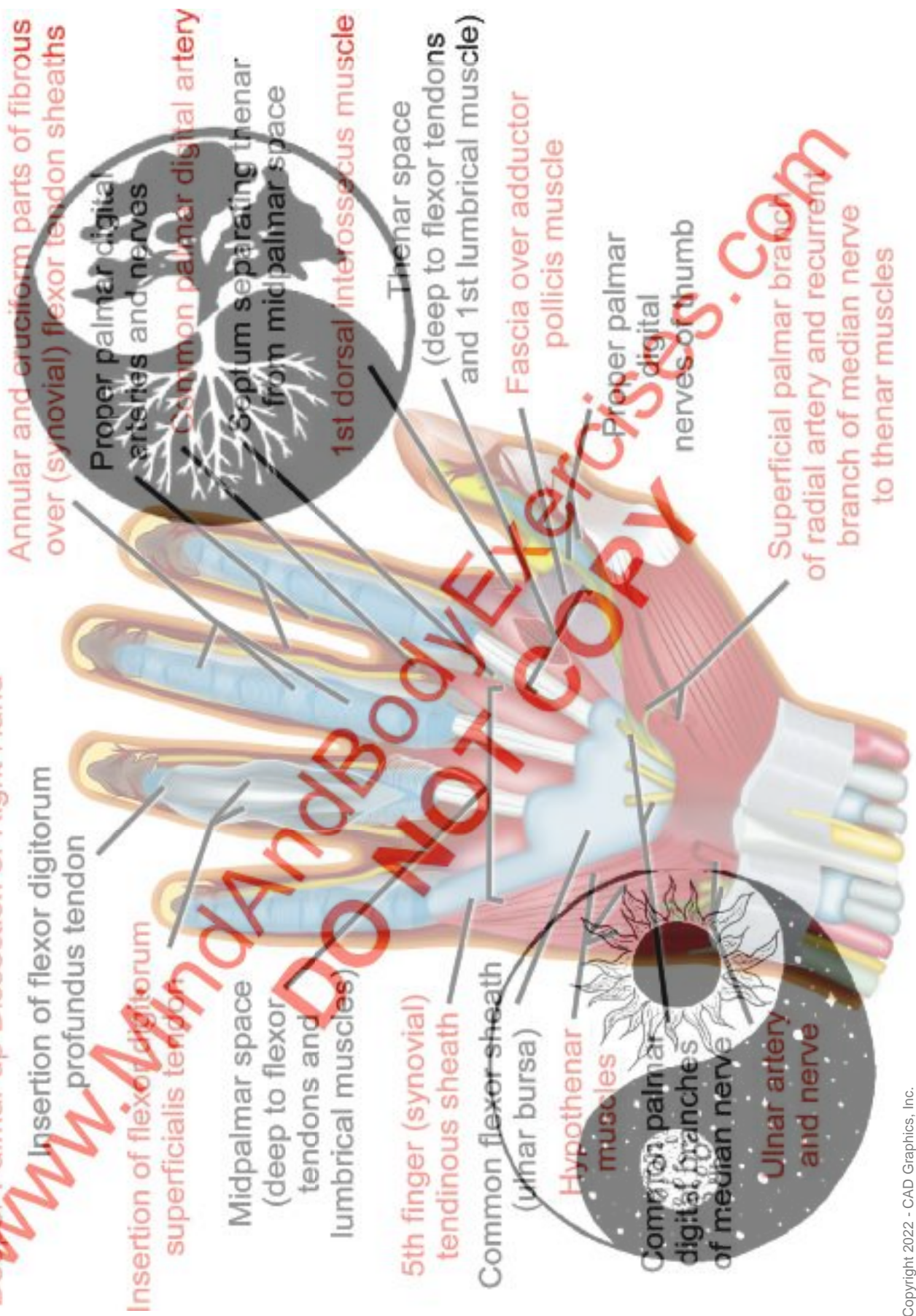
Highly Suggestive Evidence from studies indicate:

- Lower All-Cause Mortality
- Lower Cardiovascular Mortality
- Chair Rise Performance Overtime



Hand & Wrist Strength Affect Grip Strength and Consequently Balance

Deeper Palmar up Dissection of Right Hand



The nervous system innervates the muscles that are engaged during practice of the Shim Yuk exercises. Additionally, the cardiopulmonary and skeletal systems are also engaged. Focused thought is necessary in order to maintain the correct posture while executing each repetition.

of the Shui Yik exercises. Additionally, the cardiopulmonary and skeletal systems are also engaged. Focused thought is necessary in order to maintain the correct posture while executing each repetition.

Sphenocorymbus
Sphenocorymbus
Sphenocorymbus
Sphenocorymbus
Sphenocorymbus
Sphenocorymbus

Sphenocorymbus
Sphenocorymbus
Sphenocorymbus
Sphenocorymbus
Sphenocorymbus
Sphenocorymbus

- rectus capitis anterior
- rectus capitis lateralis
- obliquus cervicis
- longissimus cervicis
- longissimus capitis
- rectus capitis posterior major
- rectus capitis posterior minor
- obliquus capitis inferior
- obliquus capitis superior

- rectus capitis anterior
- rectus capitis lateralis
- obliquus capitis superior
- longissimus cervicis
- longissimus capitis
- rectus capitis posterior major
- rectus capitis posterior minor
- obliquus capitis inferior
- obliquus capitis superior

intraspinalis
 triceps brachii
 pectoralis major
 pectoralis minor
 latissimus major
 triceps brachii
 latissimus dorsi
 subscapularis
 supraspinatus

intraspinalis
 triceps brachii
 pectoralis major
 pectoralis minor
 latissimus major
 triceps brachii
 latissimus dorsi
 subscapularis
 supraspinatus

abductor digiti minimi
abductor pollicis longus
abductor pollicis
brachii
abductor pollicis
longus

abductor digiti minimi
abductor pollicis longus
abductor pollicis
brachii
abductor pollicis
longus

longissime thorax
 fecotale thorax
 spirale thorax
 sarcoptere thorax
 crure thorax

longissime thorax
 fecotale thorax
 spirale thorax
 sarcoptere thorax
 crure thorax

Deutsch:
platanus major
platanus minor
platanus incanus

Deutsch:
platanus major
platanus minor
platanus incanus

Münster:
 Institut für
 Wirtschaftsinformatik
 und
 Wirtschaftsinformatik

Münster:
 Institut für
 Wirtschaftsinformatik
 und
 Wirtschaftsinformatik

people major
interuniversitari
quantitas luronu
intermedios
interuniversitari n
maioribus
intercomuni lumb
intercomuni lumb

people major
interuniversitari
quantitas luronu
intermedios
interuniversitari n
maioribus
intercomuni lumb
intercomuni lumb

Muscle Group:
semispinalis
semimembr
erector hy

Muscle Group:
semispinosus
semintercostalis
transversus

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program on the physical fitness of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a control group or an exercise group. The exercise group performed a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program. The control group did not exercise. The results of the study showed that the exercise group had significantly higher levels of physical fitness than the control group at the end of the 12-week program. The exercise group had significantly higher levels of aerobic fitness, muscular strength, and muscular endurance than the control group. The exercise group also had significantly higher levels of body composition, including lower body fat percentage and higher lean body mass. The results of this study suggest that a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program can improve the physical fitness of sedentary, middle-aged women.

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program on the physical fitness of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a control group or an exercise group. The exercise group performed a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program. The control group did not exercise. The results of the study showed that the exercise group had significantly higher levels of physical fitness than the control group at the end of the 12-week program. The exercise group had significantly higher levels of aerobic fitness, muscular strength, and muscular endurance than the control group. The exercise group also had significantly higher levels of body composition, including lower body fat percentage and higher lean body mass, than the control group. The results of this study suggest that a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program can improve the physical fitness of sedentary, middle-aged women.

Senecio hirsutus L.
Senecio hirsutus L.
Senecio hirsutus L.
Senecio hirsutus L.
Senecio hirsutus L.
Senecio hirsutus L.

Senecio hirsutus L.
Senecio hirsutus L.
Senecio hirsutus L.
Senecio hirsutus L.
Senecio hirsutus L.
Senecio hirsutus L.

www.MindAndBodyExercises.com

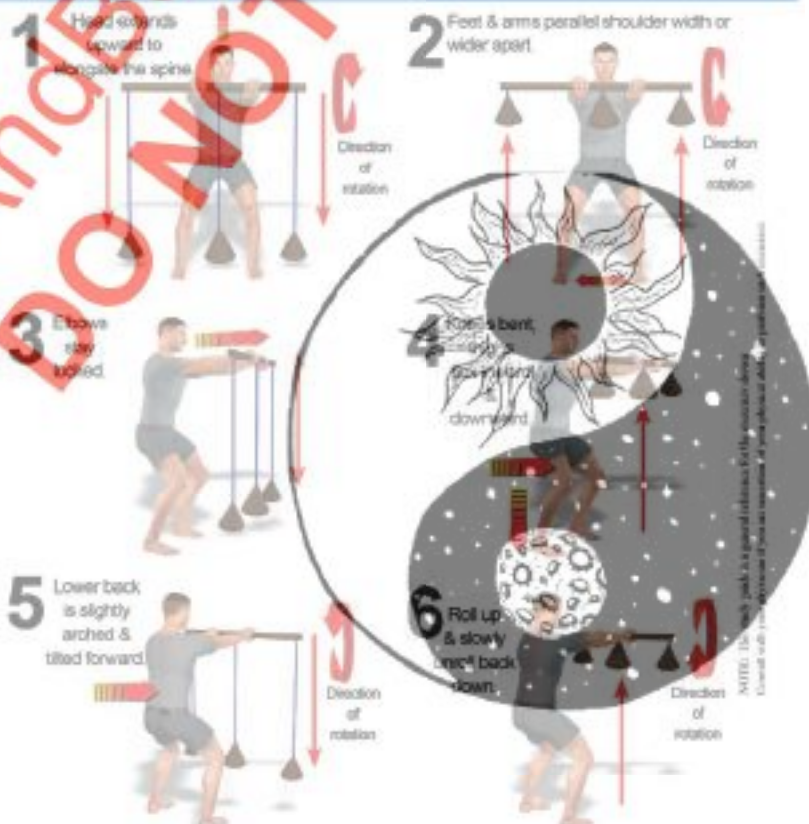
© copyright 2002 - C.A.D. Graphics, Inc.

Unique to this exercise, is the body posture combined with holding a weighted object and the extra awareness required to hold it stable while also maintaining the correct body alignments. By holding the pole level, moving only the hands and wrists, the fascia trains, the nervous, muscular and skeletal systems are all engaged throughout the entire body. Try to hold the static position while performing the wrist exercise, from 1, 2, 3, etc. consecutive repetitions. Holding the stance generally develops overall strength where as repetitive rolling develops stamina, endurance and determination. Relax the body into the position in spite of any tension in the muscles. Deep and relaxed breathing is essential while performing this exercise.

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



© 2018 - C&D Graphics, Inc. - All Rights Reserved

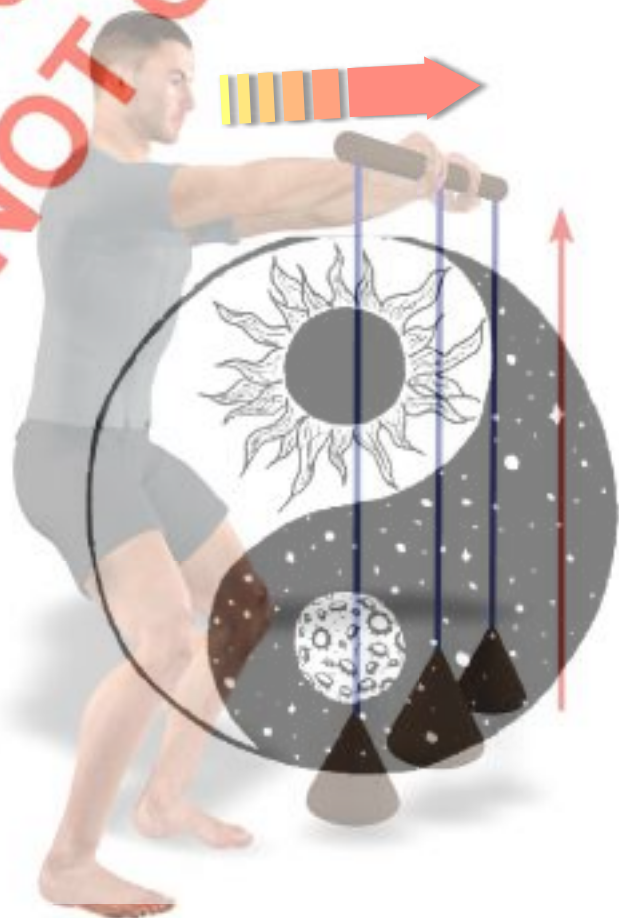


NOTE: The only jobs in a guard industry for the entire day.

Shim Yuk - Mind & Body Exercise

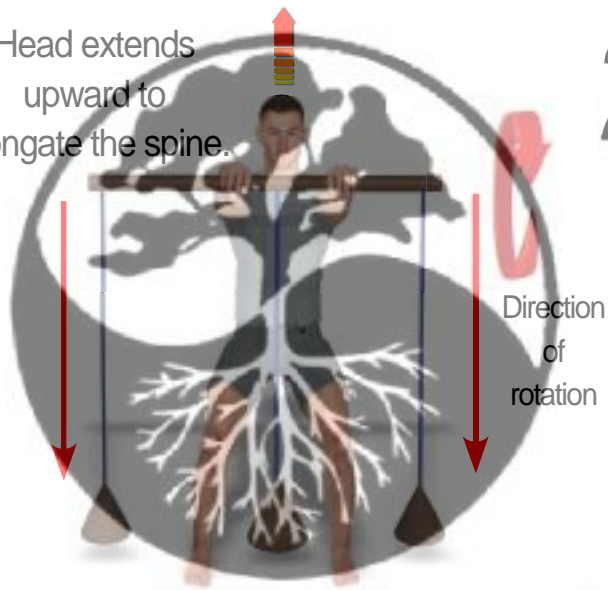
Unique to this exercise, is the body posture combined with holding a weighted object and the extra awareness required to hold it stable while also maintaining the correct body alignments. By holding the pole level, moving only the hands and wrists, the fascia trains, the nervous, muscular and skeletal systems are all engaged throughout the entire body. Try to hold the static position while performing the wrist exercise, from 1, 2, 3, etc. consecutive repetitions. Holding the stance generally develops overall strength where as repetitive rolling develops stamina, endurance and determination. Relax the body into the positions in spite of any tension in the muscles. Deep and relaxed breathing is essential while performing this exercise.

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



1

Head extends upward to elongate the spine.



2

Feet & arms parallel shoulder width or wider apart.



3

Elbows stay locked.



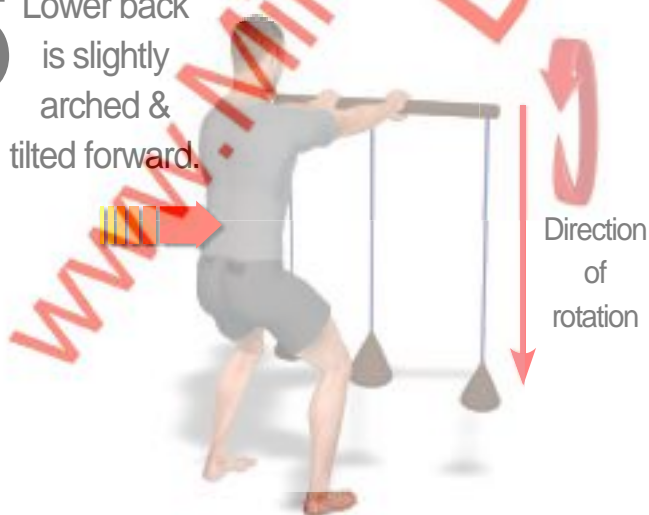
4

Knees bent, thighs flex inward & downward.



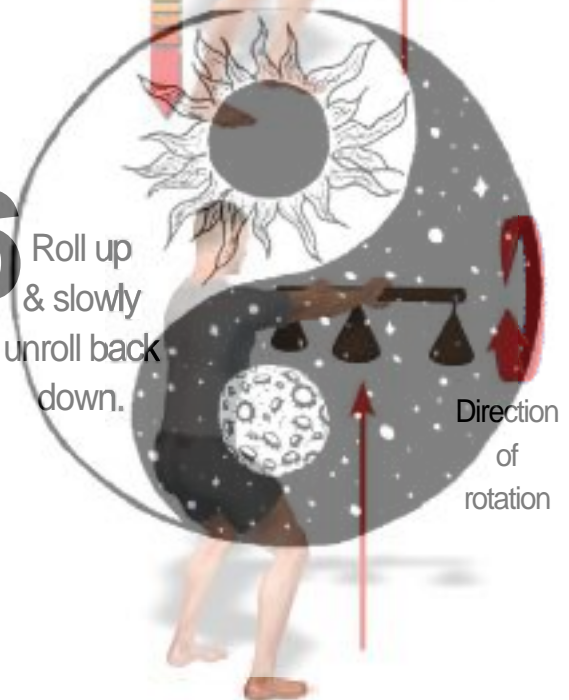
5

Lower back is slightly arched & tilted forward.



6

Roll up & slowly unroll back down.

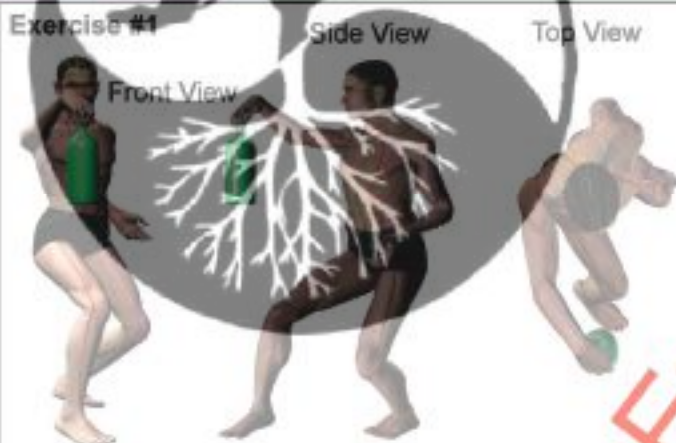


Strengthen Your Core (bottle exercises)

www.MindandBodyExercises.com

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. By holding the bottle at the top using only the fingertips, the nervous system is engaged throughout the whole body. Try to hold the static positions or perform moving 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 postures generally develops strength where as 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.

Exercise #1



Start by standing with your feet as wide as your hips are. Pivot your feet, knees, hips and torso 45 degrees to the left while keeping the chin straight ahead. Bend slightly at the ankles, knees and hips. Hold the water bottle at chin high while using just the fingertips of the right hand at the bottle top. Hold the right arm extended forward, keeping the elbow slightly bent. Rest the left hand above the left hip with the palm up, open and relaxed. Use a minimum amount of muscle tension required to hold your body in the shown posture holding for a few seconds and eventually up to a few minutes.

Exercise #2



Start by standing with your feet slightly wider than your hips. Bend slightly at the ankles, knees and hips. Hold one bottle at chin high while the other at navel height, using just the fingertips of each hand at the bottle top. Hold the arms extended forward, keeping the elbows slightly bent. For a greater challenge and more leg and lower back strength, try with the feet wider and the hips level with the knees. Use a minimum amount of muscle tension required to hold your body in the shown posture holding for a few seconds and eventually up to a few minutes.

Exercise #3



Start by standing with your legs crossed as shown, bending slightly at the ankles, knees and hips. Hold both bottles at shoulder high with the right arm extended outward and the left arm bent more so at the elbow. Use just the fingertips of each hand to hold at the bottle top. Hold the arms extended to the left side, keeping the elbows slightly bent. For a greater challenge and more leg and lower back strength, try to lower the hips by bending the knees. Use a minimum amount of muscle tension required to hold your body in the shown posture holding for a few seconds and eventually up to a few minutes.

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.

© Copyright 2017 - CAD Graphics, Inc.

Strengthen Your Core (bottle exercises)

www.MindandBodyExercises.com

Advanced levels of physical and mental strength can be achieved by holding these positions for longer periods of time. Start slowly by holding on one side for a few seconds and then switching to the opposite side. Your determination will increase by trying to hold the bottles up without allowing them to drop from your fingertips. Also, holding the postures longer without failure, will dramatically increase mental strength and tolerance to pain and stress. After diligent practice, over a few months of continuous training, 10 minutes can be an obtainable amount of time to hold the bottles and body positions without taking a break from switching to the opposite side. Another variation of these exercises would be to adjust the amount of weight or water in the bottles. Begin with a near empty 16 ounce bottle. Eventually add more water working up to a 2 liter soda bottle over a few months time.

Exercise #4 Side View Top View



Start by standing with your legs crossed as shown, bending slightly at the ankles, knees and hips. Hold one bottle in the right hand, at shoulder height. The left hand holds the other bottle at navel height. Use just the fingertips of each hand to hold at the bottle top. Hold the arms extended forward, keeping the elbows slightly bent. For a greater challenge and more leg and lower back strength, try lowering the hips by bending the knees. Use a minimum amount of muscle tension required to hold your body in the shown posture holding for a few seconds and eventually up to a few minutes.

Exercise #5 Side View Top View



Start by standing with your feet as wide as your hips are. Pivot your feet, knees, hips and torso 45 degrees to the left while keeping the chin straight ahead. Bend slightly at the ankles, knees and hips. Hold one bottle in the right hand, at shoulder height. The left hand holds the other bottle at navel height. Use just the fingertips of each hand to hold at the bottle top. Hold the arms extended forward, keeping the elbows slightly bent. Use a minimum amount of muscle tension required to hold your body in the shown posture holding for a few seconds and eventually up to a few minutes.

Exercise #6 Side View Top View



Start by standing with your legs crossed as shown, bending slightly at the ankles, knees and hips. Hold the left arm above the right shoulder as shown. Hold the right hand by the left underarm. Use just the fingertips of each hand to hold at the bottle top. Hold the arms extended, keeping the elbows slightly bent. For a greater challenge and more leg and lower back strength, try to lower the hips by bending the knees. Use a minimum amount of muscle tension required to hold your body in the shown posture holding for a few seconds and eventually up to a few minutes.

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.

© Copyright 2017 - CAD Graphics, Inc.

Strengthen Your Core (hard qigong exercises using bottles)

www.MindandBodyExercises.com

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. All of the layers of physical as well as energetic anatomy become engaged with these types of exercise methods. By holding the bottle at the top using only the fingertips, the nervous system is engaged throughout the whole body. Try to hold the static positions or perform moving 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 where as 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.

Exercise #1

Exercise #2

Exercise #3

3 Hearts

3 Dan Tians

6 Cutaneous Regions

12 Primary Meridians (Channels)

8 Extraordinary Vessels

Endocrine System

Respiratory & Digestive Systems

9 Major Joints

Dermatomes

Muscular System

Circulatory System

Fascia Trains

Lymphatic System

Skeletal System

Nervous System

© Copyright 2003 - CWO Griffin, Inc.

Have You Challenged Yourself Mentally and Physically Today?

Use empty 16 oz. bottles, then add water, and then move up to 2 liter bottles

Try and hold these postures for starting with 30 seconds, then 1 minute, working up to 5 minutes



39 Major Joints

Muscular System

Circulatory System

Fascia Tissues

Lymphatic System

Skeletal System

Nervous System



This is a method to improve internal/external balance through self-discipline, with exercises that progressively challenge you to overcome weaknesses mentally and physically. Low-impact, no mat, no special equipment - just you.

For more detailed instruction contact through: www.MindandBodyExercises.com

Practice of Using the Rattan or Wire 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.

Hitting techniques force Chi into the bones. The device creates vibrations throughout the body, which opens the pores of the bones to receive condensed energy. Specific lines correlating with known acupuncture meridians are hit along their respective lengths to open their channels for 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 the hitter also shake any 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 hitter penetrate up to six inches beneath the skin, there should be little concern that some meridians and corresponding organs will miss the shock waves if any points are merely brushed over. These waves spread out as the device makes contact. The nervous and lymphatic systems are also stimulated while performing these techniques.

Tremendous energy is released during practice, which can cause an imbalance if one does not channel and store an overflow of Chi. As a rule, hot energy is never allowed to remain in the organs and glands because it can overheat them. Supplemental breathing exercises can remove such an overflow of energy to the proper storage areas. Side effects from lack of practicing the breathing exercises can be irregular heartbeat, chest congestion, headaches and other problems.

Benefits of the hitting techniques can be realized within the first practice session. The most obvious benefit is an increase in energy throughout the body. Other benefits vary depending upon the physical condition of the practitioner. Any chronic illness relative to a lack of blood flow, might diminish from a regular practice schedule of 2, 15-minute sessions per day for approximately 1 month.

Spine



Start at the base of the skull, tapping lightly but enough to feel a warm sensation on the surface of the skin. Proceed down the spine to the lower back and top of buttocks. Reverse and repeat for 3 repetitions.

Skull & Neck



Start at the forehead, tapping lightly but enough to feel a warm sensation on the surface of the skin. Proceed over the top of the head to the base of the skull. Reverse and repeat for 3 repetitions.

Ears & Face



Start just behind the ear, tapping lightly but enough to feel a warm sensation on the surface of the skin. Proceed across the forehead and gently over the nose and face. Reverse and repeat for 3 repetitions.

Sides of Torso



Start at the hip, tapping lightly but enough to feel a warm sensation on the surface of the skin. Proceed up the ribs to the underarm area. Reverse and repeat for 3 repetitions.

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.

Arms



Start at the palm of the hand, tapping lightly but enough to feel a warm sensation on the surface of the skin. Proceed up on the inside of the forearm, over the biceps and to the front of the shoulder. Rotate hitter to outside of shoulder and return down the arm over the outside of the arm to the back of the palm. Continue back up the arm tapping the knife edge of the palm to the bone portion of the forearm, then then over the triceps to the back of the shoulder. Bring the hitter to the underarm and follow the inside of the arm to the inside of the elbow and back to the palm. Repeat whole sequence on the opposite arm.

Lower Back & Legs



Start at the lower back, tapping lightly but enough to feel a warm sensation on the surface of the skin. Continue down the buttocks to the back of thighs and the calves to the Achilles tendon. Turn the hitter to the outside of the ankle and follow the outside of the leg up to the side of the hip. Once again turn the hitter to the front of the hip and follow down the front of the thigh. Carefully pass over the knee and shins to foot. Turn the hitter to the inside of the ankle and work up the inside of the calf, knee and thigh stopping near the groin. Repeat on the opposite leg.

Chest



Start at the waistline, above the hip. Tapping lightly but enough to feel a warm sensation on the surface of the skin. Proceed from the sides of the torso to the opposite side of the body and back to start position. Reverse and repeat for 3 repetitions.

Start at the front of the shoulder, tapping lightly but enough to feel a warm sensation on the surface of the skin. Proceed over the top of the chest and to the opposite shoulder. Women should use caution over the chest area. Reverse and repeat for 3 repetitions.

Dumbbell Exercises

www.MindAndBodyExercises.com

These fairly simple exercises can be performed with or without dumbbells. The main goal is to increase the natural range of motion, mostly in the neck, shoulder, spine and hips. Light weights can help to tone muscles as well as provide increased strength in lesser used muscle groups. Weight training, even with lighter weights, has been known to help prevent osteoporosis. These exercises take up very little space and a few minutes of time to gain benefits.

Exercise #1

START SIDE PAUSE REPEAT



Start with dumbbells at thighs, palms forward. Swing right arm up and past the ear as left arm swings back and upward as shown. Reverse, pause at the start position and repeat on the opposite side.

Exercise #2

START SIDE SWING REPEAT



Start with dumbbells at thighs, palms face in toward thighs. Swing arms up and bend elbows as shown. Reverse, by swinging arms down and backward as bending ankles, knees and hips. Arch lower back inward as chin points forward. Swing back forward and stand immediately to repeat.

Exercise #3

START SIDE PAUSE REPEAT



Start with dumbbells at thighs, palms backward. Swing right arm up and past the ear as left arm swings back and upward as shown. Reverse, pause at the start position and repeat on the opposite side.

Exercise #4

START TWIST BACK PAUSE REPEAT



Start with dumbbells at thighs, palms face in toward thighs. Swing front arm up to opposite shoulder as back arm swings up towards lower back. Reverse, by swinging arms down and turn to opposite side. Pull tailbone forward by gently moving the spine side to side.

Exercise #5

START SIDE PAUSE REPEAT



Start with dumbbells at thighs, palms backward. Swing right arm up and overhead as left arm swings back and upward as shown. Reverse, pause at the start position and repeat on the opposite side.

Exercise #6

START SIDE SWING PAUSE REPEAT

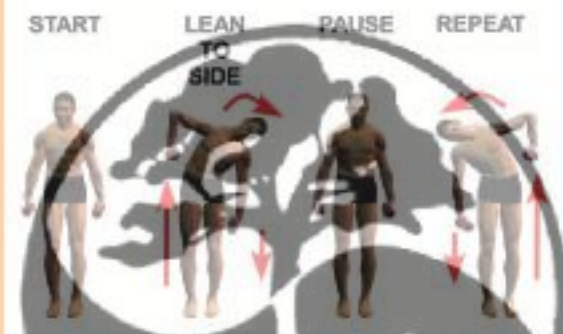


Start with dumbbells at thighs, palms face in toward thighs. Swing slightly bent arms up and straight ahead as shown. Swing dumbbells away from your centerline and back as far as comfortable. Return arms in front to repeat again.

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.

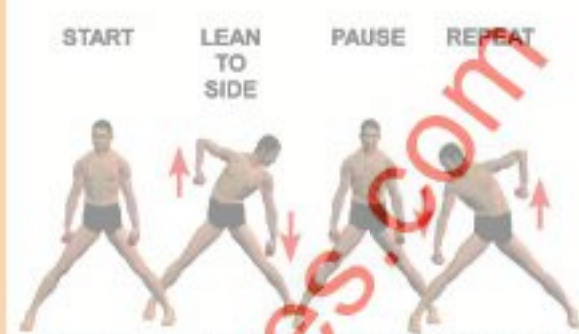
© Copyright 2016 - CAD Graphics, Inc.

Exercise #7



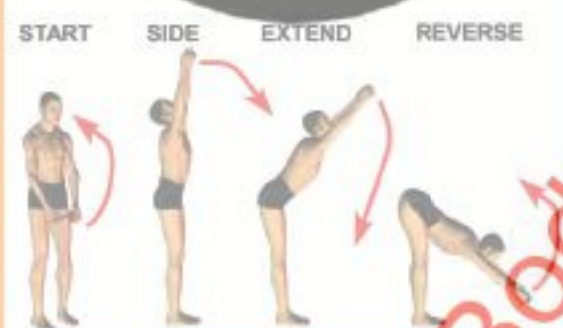
Start with dumbbells at the sides with palms facing inwards. Lean torso sideways as lifting one dumbbell up towards underarm as other dumbbell reaches downward towards the foot. End drop toward shoulder as eyes focus ahead. Briefly pause as resting on opposite side.

Exercise #8



Same as exercise #7 except practiced with feet apart as performing the exercise. Turn head towards shoulder as bending torso to same side.

Exercise #9



Start with 1 dumbbell held between both hands. Raise the dumbbell forward and up above the head. Try to extend the arms and spine as far as possible away from the hips as bending forward at the hips. Reverse direction to return to original starting position. Keep neck and shoulder relaxed as performing this exercise.

Exercise #10



Start with dumbbells in front of thighs and circle both dumbbells to the side of body. Continue above the head and eventually to the opposite side of body as shifting body weight to same side as dumbbells. Reverse direction and perform exercise on opposite side.

Exercise #11



Start with 1 dumbbell held out from left shoulder as shown. Bring dumbbell behind head to opposite shoulder. Circle dumbbell above head and out to left side and then downward past the front of thighs and then up to the front of the right shoulder. Repeat on the same side by bringing the dumbbell back to the left side starting position.

Exercise #12

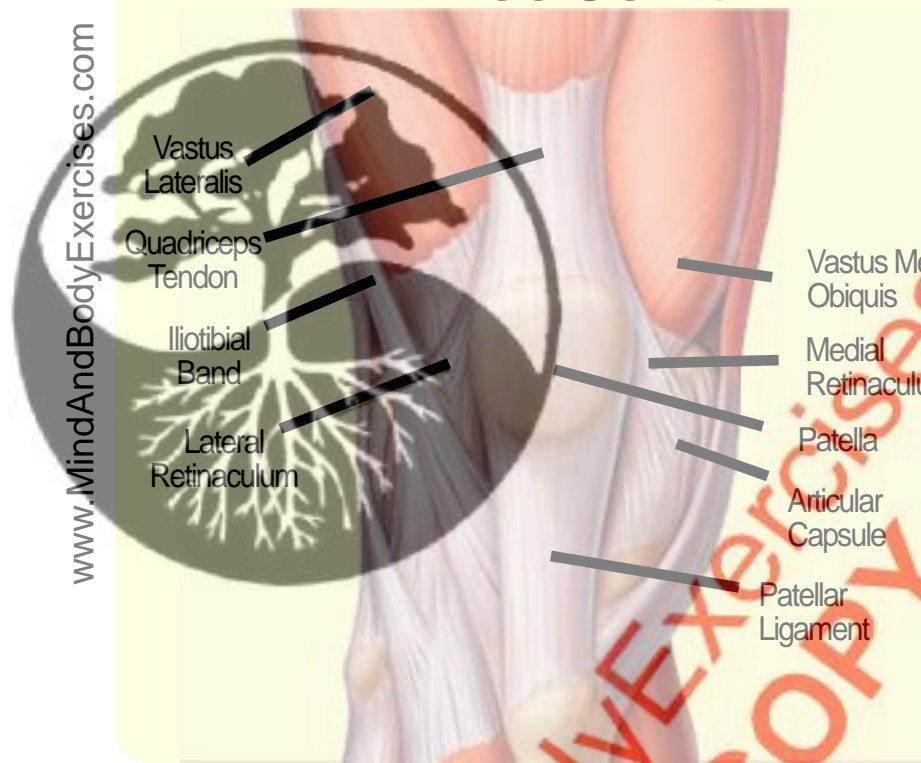


Same as exercise #11 except using 2 dumbbells at the same time. Start with each dumbbell to the side of each shoulder. Cross arms behind the head and then uncross as circling each dumbbell out to the sides. Cross arms again in front of thighs and uncross again as raising dumbbells to shoulder height. Repeat exercise again from this position.

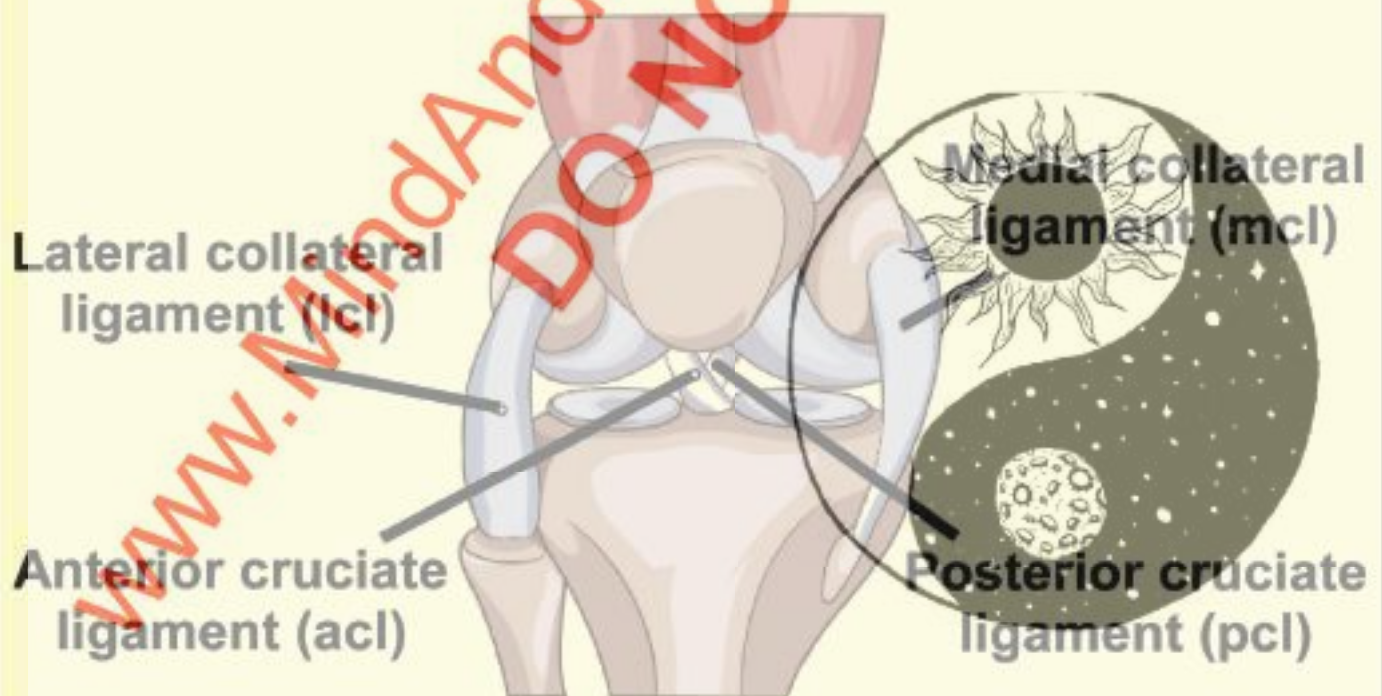
NOTE: This study guide is a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

© Copyright 2016 - CAD Graphics, Inc.

Components of the Knee Joint



Ligaments of the Knee Joint



© Copyright 2022 - CAD Graphics, Inc.

Strength in the Knee Joint

Strength in the knee joint is greatly determined by a few factors.

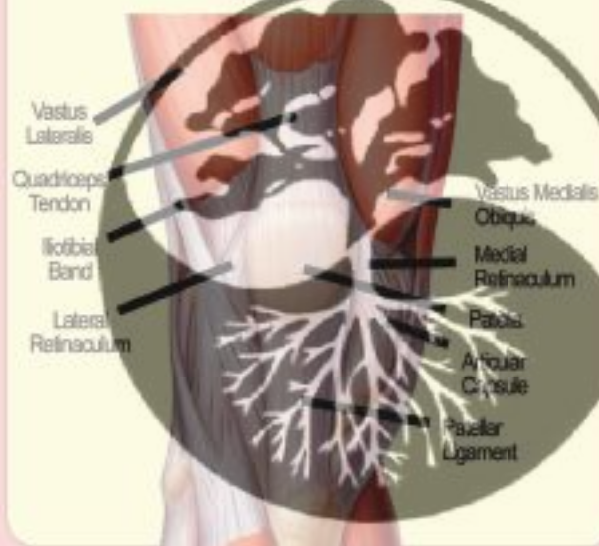
- 1) Strength, tone & flexibility of the muscles acting upon the knee structure.
- 2) Strength of the tendons joining leg muscles to the femur, tibia & fibia.
- 3) Strength of the ligaments that connect the femur to tibia.
- 4) The general health of the knee joint
- 5) The individual as far as physical condition and amount of activity.

Knee pain of some variety, is experienced by most humans at some time in their life. From the Center for Disease Control and Prevention (CDC) and National Center for Health Statistics (NCHS) data reflects chronic pain for U.S. adults, as follows:

low back pain (28.1%)
knee pain (19.5%)
headache (16.1%)
neck pain (15.1%)
shoulder pain (9.0%)
finger pain (7.6%)
hip pain (7.1%).

www.MindAndBodyExercises.com

Components of the Knee Joint



Strength in the Knee Joint

Strength in the knee joint is greatly determined by a few factors.

- 1) Strength, tone & flexibility of the muscles acting upon the knee structure.
- 2) Strength of the tendons joining leg muscles to the femur, tibia & fibia.
- 3) Strength of the ligaments that connect the femur to tibia.
- 4) The general health of the knee joint
- 5) The individual as far as physical condition and amount of activity.

Knee pain of some variety, is experienced by most humans at some time in their life. From the Center for Disease Control and Prevention (CDC) and National Center for Health Statistics (NCHS) data reflects chronic pain for U.S. adults, as follows:

low back pain (28.1%)
knee pain (19.5%)
headache (16.1%)
neck pain (15.1%)
shoulder pain (9.0%)
finger pain (7.6%)
hip pain (7.1%)

Instruction 1- performing these stretches increases the range of motion and blood flow. 20 repetitions is a good start, adding 10 reps per day, baring no pain or excessive soreness.

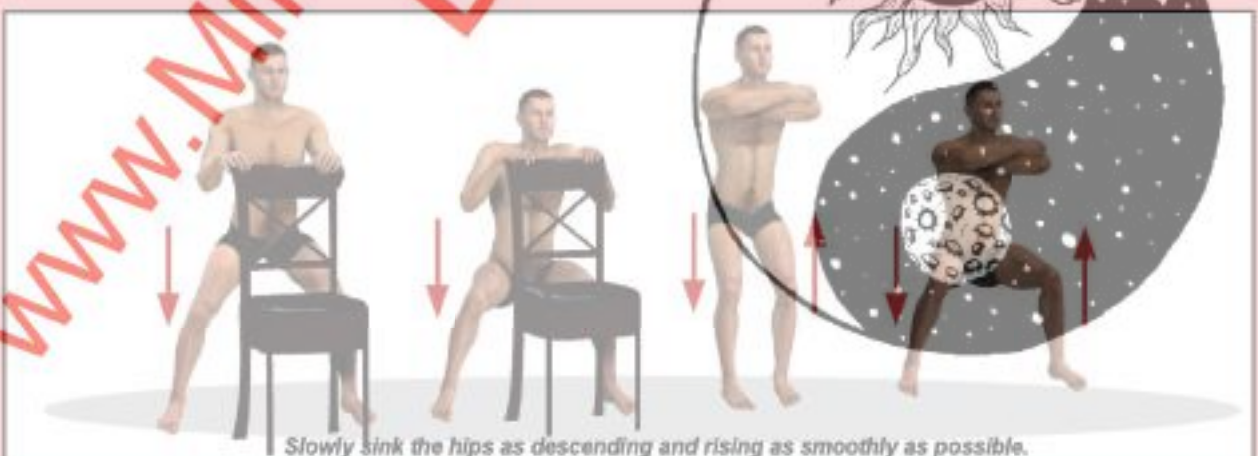
Instruction 2- increase to 1-2 minutes (or 30-50 repetitions) starts to develop more strength.

Instruction 3- 2-5 minutes, whether repetitions or holding the static position is where the most strength begins to develop.

Exercise 1



Exercise 2



Strengthening the Knee Joint

The most important muscle group determining knee strength is the quadriceps femoris. It is capable of stabilizing the knee joint in the presence of damaged ligaments. It is also capable of healing where as the ligaments receive very little blood flow which inhibits healing. Every person has their individual set of circumstances to address regarding any type of body pain or injury. Most of these exercises shown have proven the test of time, as far as being helpful in reducing knee pain by providing stability within the knee structure.

Instruction 1: performing these stretches increases the range of motion and blood flow. 20 repetitions is a good start, adding 10 reps per day, being careful of excessive soreness.

Instruction 2: increase to 1-2 minutes (or 30-50 repetitions) starts to develop more strength.

Instruction 3: 2-5 minutes, whether repetitions or holding the static position is where the most strength begins to develop.

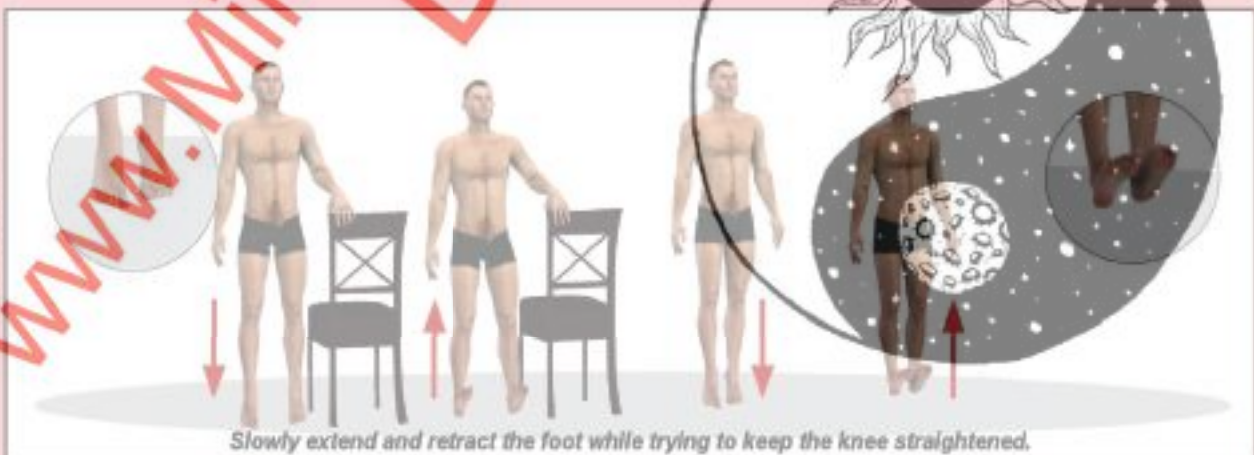
Exercise 3



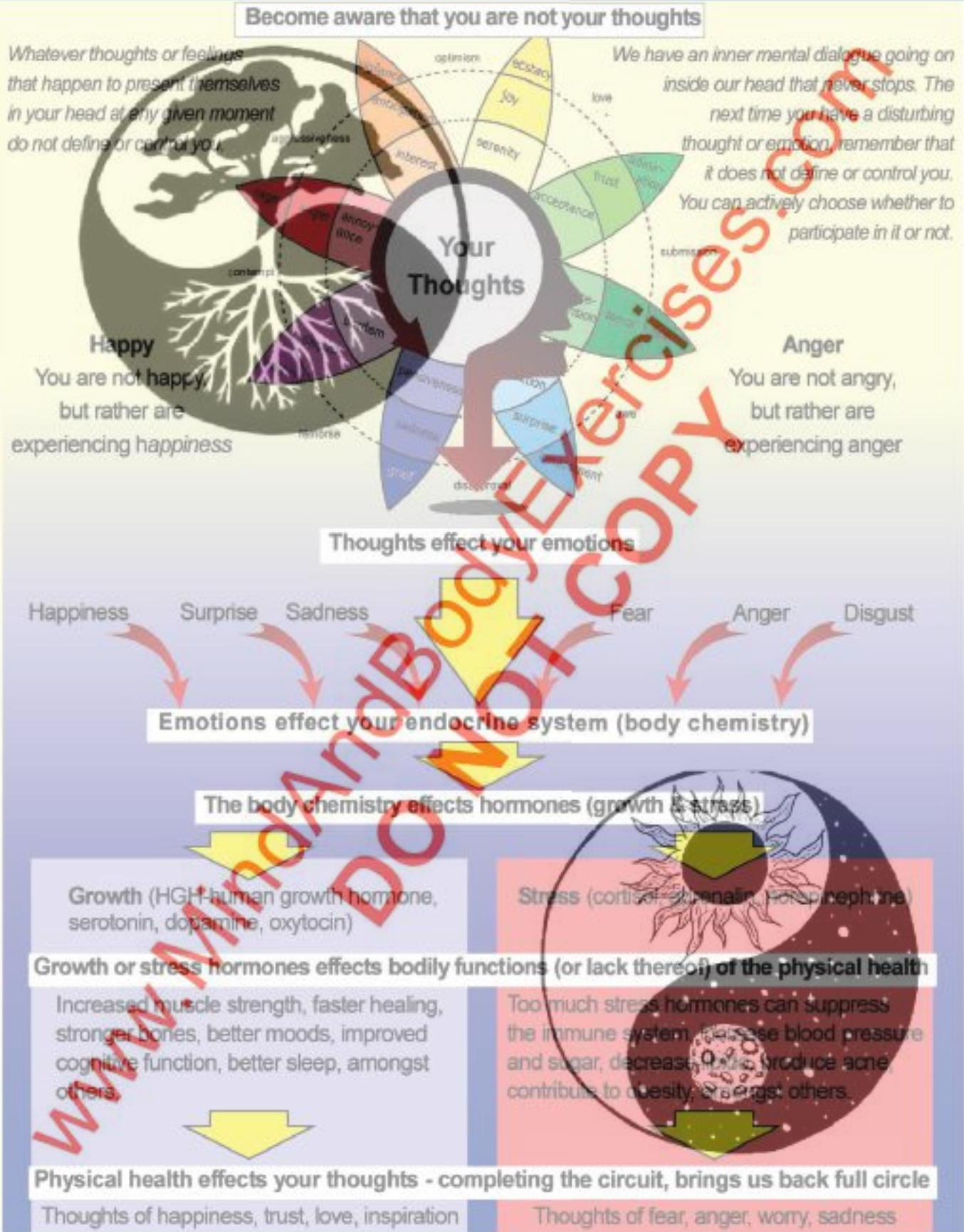
Exercise 4



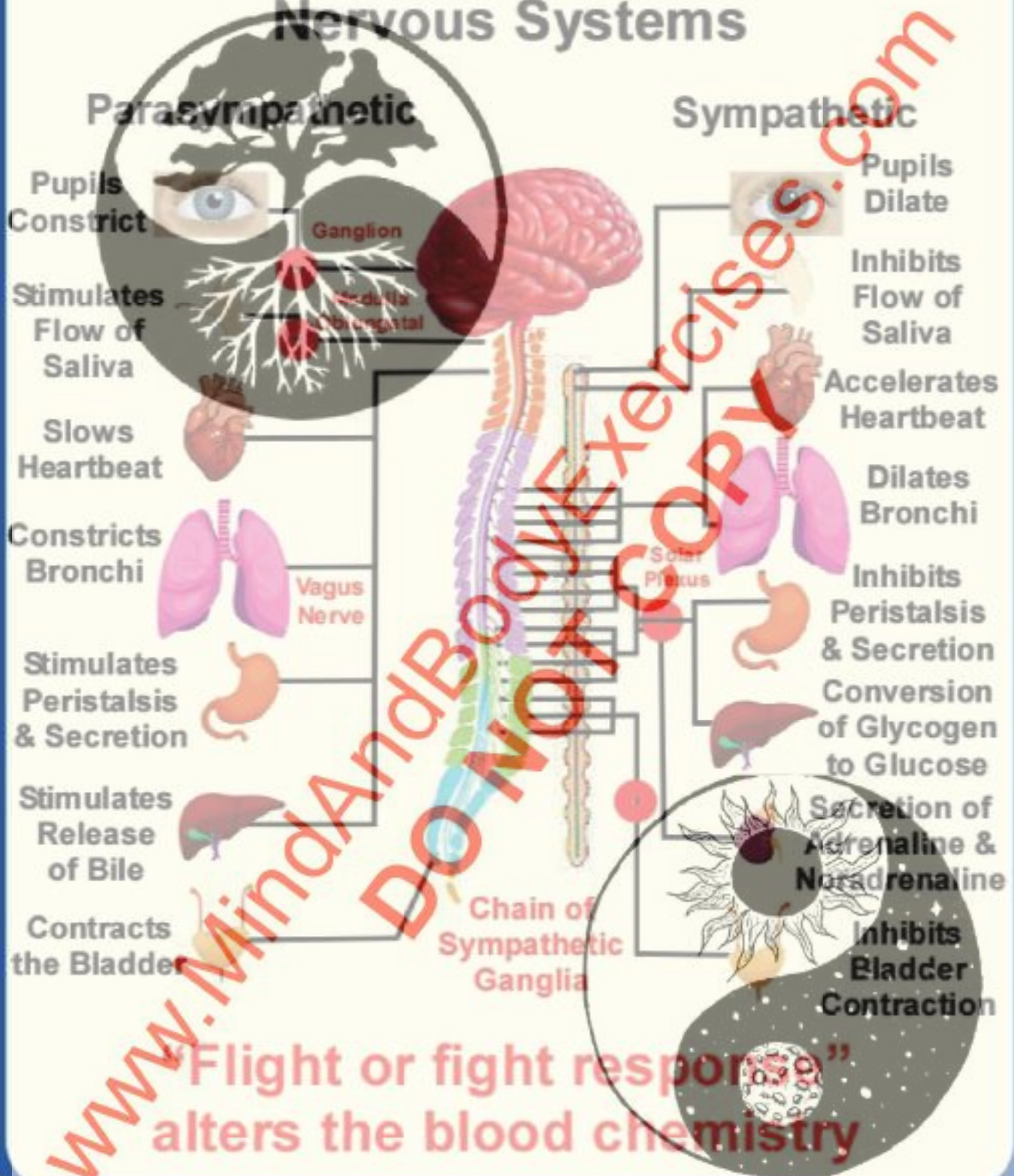
Exercise 5



Thoughts Affect Your Health



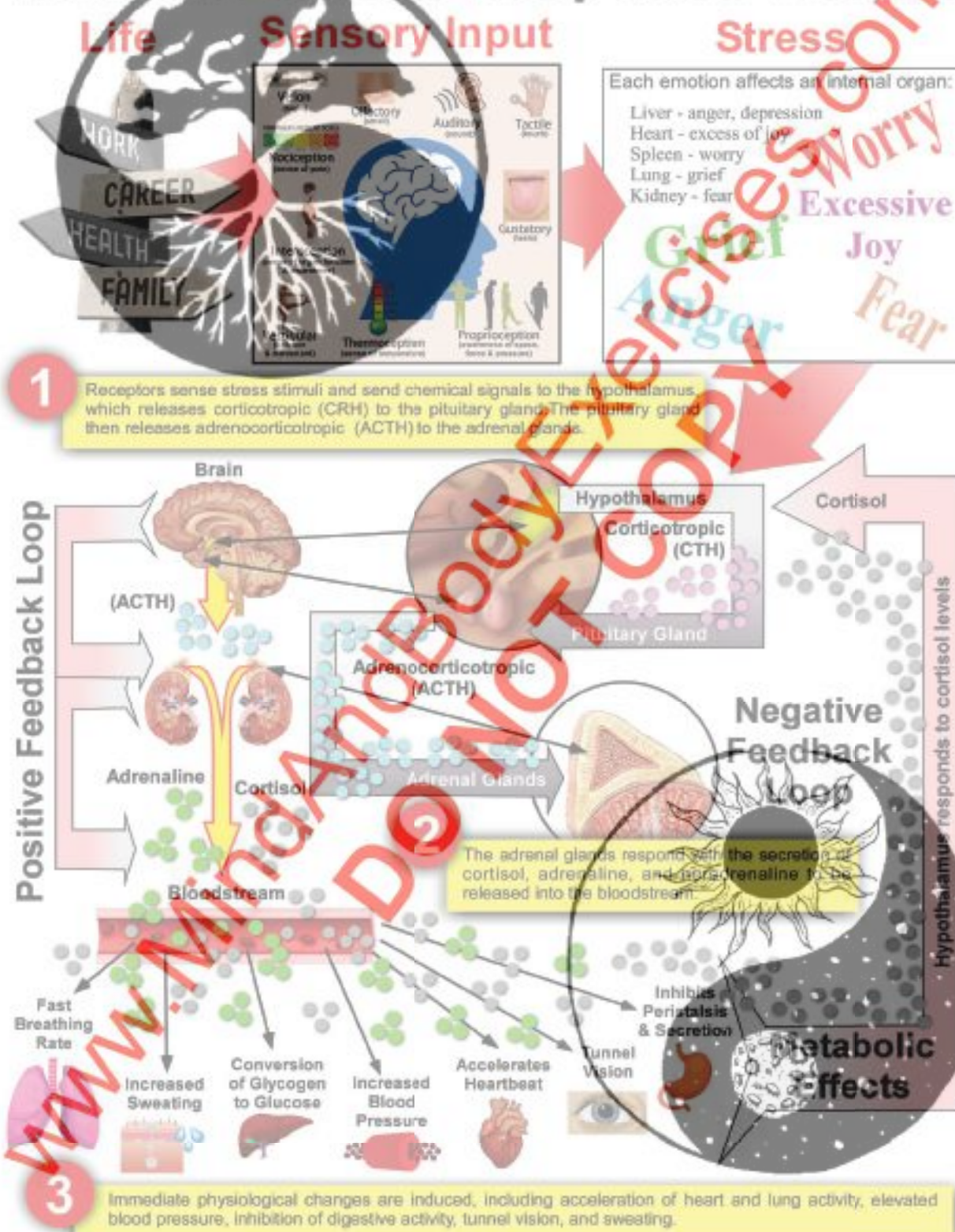
Parasympathetic & Sympathetic Nervous Systems



The HPA-axis

(Hypothalamus-Pituitary-Adrenal)

How the Stress Response Works

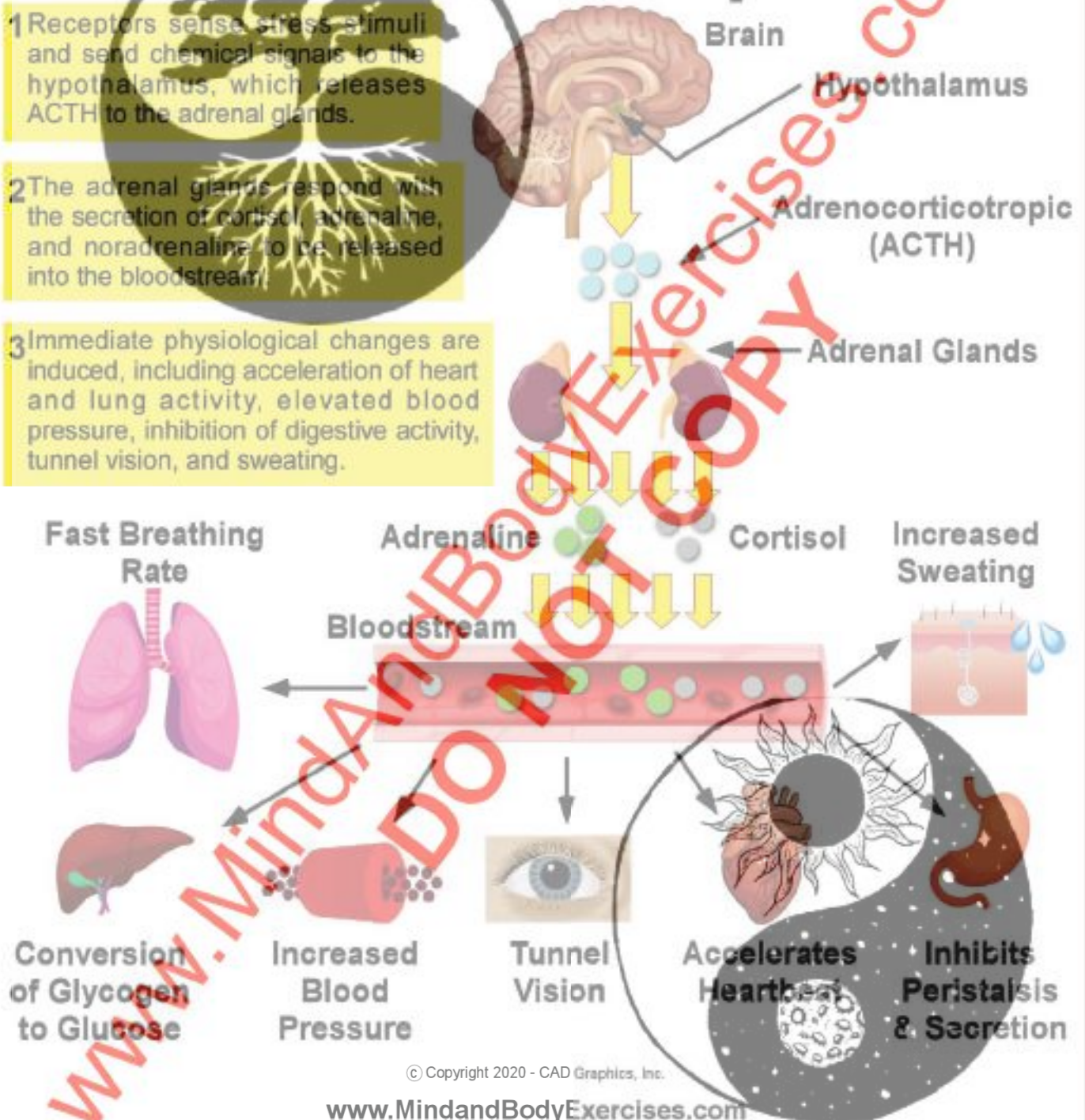


The Stress Response

1 Receptors sense stress stimuli and send chemical signals to the hypothalamus, which releases ACTH to the adrenal glands.

2 The adrenal glands respond with the secretion of cortisol, adrenaline, and noradrenaline to be released into the bloodstream.

3 Immediate physiological changes are induced, including acceleration of heart and lung activity, elevated blood pressure, inhibition of digestive activity, tunnel vision, and sweating.



Parasympathetic & Sympathetic Nervous Systems

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

When respiration 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 or manage the inner critical dialogue and learn to regulate the fast paced modern existence we all experiencing.

Qigong balances breathing and promotes conditions in your body for it to be able to regenerate and heal itself. Qigong does not treat 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.

A ROOT SOLUTION to COMBAT DISEASE: Activate the Parasympathetic Nervous System (PSNS)

12-18 breaths per minute average
keeps us in the Sympathetic
Nervous System of "Fight or Flight"

10 BPM or less activates PSNS

Fight or flight response transitions to
restore and regenerate

DOSE chemicals & hormones
released instead of Cortisol

D - dopamine
O - oxytocin
S - serotonin
E - endorphins

www.MindAndBodyExercises.com

Chemicals (hormones) that make you HAPPY

DOPAMINE

the "reward" chemical
released during
pleasurable
situations

OXYTOCIN

the "love" hormone
released during
sex, childbirth
and lactation

SEROTONIN

mood stabilizer
more sensitive
to diet than other
neurotransmitters

ENDORPHIN

the pain-killer
chemical
release after
exercise

The moment you change your perception,
is the moment you rewrite the chemistry of
your body.

- Dr. Bruce Upton



“Happy Hormones”

Dopamine

The reward chemical

- celebrate small wins
- certain foods
- practicing self-care activities

Oxytocin

The love hormone

- hugging someone
- playing with pets
- socializing
- helping others
- hand holding

Serotonin

The mood stabilizer

- sun exposure
- exercise
- nature walks
- meditation

Endorphin

The pain killer

- laughter
- exercise
- listening to music
- essential oils

Get your
daily DOSE
of:

Dopamine

Oxytocin

Serotonin

Endorphin

“Stress Hormones”

Cortisol

The death hormone

- increase blood pressure
- counteracts insulin
- suppresses immune system
- increase sodium & water retention
- reduces bone formation

Adrenaline

The fight & flight hormone

- prepares body to handle difficult or danger situations
- persistent high levels can lead to anxiety, depression, heart disease, weight gain

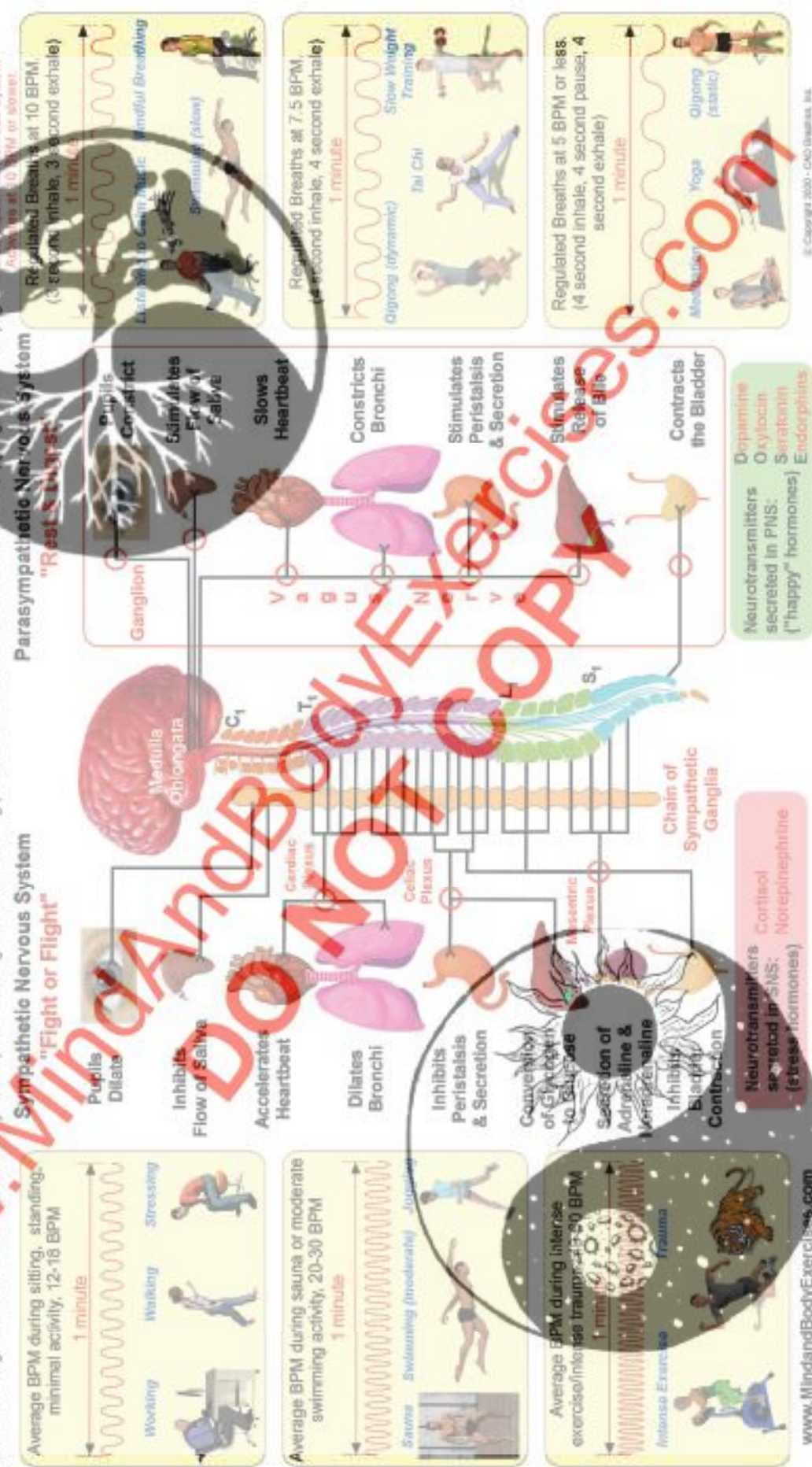
Norepinephrine

The fight & flight hormone

- increases heart rate & blood pumping from the heart
- increases blood pressure
- break down fat & increase blood sugar levels to provide more energy to the body

How Breathing Rate Affects Overall Health

The average person breathes 12-18 breathes per minute (BPM) during regular activity of standing, sitting & walking, engaging the sympathetic nervous system (SNS). Constant duration in the SNS dumps neurotransmitters of cortisol and norepinephrine into the blood stream putting the vital organs in a state of constant high alert and stress. Health and fitness experts suggest that 6 BPM is optimal for the lungs to properly oxygenate the whole body, balance the blood chemistry and also remove toxins. The lungs are responsible for removing 70% of the body's waste by-products through exhalation. This is more easily accomplished through mindful breathing patterns from exercises such as meditation, qigong, tai chi and yoga. **Practicing mindful breathing system** **Activates at 10 BPM or lower.**



Most people breathe too shallow and too quickly!

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 root power in bringing oxygen (qi) into our body to nourish it down to the cellular level.

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, continued 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 (BPM). This amounts to very shallow breaths, using primary the top 1/3 of the lung's capacity.

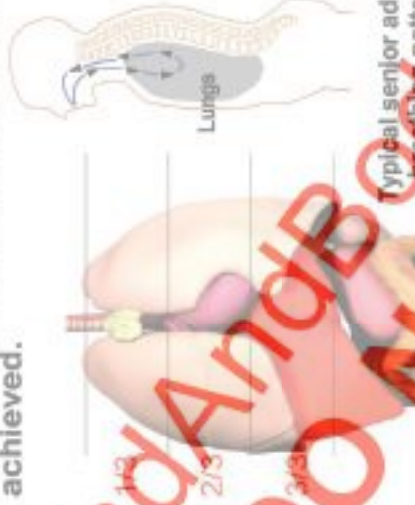
Shallow chest breathing fills only the upper portion of the lungs. This reduces the ability to effectively oxygenate the circulation system.

This "over-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.

How Deep Breathing Affects Your Health

Deeper breathing is a key component to having a long and healthy life. Through focused and deliberate breathing methods, many positive mental and physical benefits can be achieved.



Typical senior adult's breathing pattern (shallow/chest breathing)

Emotions affects breathing rhythms

Emotions effect the sympathetic nervous system which changes the blood chemistry.

The body releases cortisol into the bloodstream to counter stress.

Chronic elevation of cortisol effects other bodily functions in a negative manner.

- Improves blood circulation and oxygenation of cells

- Changes the blood chemistry to produce "happy" hormones beneficial to organs

- Toxic CO₂ waste is eliminated through your breath

- Stimulates the parasympathetic nervous system

- Abdominal breathing acts as a pump to massage internal organs

- Diaphragm movement pushes lymph throughout the body, eliminating toxic waste consequently strengthening the immune system

- Reduces mental and physical fatigue

Breathing Frequency



Abdominal Breathing



© Copyright 2020 - CAD Graphics, Inc.

Effects of Stress on the Body

- Mood swings of anger, depression, irritability, anxiety

- Fatigue, lack of energy

- Insomnia

- Headaches

- Acne and skin conditions

- High blood pressure, heart rate, risks of heart attack

- Weakened immune system

- Higher infection susceptibility

- Stomach cramps, nausea, ulcers

- Weight Gain (especially around the midsection)

- Changes in libido, lower sperm production, menstrual fertility issues

- Muscles & joint aches and pains

- Higher risk of Osteoporosis and bone fractures

Stress affects the emotions.

Emotions effect the sympathetic nervous system which changes the blood chemistry.

The body releases cortisol into the bloodstream to counter stress.

Chronic elevation of cortisol effects other bodily functions in a negative manner.

Effects of Chronically Elevated Cortisol

- Decreases protein synthesis

- Increases blood sugar levels

- Diminishes lymphocyte numbers and functions

- Interferes with skin healing and regeneration

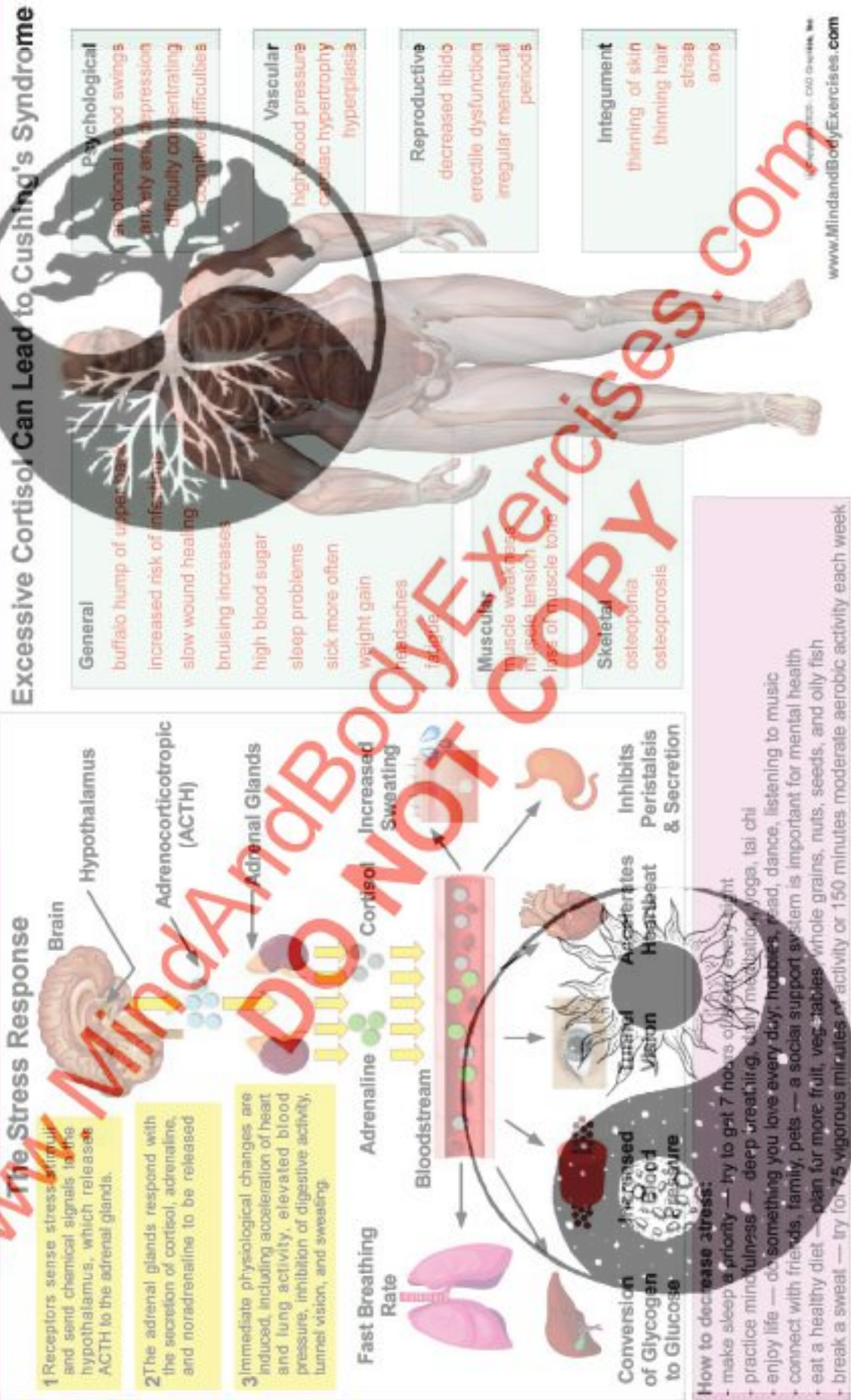
- Increases protein breakdown leading to muscle diminishing

- Lessens cellular utilization of glucose

- Leads to demineralization of bone that can lead to osteoporosis

- Causes shrinking of lymphatic tissue

How Excessive Stress Affects Overall Health



Excessive Cortisol Can Lead to Cushing's Syndrome

General

buffalo hump of upper back
increased risk of infections
slow wound healing
bruising increases
high blood sugar
sleep problems
sick more often
weight gain
headaches
fatigue

Muscular

muscle weakness
muscle tension
loss of muscle tone

Skeletal

osteopenia
osteoporosis

Psychological

emotional mood swings
anxiety and depression
difficulty concentrating
cognitive difficulties

Vascular

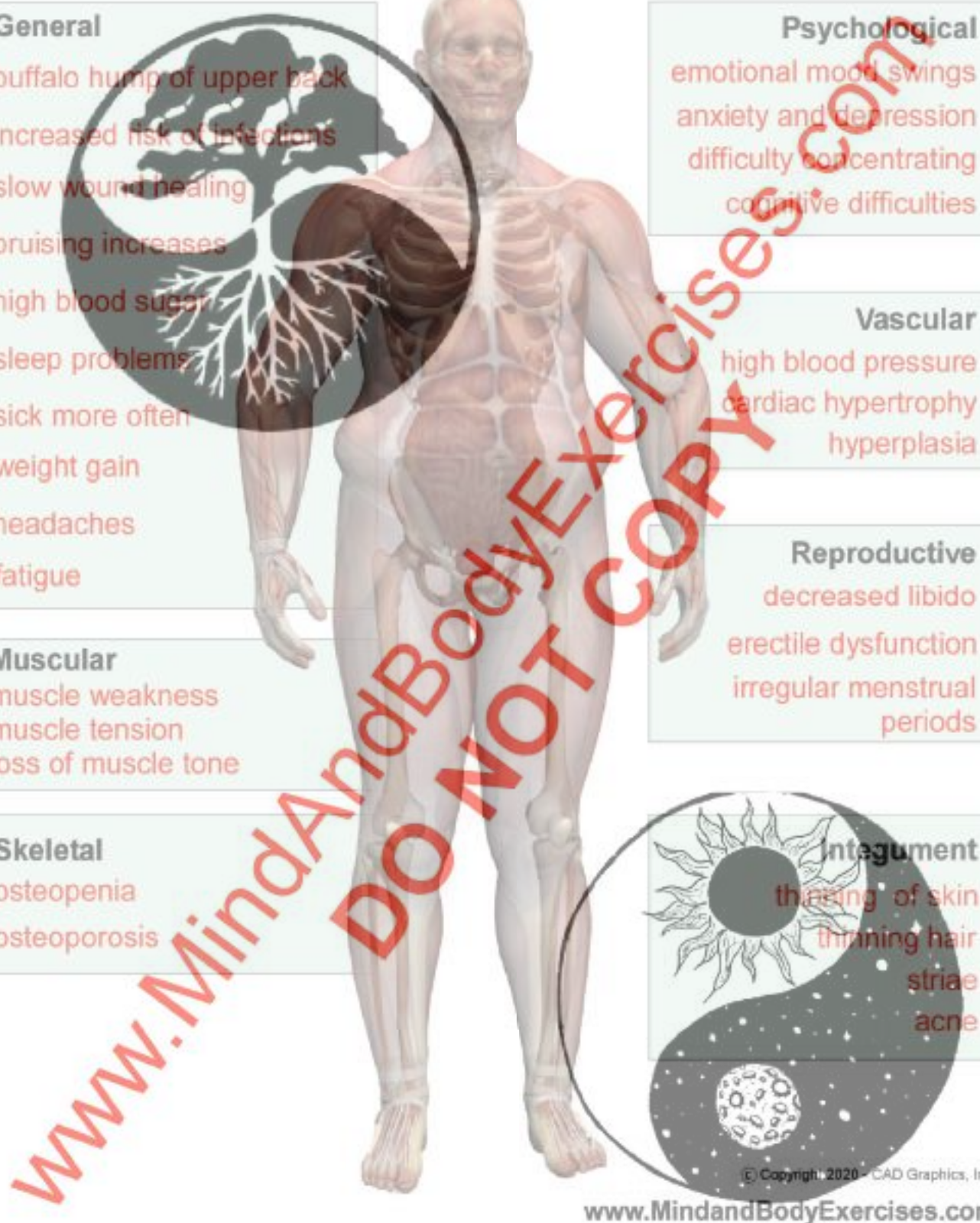
high blood pressure
cardiac hypertrophy
hyperplasia

Reproductive

decreased libido
erectile dysfunction
irregular menstrual periods

Integument

thinning of skin
thinning hair
striae
acne



How to decrease stress:

- **make sleep a priority** — try to get 7 hours of sleep every night
- **practice mindfulness** — deep breathing, daily meditation, yoga, tai chi
- **enjoy life** — do something you love every day; hobbies, read, dance, listening to music
- **connect with friends, family, pets** — a social support system is important for mental health
- **eat a healthy diet** — plan for more fruit, vegetables, whole grains, nuts, seeds, and oily fish
- **break a sweat** — try for 75 vigorous minutes of activity or 150 minutes moderate aerobic activity each week



www.MindandBodyExercises.com

© Copyright 2023 - CAD Graphics, Inc.

Nitric Oxide

(NO)

Vision

- neurotransmitter within retina
- regulation of retinal blood flow
- visual transduction
- effector in photoreceptors
- muscle tone in retinal and choroidal circulation

Cardiovascular System

- opening of blood vessels
- blood cell health
- heart strength
- nutrient exchange

Respiratory System

- Bronchial dilation
- Pulmonary vascular reactivity
- Alveolar-capillary membrane permeability

Neurological System

- Learning
- Memory
- Neural protection
- Neuronal toxicity
- Neurotransmission
- Neuronal development
- Nociception
- enhances "rest state"
- pain management
- blood pressure regulation

Urogenital System

- renin secretion
- penile erection
- fertilization
- spermatogenesis, oogenesis, ovulation

Excretory System

- Glomerular filtration
- Renal vasodilation
- Renal endothelial function

Endocrine System

- posterior pituitary hormones
- gonadotropin hypothalamic releasing factor

Immune System

- improved innate immunity
- inflammation regulation
- cytotoxic chemical
- cellular injury protection
- superoxide radical quenching

Gastrointestinal Tract

- enhanced metabolism
- increases nutrient absorption

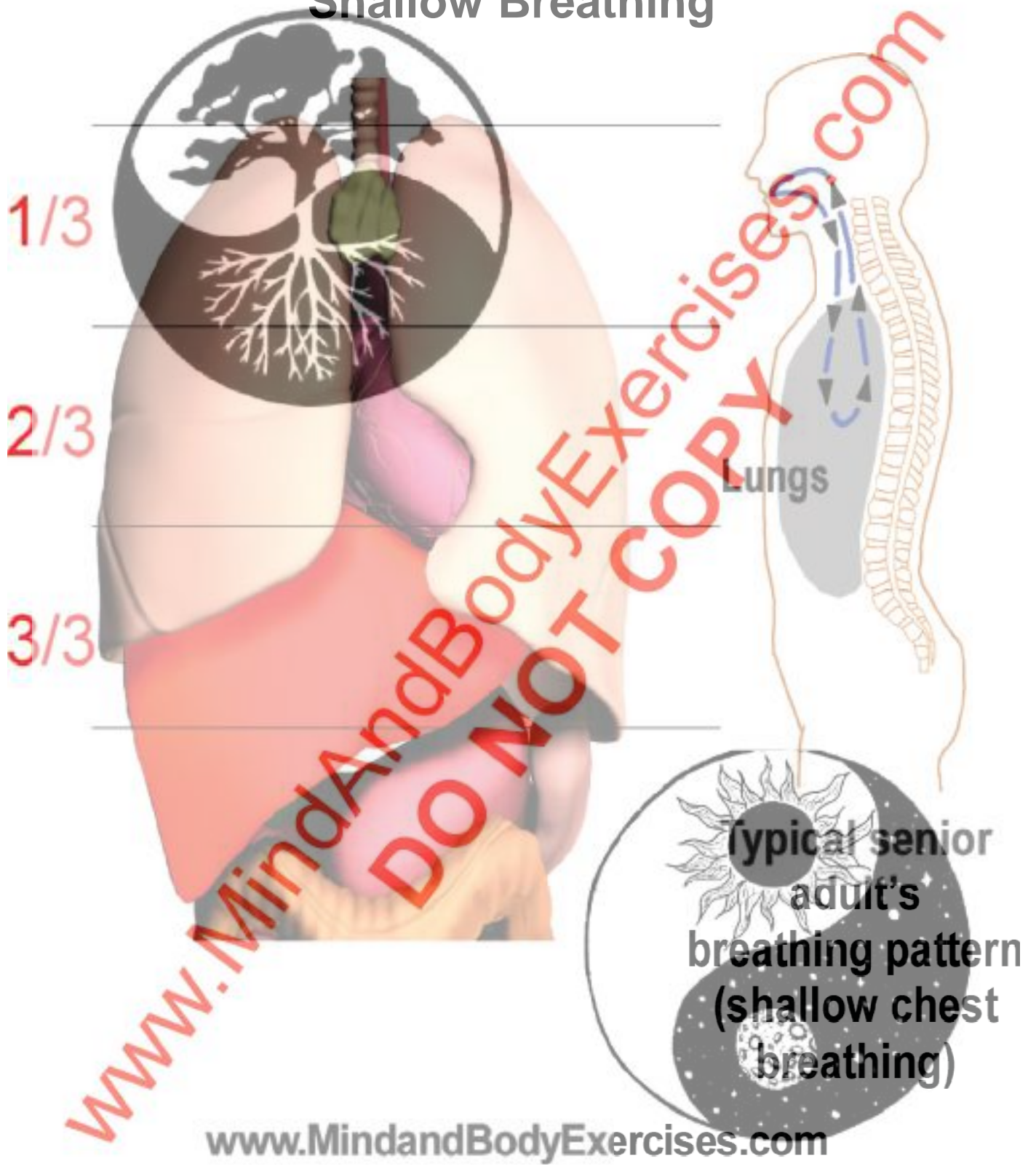
Cell Proliferation

- reduced cell death
- new blood vessel formation

© Copyright 2022 - CAD Graphics, Inc.

www.MindandBodyExercises.com

Shallow Breathing



www.MindandBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

Deep Breathing Benefits

Deeper breathing is a key component to having a long and healthy life. Through focused and deliberate breathing methods, many positive mental and physical benefits can be achieved.

- Diaphragm breathing acts as a pump to massage internal organs

- Movement of the diaphragm helps push lymph throughout your body, eliminating toxins while strengthening the immune system

- Improves blood circulation which oxygenates cells

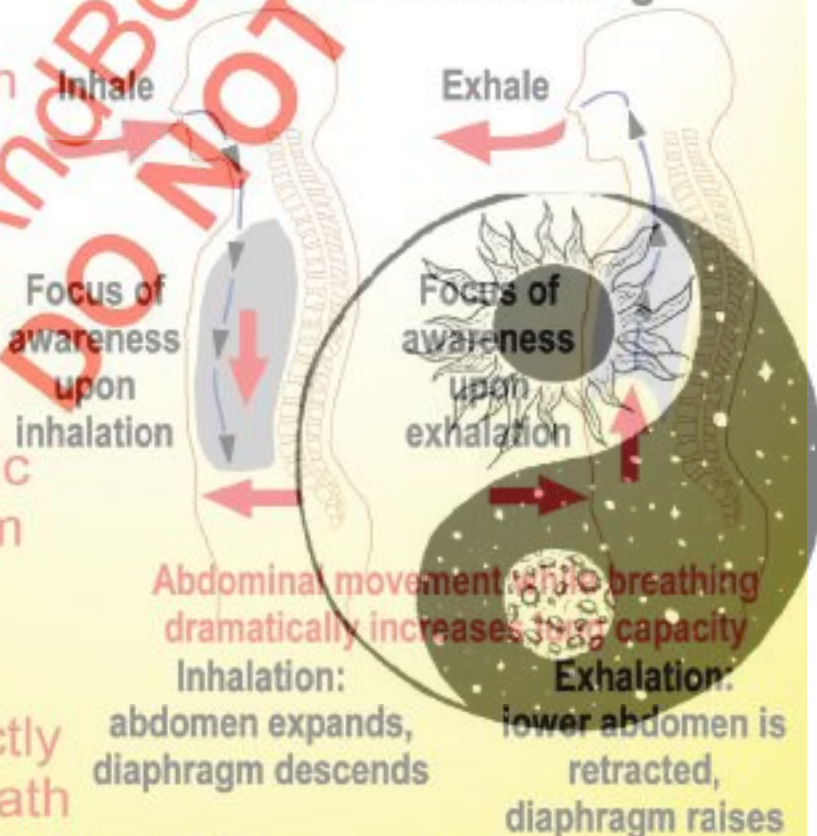
- Activates the Parasympathetic Nervous System

CO₂ waste is eliminated directly through the breath

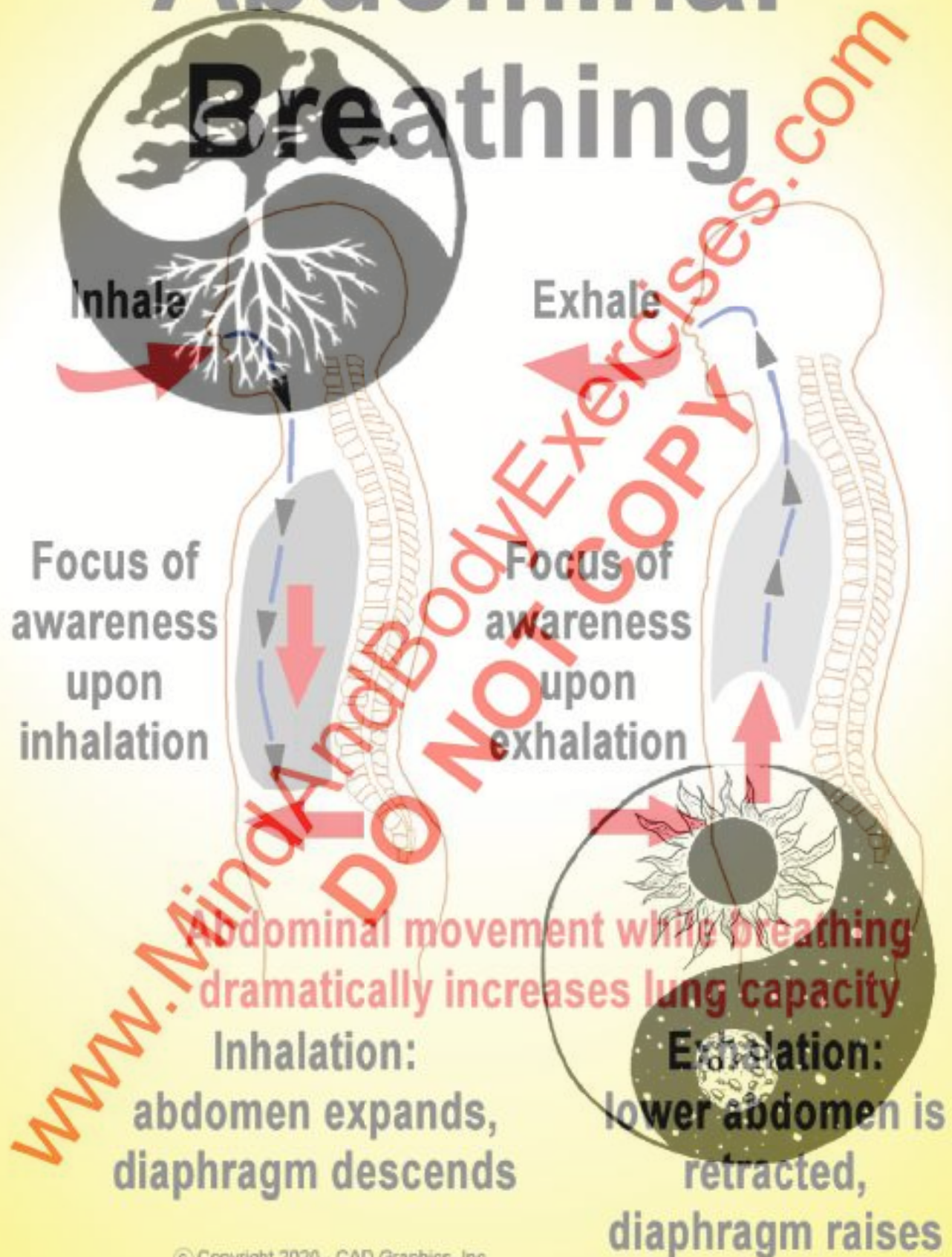


©2009 C&D Graphics, Inc. All Rights Reserved

Abdominal Breathing

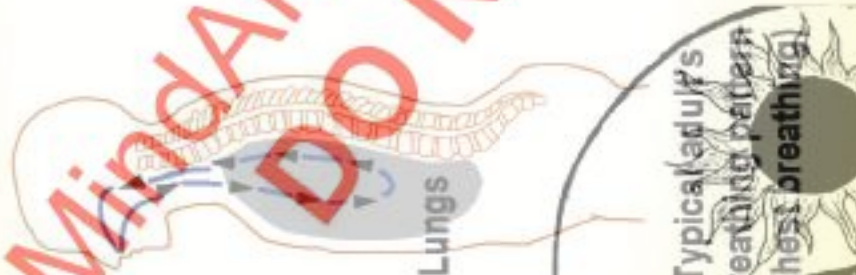
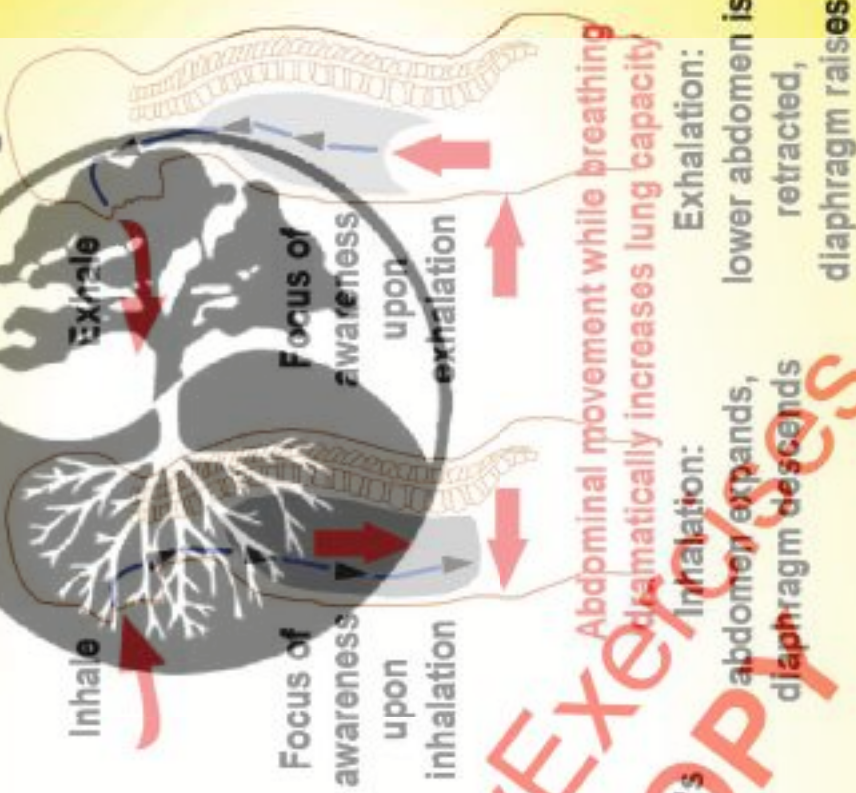


Abdominal Breathing



Breathing Patterns

Abdominal Breathing



Deeper breathing is a key component to having a long and healthy life. Through focused and deliberate breathing methods, many positive mental and physical benefits can be achieved.

www.MindandBodyExercises.com

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 root power in bringing oxygen (qi) into our body to nourish it down to the cellular level.

Most people breathe too shallow 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, continued 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 (BPM). This amounts to very shallow breaths, using primary the top 1/3 of the lung's capacity.

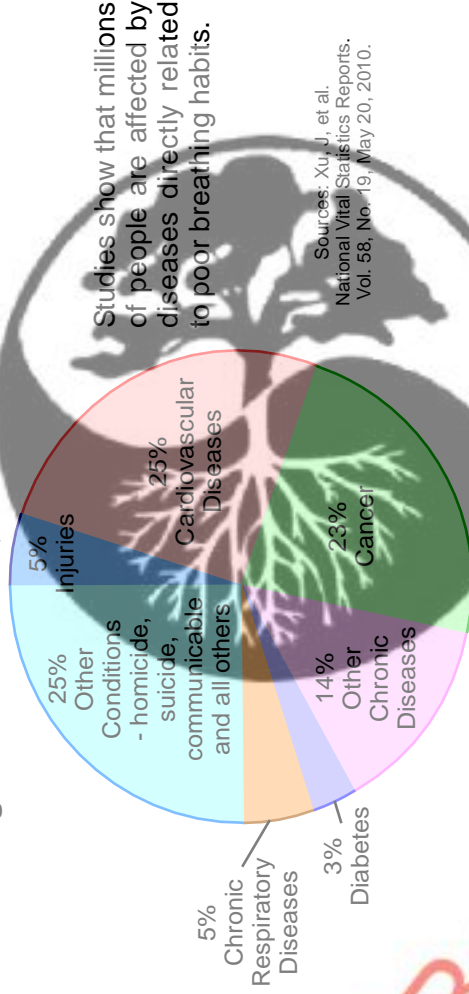
Shallow chest breathing fills only the upper portion of the lungs. This reduces the ability to effectively oxygenate the circulation system.

This "over-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.

© Copyright 2018 - CAD Graphics, Inc.

Leading Causes of Death, United States 2010



Average Lifespan & 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.

Average Lifespan & Breathing Frequency by Species



Species that breathe slowly, seem to live longer

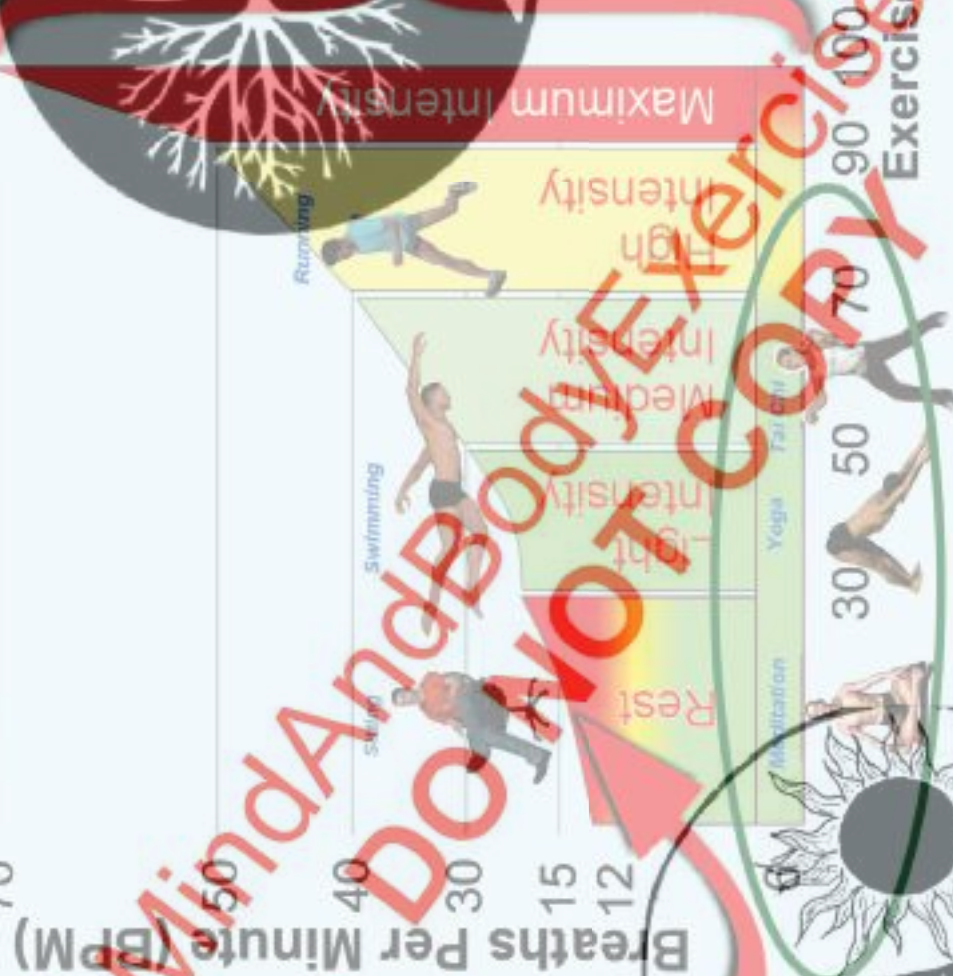
Animals with longer lifespans utilize a combination of methods to minimize oxidative stress that adds to cellular damage. Deep and slower breathing more effectively oxygenates the body, expelling waste and toxins while maintain proper bodily functions.

www.MindandBodyExercises.com

Breathing Rate vs. Intensity

Too much time in this area, makes the body sedentary impairing the body's ability to move lymph causing inflammation and various other ailments.

Too much time in this area, makes the body react as it always in crisis mode or "fight or flight" mode producing more cortisol & adrenaline to accomodate the body's demands.



This is the optimum area to function within, whether resting, exercising, meditating, etc. Minimum breaths per minute provides maximum oxygenation of the body on the cellular level.

www.MindandBodyExercises.com

Breath Management Activities

- Focus on managing the breath
- The breath manages your emotions
- The emotions manage your thoughts
- The thoughts manage your brain waves
- The brain waves manage your hormone levels
- The hormones manage your blood chemistry
- The blood chemistry manages your health or illness



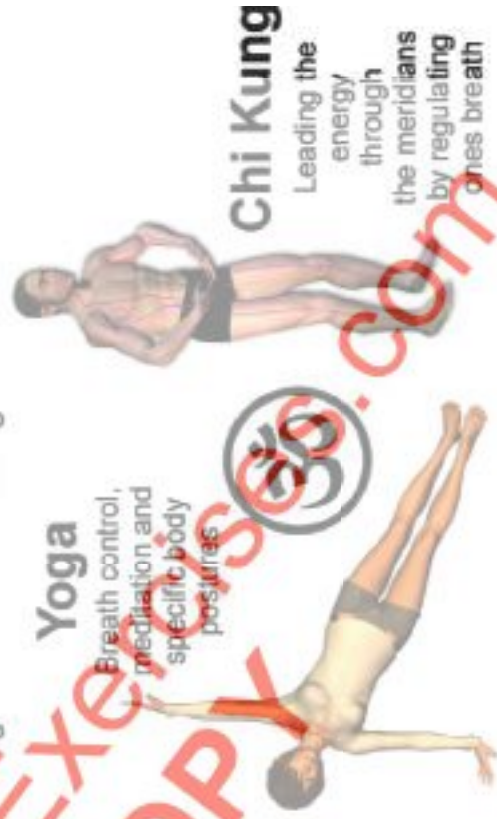
Physical Activity

- moves lymph to flushes waste and toxins reducing inflammation
- tires the mind & body facilitating sounder sleep



Mental Activity

- emulates sleep's parasympathetic mode
- changes the internal dialogue



Yoga

Breath control, meditation and specific body postures



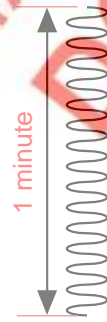
Chi Kung

Leading the energy through the meridians by regulating ones breath

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 by-products through exhalation. This is best accomplished by mindful breathing patterns through exercises such as meditation, qigong, tai chi and yoga.

Breathing Frequency During Specific Activities

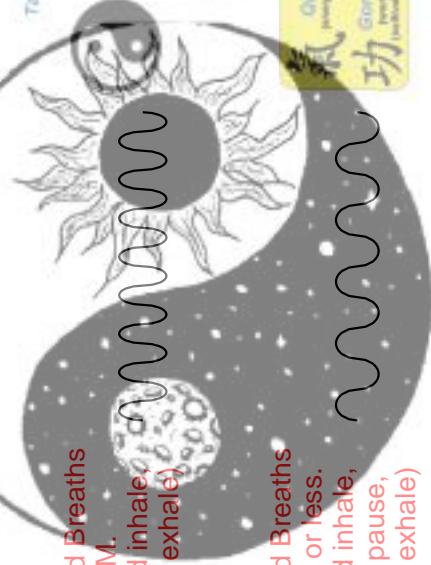
Average Breaths Per Minute (BPM) during sitting, standing, minimal activity, 12-18 BPM



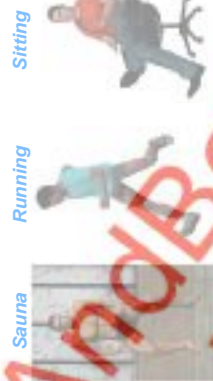
Parasympathetic Nervous System Activates at 10 BPM.



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)



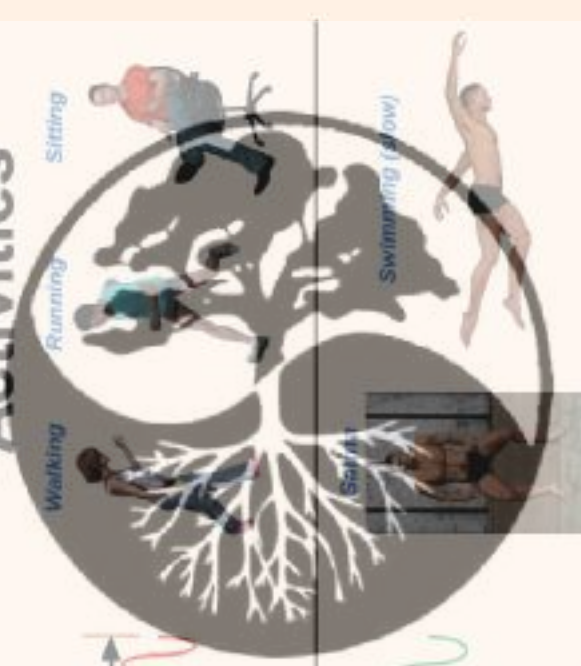
Breaths per minute (BPM)	Amount of Oxygenation	Mental Effects	Physical Effects
18+	Insufficient	Stress	More Risk of Disease
17		Anxiety	Acidic Metabolism
16		Depression	Chronic Oxygen Deprivation
15		Turbidity	More Stress Hormones (cortisol and adrenaline)
14			
13			
12			
11	Moderate	Restless	Sympathetic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

Breathing Frequency During Specific Activities

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



Types of Activities



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)



Tai Chi



www.MindandBodyExercises.com

Breathing Frequency

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



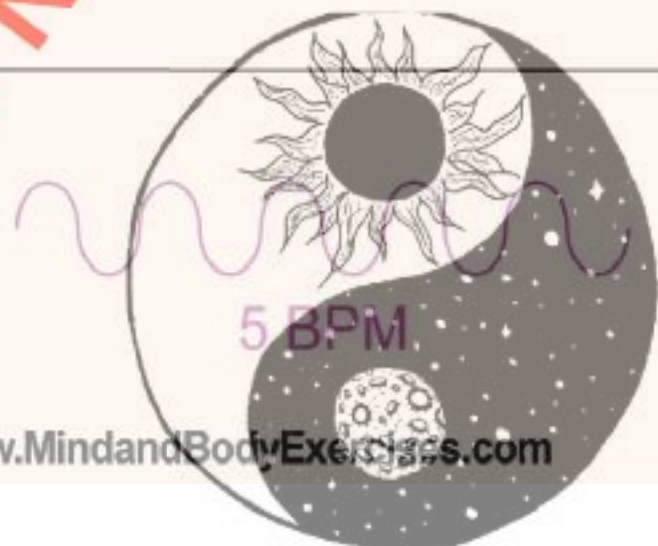
Parasympathetic
Nervous System
Activates at
10 BPM.



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)



www.MindandBodyExercises.com

Length of Breath = Breaths Per Minute

A simple method to relieve stress and improve overall wellness is to slow the breaths per minute (BPM), consequently increasing breathing capacity. A 6-second breath (or slower) is needed to activate the "rest and digest" state of the parasympathetic nervous system. Prolonged breathing of 12-18 BPM causes the body to produce more cortisol eventually wreaking havoc on the organs and their bodily functions.

1 Minute



10 Breaths per Minute (or slower) - Parasympathetic Nervous System Activates

1 Breath = 6 seconds	
3 seconds inhale	3 seconds exhale
3 seconds inhale	3 seconds exhale
3 seconds inhale	3 seconds exhale
3 seconds inhale	3 seconds exhale
3 seconds inhale	3 seconds exhale
3 seconds inhale	3 seconds exhale
3 seconds inhale	3 seconds exhale
3 seconds inhale	3 seconds exhale
3 seconds inhale	3 seconds exhale

Rest and Digest

7.5 Breaths per Minute

1 Breath = 8 seconds	
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale

5 Breaths per Minute

1 Breath = 12 seconds	
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale

3.75 Breaths per Minute

1 Breath = 16 seconds	
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale
4 seconds inhale	4 seconds exhale

Changing Your Breathing Rhythm

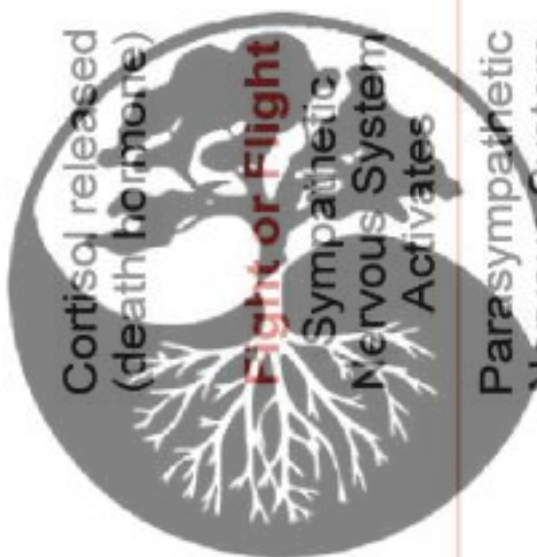
1 breath = 4 seconds
 15 breaths per minute
 2 second inhale 2 second exhale

1 breath = 6 seconds
 10 breaths per minute
 3 second inhale 3 second exhale

1 breath = 8 seconds
 7.5 breaths per minute
 4 second inhale 4 second exhale

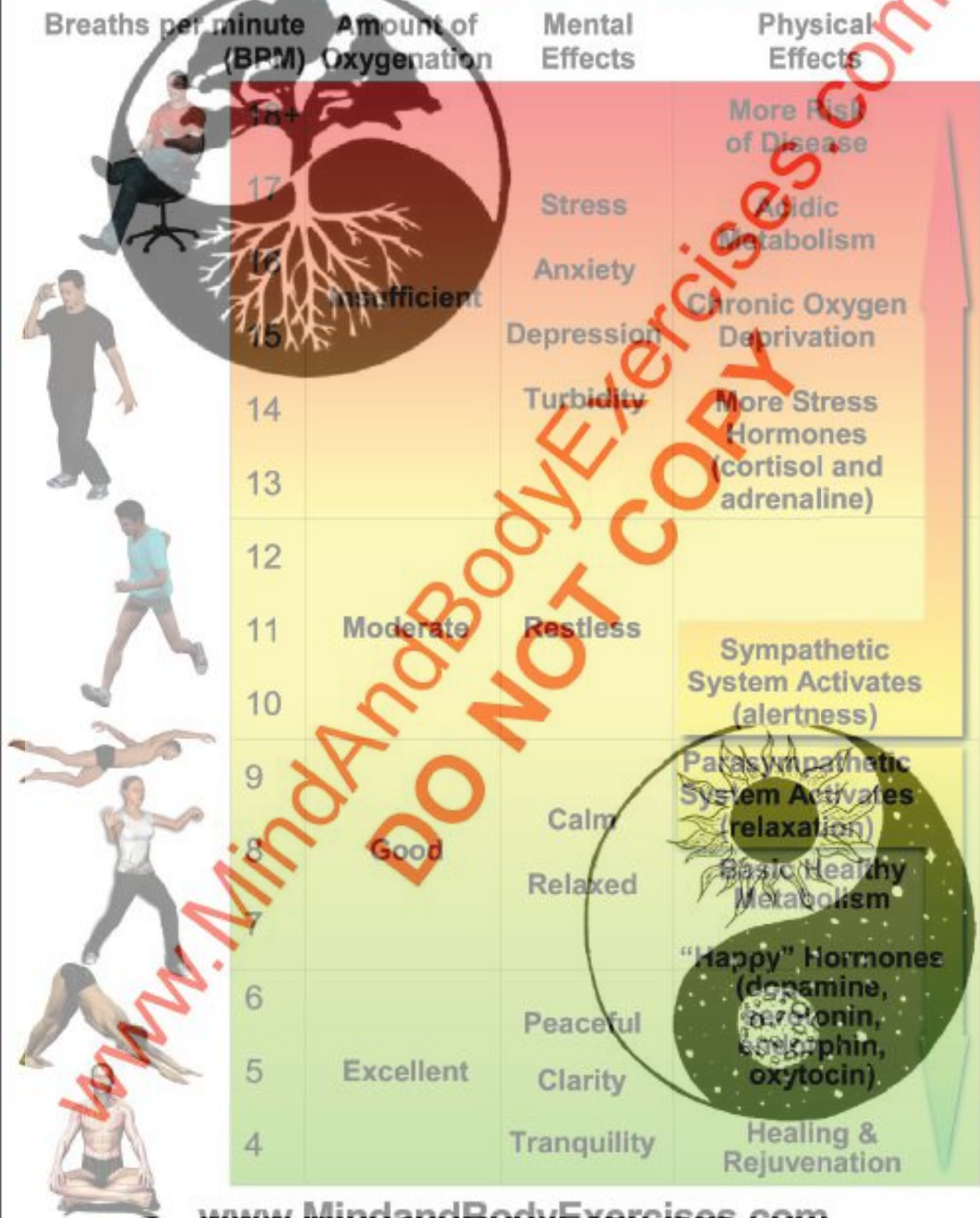
1 breath = 12 seconds
 5 breaths per minute
 4 second inhale 4 second exhale

1 breath = 16 seconds
 3.75 breaths per minute
 4 second inhale 4 second exhale



Rest and Digest
 Dopamine, Oxytocin, Serotonin, Endorphins released (happy hormones)

How Rapid You Breathe Directly Affects Your Health





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 calms the emotions, directly affecting the digestion system.

8. Breathing Helps Strengthen the Immune System

Oxygen travels through your bloodstream by attaching to hemoglobin in the red blood cells. This in turn enriches the body to better metabolize nutrients and vitamins. Which also helps tissues to regenerate and heal.

9. Breathing Deeply Help Improve Posture

Better breathing exercises 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, increasing 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. Breathing Improves Cellular Regeneration

18. The Lymphatic System Works Better with Deeper Breathing

Increased circulation of lymphatic fluid speeds recovery after illnesses, removing waste byproducts more efficiently.

19. Elimination of Waste Through Exhaling Works Better

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

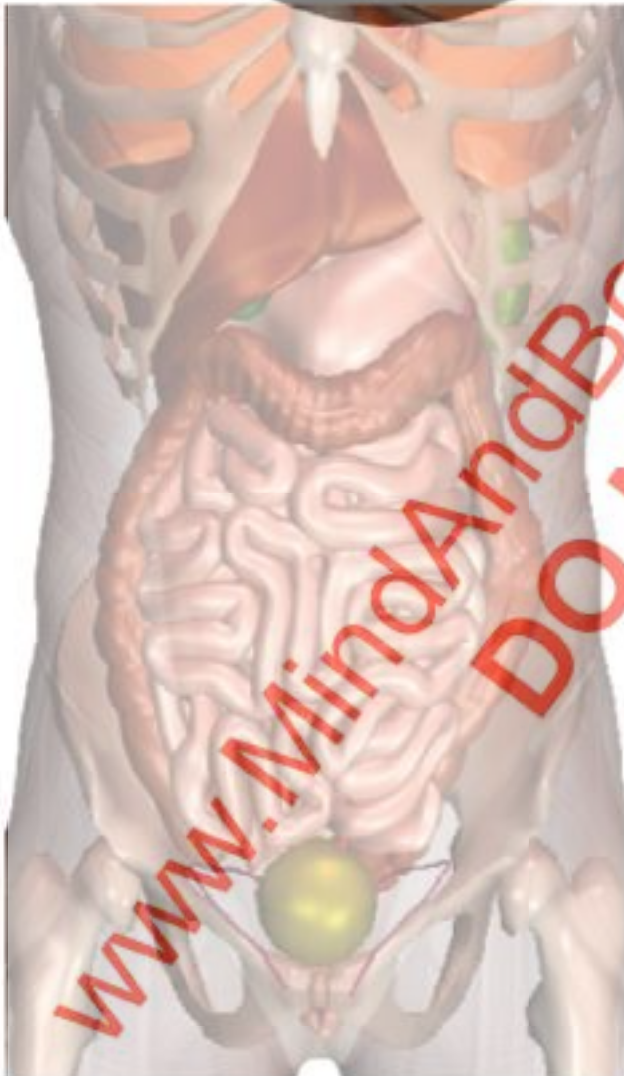
20. Self-Awareness & Spirituality Can be Enhanced from Deep Breathing

Creativity and Intuition increases when you're relaxed.



Sleep Time

- process food & thoughts of the day
- blood returns to the liver
- brain's glymphatic system removes waste by products
- body rests, recovers, rebuilds



Importance of Sleep

Side Effects of Poor Sleep

- Irritability
- Cognitive impairment
- Loss of memory
- Memory lapses
- Impaired Judgement
- Decreased creativity
- Increase stress
- Symptoms similar to ADHD
- Impaired immune system

- Increased variable heart rate
- Decreased testosterone
- Increased time to react
- Decreased accuracy
- Tremors
- Aches & pains
- Growth suppression
- Risk of obesity
- Decreased body temperature
- Risk of Type 2 Diabetes
- Decreased testosterone



AGE GROUP

RECOMMENDED HOURS OF SLEEP

Newborns (0-3 months)
 Infants (4-11 months)
 Toddlers (1-2 years)
 Pre-Schoolers (3-5 years)
 School Age (6-12 years)
 Teenagers (13-17 years)
 Young Adults (18-25 years)
 Adults (26-64 years)
 Seniors (65 & older)

14-17 hours

12-15 hours

11-14 hours

10-13 hours

9-11 hours

8-10 hours

7-9 hours

7-9 hours

7-8 hours

Awake - beta to alpha

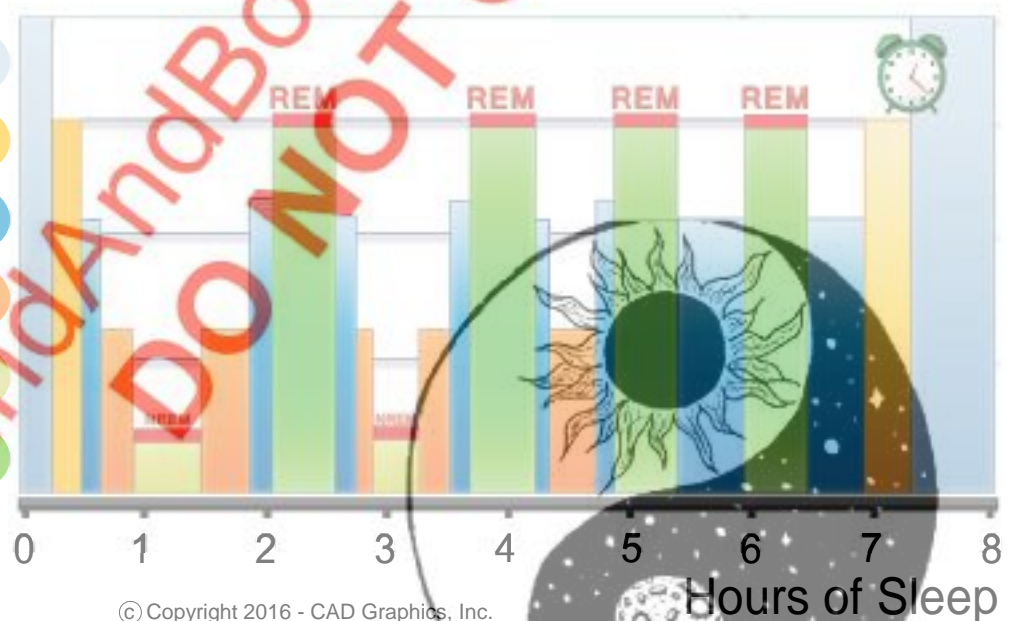
Stage 1 - alpha to theta

Stage 2 - theta

Stage 3 - delta

Stage 4 - delta

Stage 5 - REM



www.MindAndBodyExercises.com



www.MindAndBodyExercises.com

How Well Do You Sleep?

www.MindandBodyExercises.com

Are you low on energy? Hard to focus throughout the day? Many chronic illnesses can be attributed to poor sleep. More serious diseases such as diabetes, heart disease, Alzheimer's disease, are thought to be directly related to not achieving sufficient recover during the sleep cycle. Each phase of our day is intimately interconnected with the others.

Sleep

- process food & thoughts of the day
- blood returns to the liver
- brain's glymphatic system removes waste by products
- body rests, recovers, rebuilds

Side Effects of Poor Sleep

- Irritability
- Cognitive impairment
- Loss of memory
- Memory lapses
- Impaired Judgement
- Decreased creativity
- Increase stress
- Symptoms similar to ADHD
- Impaired immune system

- Increased variable heart rate
- Decreased testosterone
- Increased time to react
- Decreased accuracy
- Tremors
- Aches & pains
- Growth suppression
- Risk of obesity
- Decreased body temperature
- Risk of Type 2 Diabetes
- Decreased testosterone

Family Time



Mental Activity



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



Required Tasks



Daily Stress



Physical Activity



Incessant Inner Dialogue



Standing or sitting for long periods of time

Strategize

Exercise

Stress

Work

Sleep

Stress

Work

Create

© Copyright 2016 - CAD Graphics, Inc.

Ways to Get Better Sleep

What we do during the waking hours, often determines how well we sleep at night. How well we sleep determines how the quality of our waking hours is utilized. By practicing stress relieving exercises and habits during the day, the mind and body can more easily process information and rejuvenate during the sleep stages. The concepts below are just a few of the many options to achieve better sleep and consequently, better health and wellness.

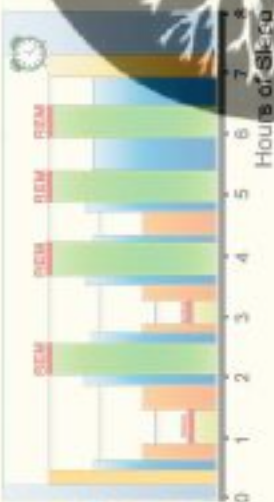
www.MindandBodyExercises.com

Light Sleep

- Theta Brain Waves (4-9 Hz)
- Reduced consciousness
- Deep meditation, intuition
- High creativity, flashes of insight
- Spontaneous healing



AGE GROUP RECOMMENDED HOURS OF SLEEP



Hours of Sleep

Deep Sleep

- Delta Brain Waves (1-3.9 Hz)
- Deep sleep, unconsciousness
- Growth hormone (HGH) is released along with melatonin and DHEA (anti-aging)
- Loss of body aches/pain
- Deep physical relaxation



Mental Activity

- emulates sleep's parasympathetic mode
- changes the internal dialogue

Yoga

- Breath control, meditation and specific body postures



Chi Kung

- Learning to regulate the flow of energy (chi) through the meridians
- Regulating the breath

Relaxed Mind

- Alpha Brain Waves (8-13.9 Hz)
- Relaxed focus
- Long term memory
- Creativity and visualization
- Light meditation, daydreaming
- Serotonin (happiness hormone) is released
- Accessed by focussing on your breathing, and quieting your mind

Physical Activity

- moves lymph to flushes waste and toxins
- reducing inflammation
- tires the mind & body facilitating sounder sleep



Tai Chi

(Tai Ji, Tai Chi Ch'uan)



Based on Yin & Yang

Active Mind

- Beta Brain Waves (14-30 Hz)
- State of brain most of our waking time
- Associated with stress, anxiety, fear
- Short term memory, logic
- Used for routine tasks, critical reasoning
- Stress hormone cortisol is released

go from here

- Breath Management**
 - Focus on managing the breath
 - The breath manages your emotions
 - The emotions manage your thoughts
 - The thoughts manage your brain waves
 - The brain waves manage your hormone levels
 - The hormones manage your blood chemistry
 - The blood chemistry manages your health or illness

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

© Copyright 2016 - CAD Graphics, Inc.



Blood Shunting

Blood Shunting or Accommodation

Means to redirect or divert, specifically blood to where it is needed most.

During Normal Rest:

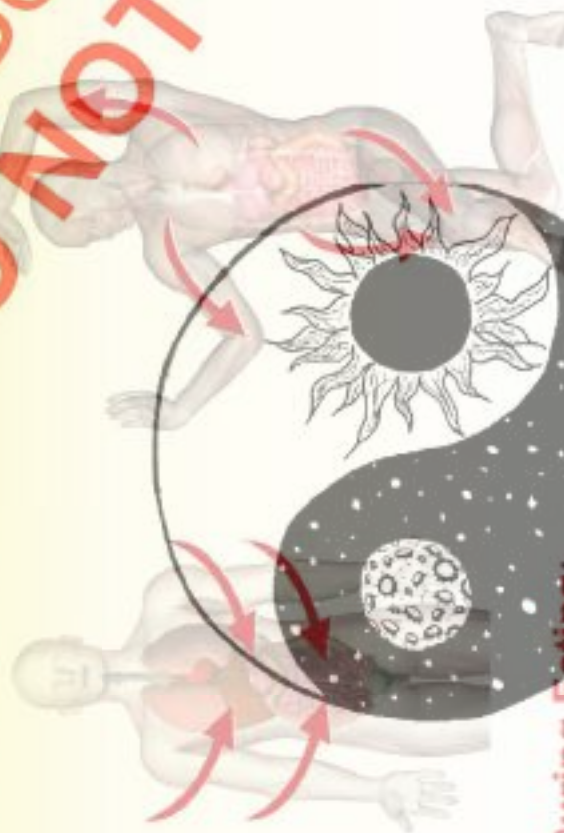
- 15-20% of cardiac output is directed to skeletal muscles
- the liver receives 25%
- the kidneys receive 20%

Blood is mostly in the organs

During Exercise:

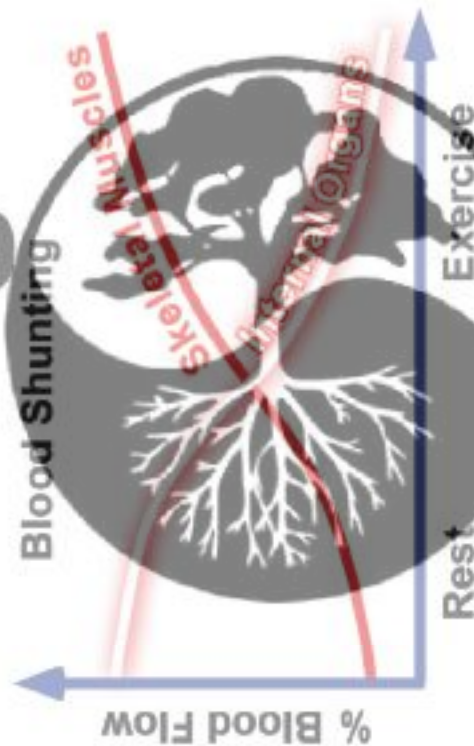
During physical activity, blood flow is redirected to oxygen starved muscles and away from inactive organs. As body heat increases, some blood flow is redirected to the skin to help maintain internal body temperature.

Blood is mostly in the muscles



During Eating:

Blood flow is shunted to the engaged digestive system, and decreased from the skeletal muscles. This is why stomach cramps can occur if exercising too soon after eating.



% Blood Flow Accommodation

At Rest

During Exercise

bone marrow

bone marrow

brain

brain

heart

heart

liver

liver

kidneys

kidneys

muscles

muscles

skin

skin

<https://fbstudy.weebly.com/topic-2-exercise-physiology.html>

Blood Shunting



Shunting or Accommodation

Means to redirect or divert, specifically blood to where it is needed most.

During Normal Rest:

- 15-20% of cardiac output is directed to skeletal muscles
- the liver receives 25%
- the kidneys receive 20%

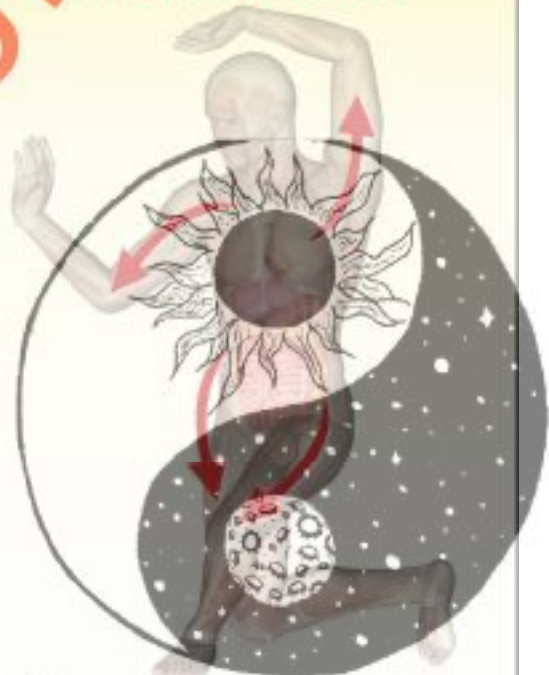
Blood is mostly in the organs



During Exercise:

During physical activity, blood flow is redirected to oxygen starved muscles and away from inactive organs. As body heat increases, some blood flow is redirected to the skin to help maintain internal body temperature.

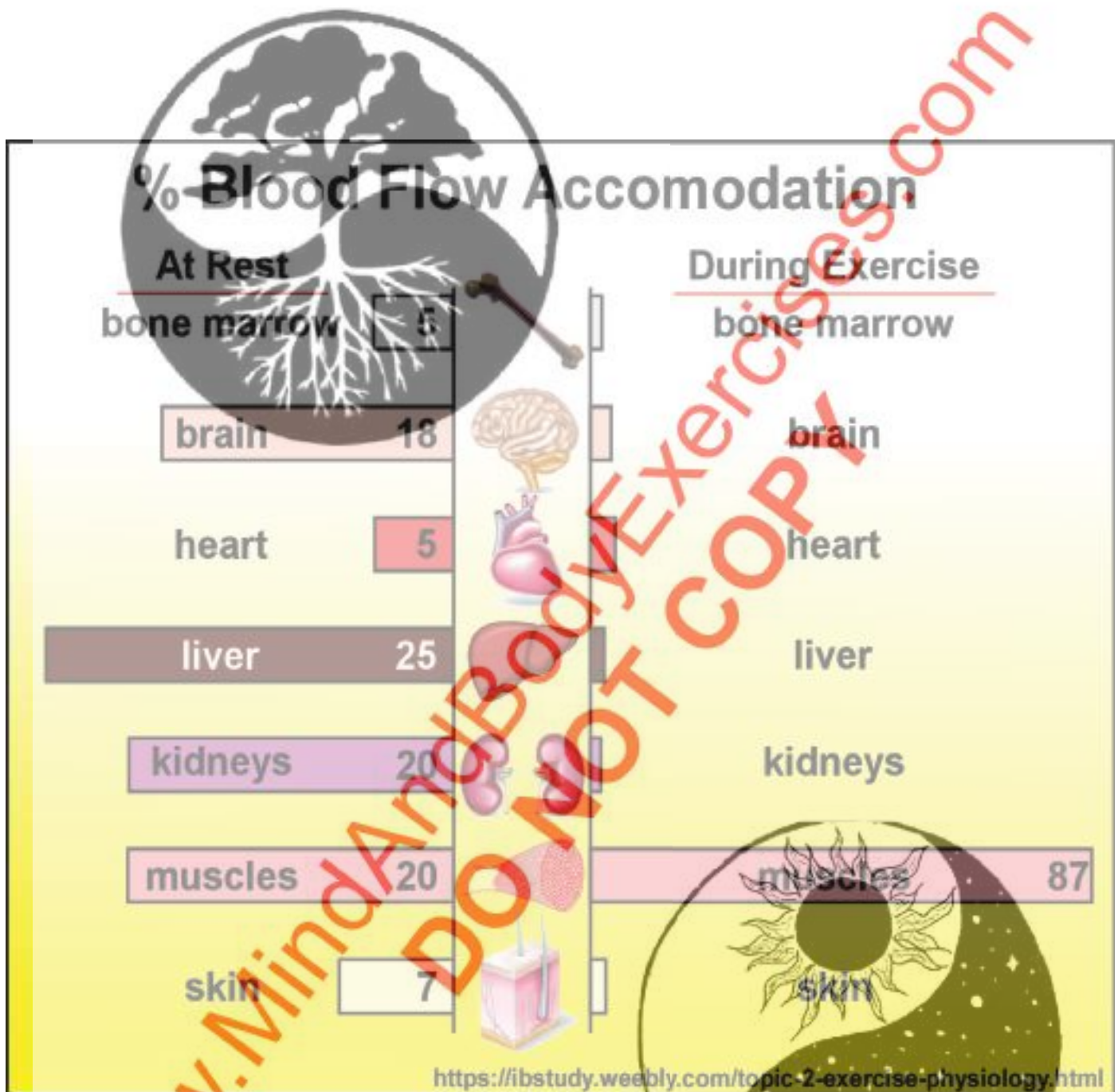
Blood is mostly in the muscles



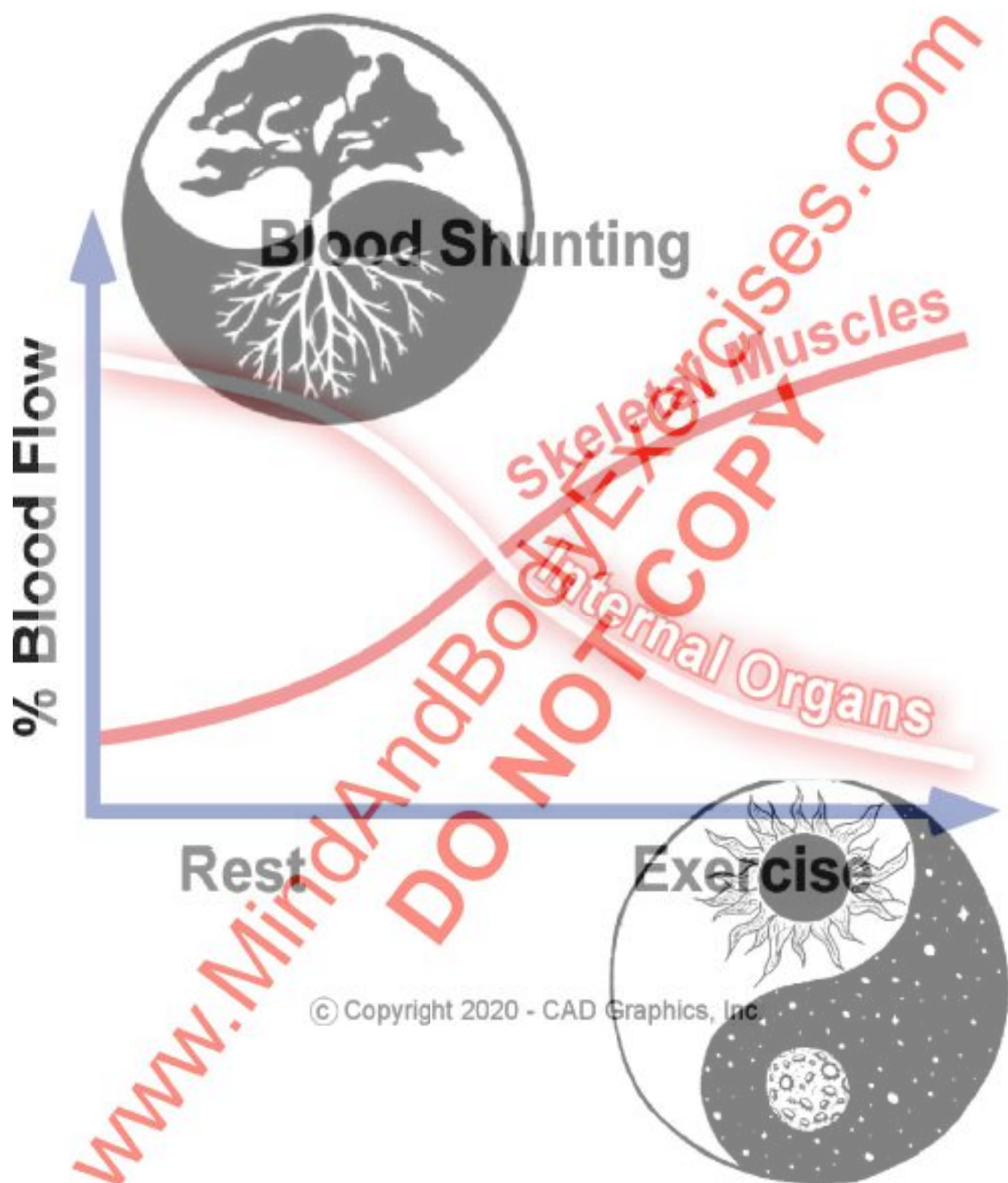
During Eating:

Blood flow is shunted to the engaged digestive system, and decreased from the skeletal muscles. This is why stomach cramps can occur if exercising too soon after eating.

Blood Shunting



© Copyright 2020 - CAD Graphics, Inc.



pH Balance & Effects

pH stands for "power of hydrogen."



Acidosis

Cause:

acidic foods, soda, alcohol, cheeses, energy drinks, animal proteins, stress, aging, negative emotions, shallow breathing

Wellness

Enhanced by:

water, alkaline foods, raw vegetables, fruits, positive emotions, deeper breathing

Akalosis

Cause:

overabundance of bicarbonate in the blood, decreased blood levels of CO_2 , or a loss of acid from the blood



The respiratory system is also involved in balancing blood pH. More oxygen in the blood makes the pH less acidic and more alkaline.



www.MindandBodyExercises.com

pH Balance & Effects

pH stands for "power of hydrogen."

H+ More Hydrogen



7.35
to
7.45

optimum blood pH

Less Hydrogen



More Acidic

3

4

5

6

7

8

9

10

11

Acidosis

Cause:

acidic foods, soda, alcohol, cheeses, energy drinks, animal proteins, stress, aging, negative emotions, shallow breathing



The respiratory system is also involved in balancing blood pH. More oxygen in the blood makes the pH less acidic and more alkaline.

Alkalosis

Cause:

alkaline foods, overall abundance of bicarbonate raw vegetables, fruits, positive emotions in the blood, or a loss of acid from the blood



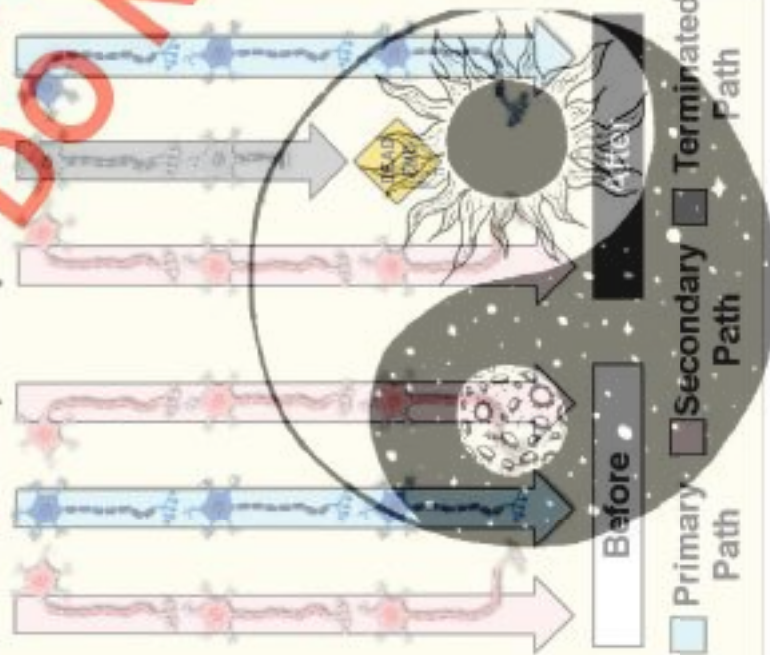
More Alkaline

Neuroplasticity

The brain has the ability to continuously form, change and relocate new neural connections to different neural networks throughout our lives. This phenomenon is called neuroplasticity.

- This occurs at the beginning of life
- After experiencing a brain injury
- When new learning and memories are observed

Rerouting: New neural connections are made between active neurons to create alternate neural pathways.



Methods that have been known to enhance neuroplasticity include:

- Dancing, yoga, tai chi and other mind and body practices increases neural connectivity
- Expanding ones vocabulary increase memory processing and the visual and auditory processes
- Quality sleep enhances learning retention through the growth of the dendritic spines that serve as connections between neurons
- Creating artwork enhances the connectivity of the brain at rest which can boost introspection, memory, empathy, attention, and focus
- Occasional fasting can increase synaptic adaptation, promoting neuron growth
- Use of mnemonic devices with memory training can enhance connections in the prefrontal parietal network and help to prevent memory loss
- Learning musical instruments may increase connections between brain regions helping form new neural networks
- Non-dominant hand exercises can form new neural pathways strengthening the connectivity between neurons
- Reading fiction may increase and enhance connectivity in the brain
- Travel exposes the brain to new environments and various stimuli that forms new pathways and brain activity

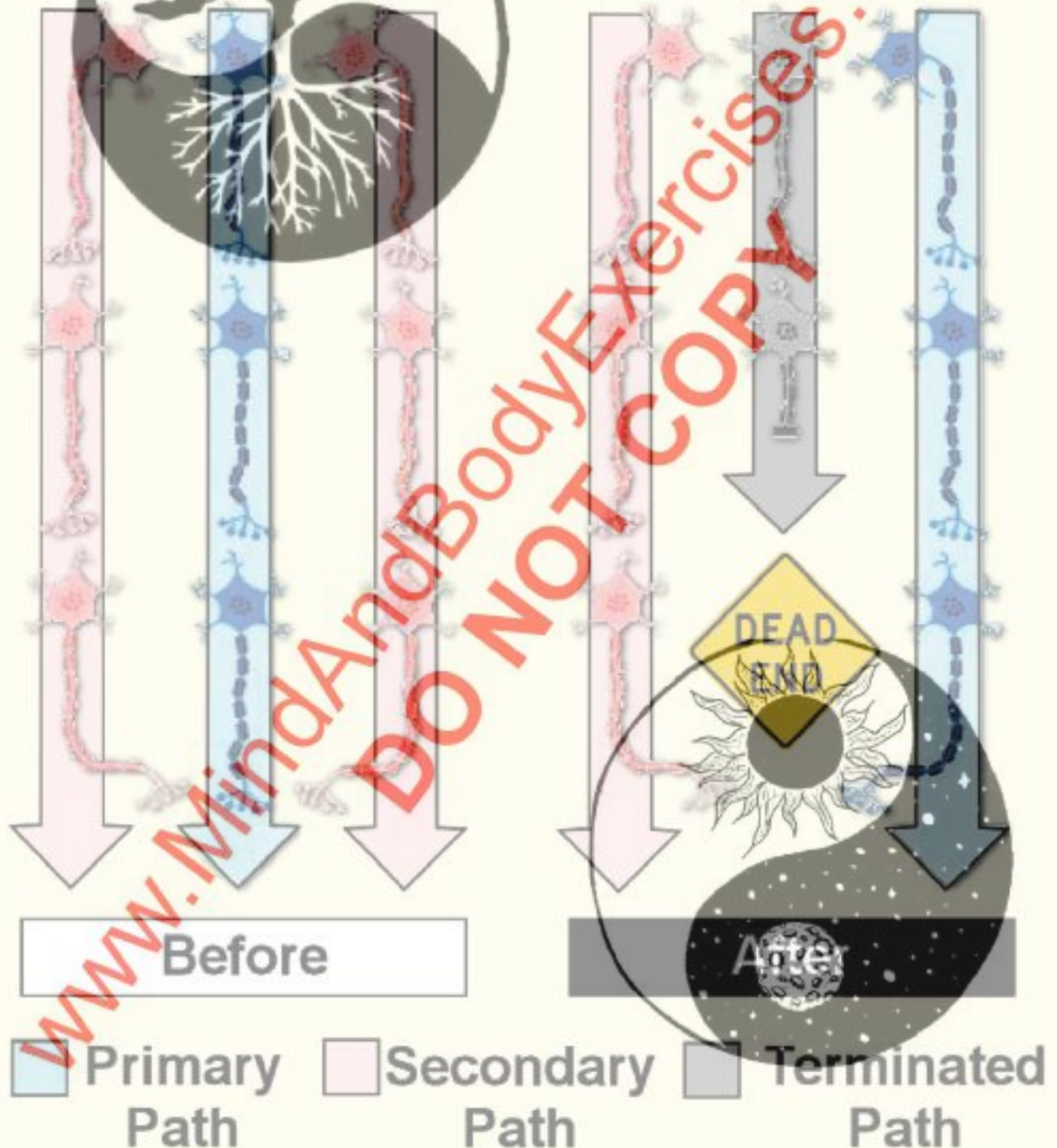
Benefits of increase neuroplasticity or brain rerouting:

- Enhanced memory abilities
- More effective learning
- Recovery from brain events like strokes
- Recovery from traumatic brain injuries
- Ability to rewired functions in the brain
- Function loss in one area may enhance functions in other areas

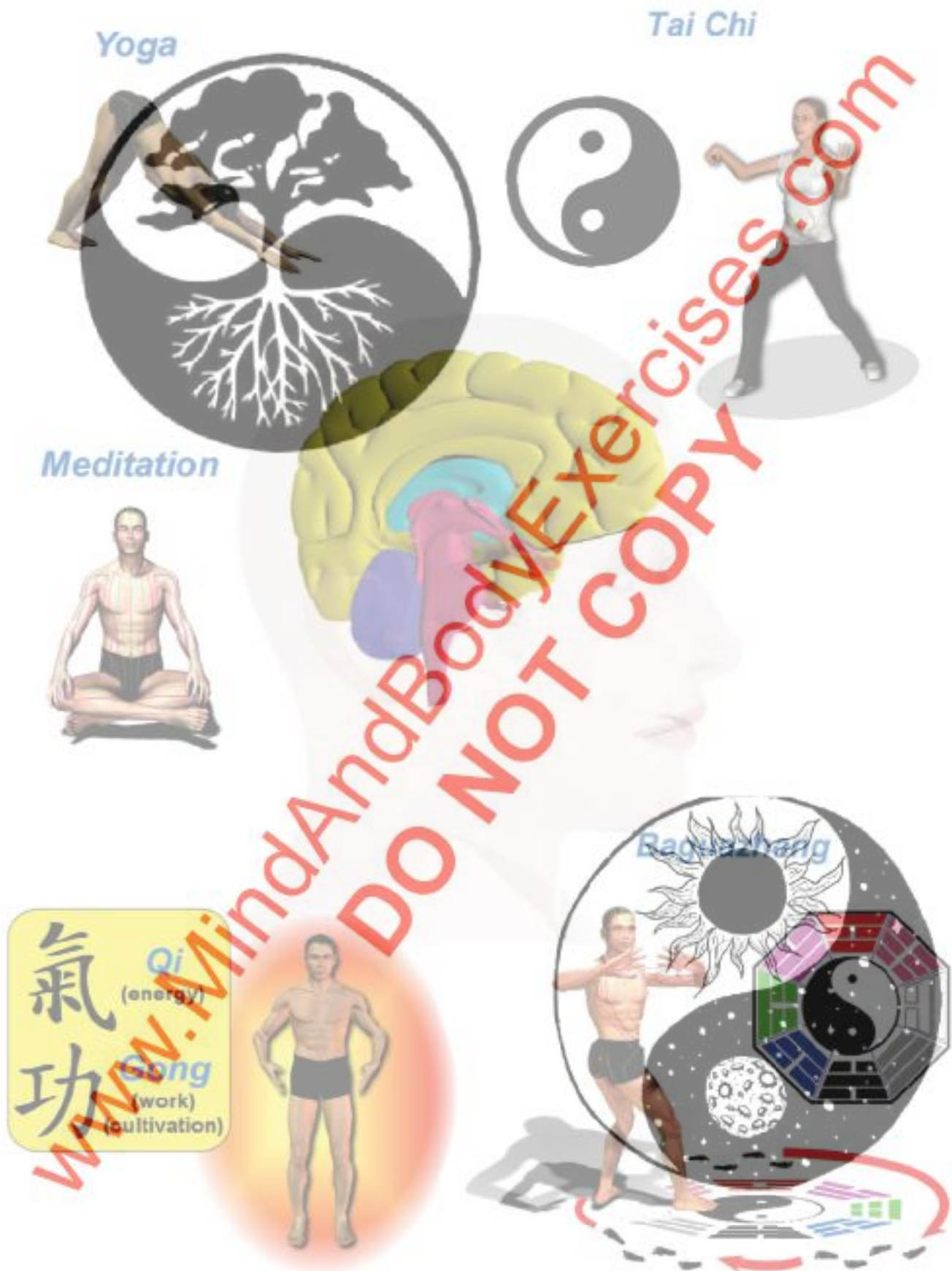


Neuroplasticity

Rerouting: New neural connections are made between active neurons to create alternate neural pathways.



Methods to Improve Neuroplasticity



The Cross Crawl Mechanism

This type of movement builds the connection between the right and left hemispheres of the brain. This allows for the electrical impulses and information to pass freely between the two hemispheres. This is essential for physical coordination as well as cerebral activities, such as reading, listening, teaching or learning a skill, and hand-eye coordination. Exercises from martial arts like Tai Chi (kung fu), qigong and yoga, focus greatly on these types of movements.



Contralateral
(opposite sides)

Ipsilateral
(same sides)

creativity
(right brain)



analogical
(left brain)



Examples of Basic Cross Crawl Exercises

www.MindandBodyExercises.com

Opposition or contralateral, in regards to body movement or mechanics, means that opposite sides of the body work together to coordinate the right arm and left leg, and then the left arm and right leg.

Cross crawl refers to movements in which we use opposition such as walking, climbing, crawling, walking, running, and swimming. These are intentional cross-lateral activities, which you cross the mid-line of the body. Touching the hand to the opposite knee or foot.

This type of movement builds the connection between the right and left hemispheres of the brain. This allows for the electrical impulses and information to pass freely between the two hemispheres. This is essential for physical coordination as well as cerebral activities, such as reading, listening, teaching or learning a skill, and hand-eye coordination.

The cross crawl technique is an easy way to activate brain development and the nervous system. It gives motor and sensory stimuli needed to take control of bodily functions, thereby preventing or rehabilitating health problems.



Contralateral
(opposite sides)

Ipsilateral
(same sides)



**Examples of Basic
Cross Crawl Exercises**

The brain is bathed in Cerebro-Spinal Fluid or CSF, stimulating the flow of the CSF brings great benefits. Such as:

- stimulates more complex brain and nervous system functions
- engages the walking gait coordination which stabilizes the pelvis while mobilizing the shoulders, skills needed for walking.
- enhances fine motor skills
- builds core strength

- calms the mind by releasing tension and stress

- Improves eye teaming skills, essential for focus, reading, and writing

- enhances whole-brain thinking, left and right hemispheres working together

- develops proprioception, spatial and kinesthetic awareness

creativity
(right brain)



analogical
(left brain)

Examples of Advanced Cross Crawl Type Exercises From Martial Arts and Qigong

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) Hips shift towards left as head turns to look left. Repeat set switching left to right.

Exercise #2



- 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.

Exercise #3



- 1) Legs apart as hips 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) Hands in front of centerline as per graphic. Light weight on left foot.
- 2) Left leg lifts higher as left arm extends outward to the left.
- 3) Left leg lifts highest as torso twists at the waist to bring left arm further behind.
- 4) Torso twists to the left, left arm reaches behind, right elbow reaches for left thigh.

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.

Excessive Sitting is the New Smoking

Often leading to metabolic syndrome

Sitting for prolonged amounts of time is as, or more detrimental as tobacco smoking.

Common Issues:

- Tightness of hips & relative muscle groups
- Weakened abdominal muscles
- Pancreas over-stimulation
- Achy shoulders and back
- Weakened glute muscles
- Vertebrae issues
- Heart disease
- Colon cancer
- Neck strain

Head:

Long periods of sitting can help to form blood clots, which can eventually travel to the brain resulting in stroke.

Neck:

Muscles in the neck become strained in flight. Fluid builds up in the lower body during the day, returns to the neck during sleep causing sleep apnea.

Lungs:

All day sitting raises the risk of pulmonary embolism or blood clotting.

Heart:

Heart disease and diabetes risk doubles for those with a sedentary lifestyle versus those who are more active.

Stomach:

Prolonged sitting can lead to obesity, liver disease and other digestion ailments. Metabolism is impaired as lymphatic system responsible for breaking down fats are essential turned off due to lack of physical movement.

People with sitting jobs

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

As soon as you sit

electrical activity in the leg muscles shuts off

Calorie burning

drops to 1 per minute

Enzymes that

help break down fat drop 90%

After 2 hours

good cholesterol drops 20%

After 24 hours

insulin effectiveness drops 24% and risk of diabetes rises

Glutes:

Pressure on nerves running through glutes and legs can become compressed causing pain and leading to more lack of activity.

Feet:

Feet can become numb due to lack of circulation from long bouts of sitting.

Spine (muscles & vertebrae):

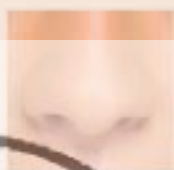
Prolonged sitting puts extra pressure on vertebrae and muscles, compressing nerves connected to the whole body affecting many bodily functions.

Health Care Choices





Vision
(sight)



Olfactory
(smell)



Auditory
(sound)



Tactile
(touch)

PAIN MEASUREMENT SCALE



Nociception
(sense of pain)



Interoception
(sense of organ function
& awareness)



Gustatory
(taste)



Vestibular
(balance
& movement)



Thermoception
(sense of temperature)



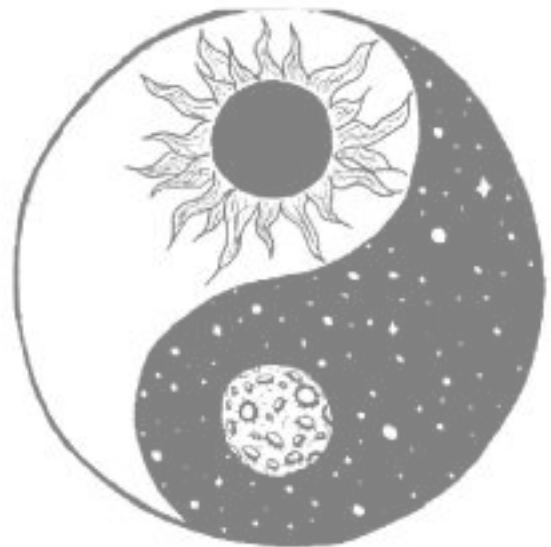
Proprioception
(awareness of space,
force & pressure)

www.MindandBodyExercises.com

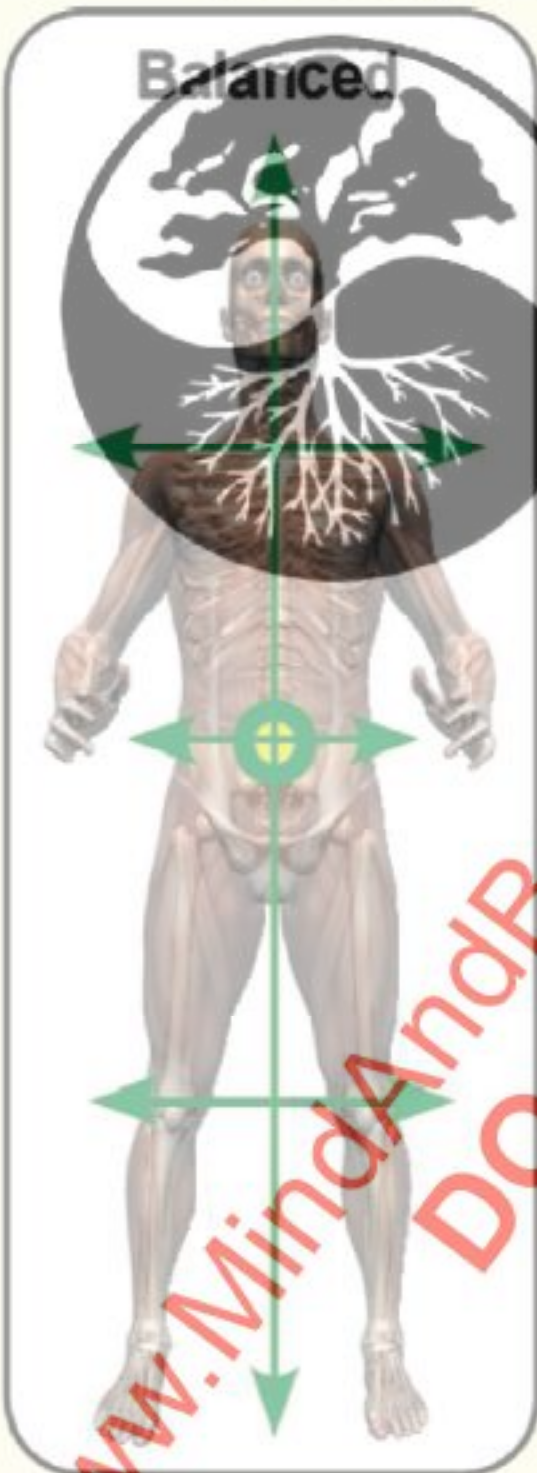
© Copyright 2022 - CAD Graphics, Inc.



Posture



Posture & Symmetry



Posture affects the nervous, muscular, circulatory & skeletal systems

© Copyright 2022 - CAD Graphics, Inc.

Posture & Symmetry

Affects the Body & Mind

Instinctively, as humans we 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.

Side effects can include:

- headaches
- neck pain
- shoulder pain
- low back pain
- hip pain
- knee pain
- ankle/foot pain
- Iliotibial Band Syndrome
- irritability
- emotional mood swings

Shoulder pain can occur when one's 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.

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



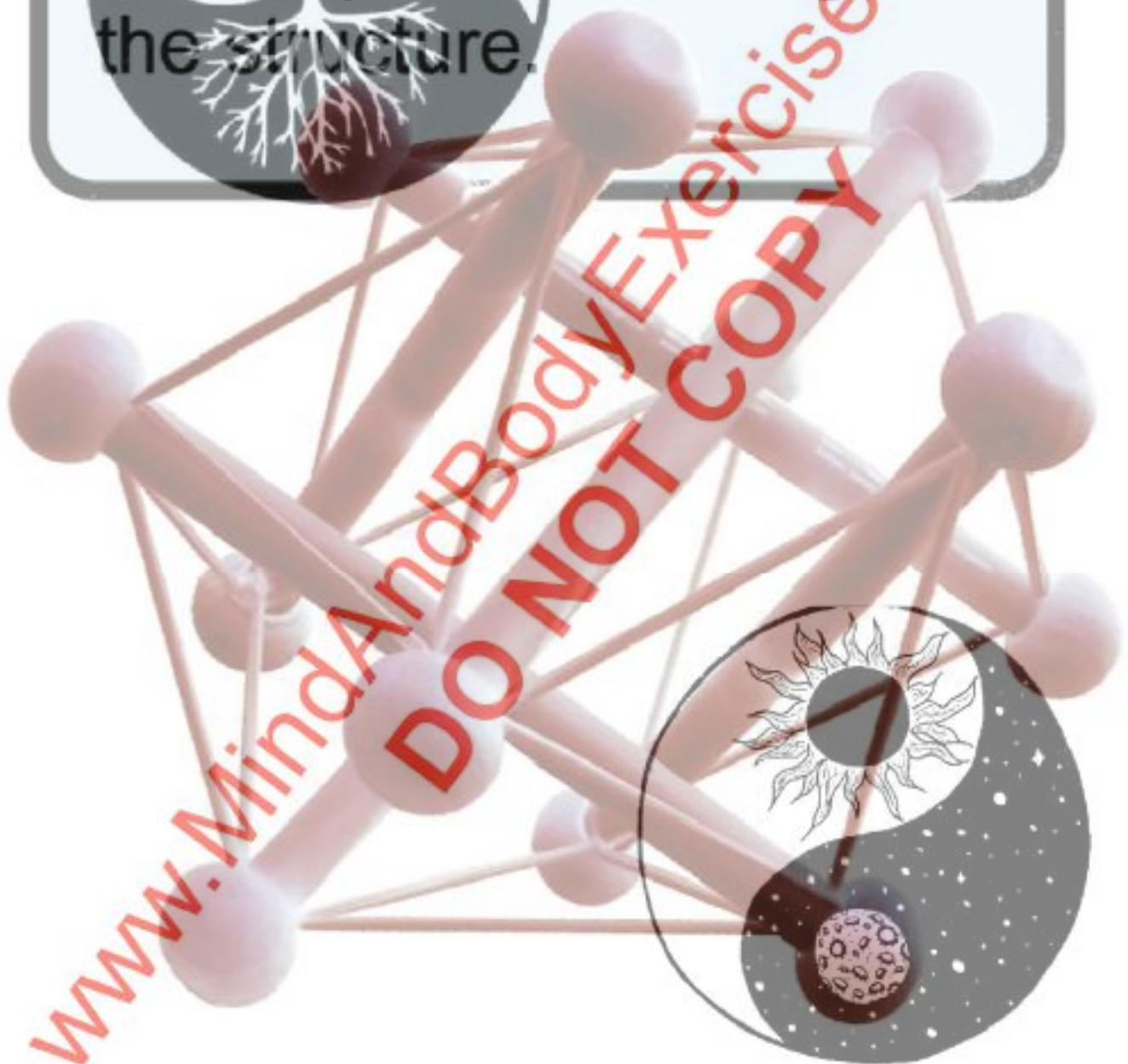
Knee, hip and iliotibial band pain can occur when one's body weight is unevenly distributed between the two legs.

Center of Gravity

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

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

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



One Part Affects All Parts

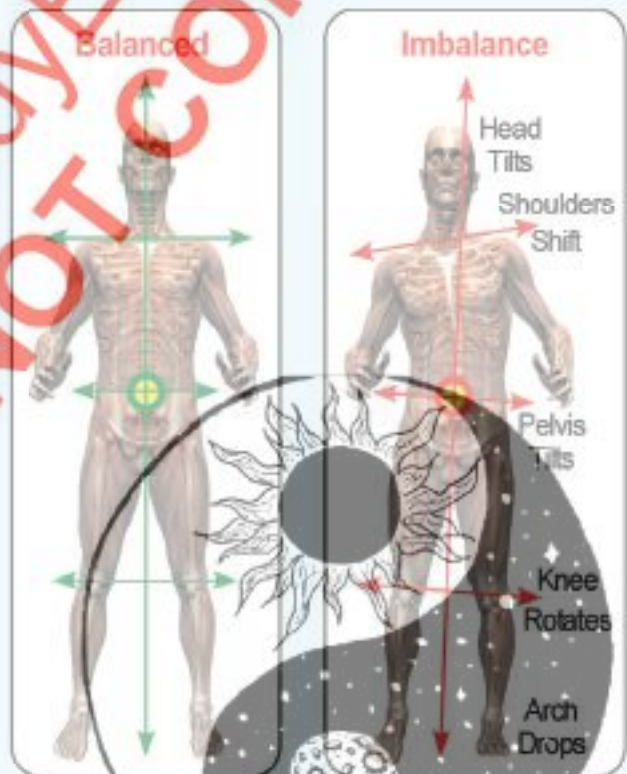
Just like the tensegrity model, tension on one area of the body can affect tension on all components throughout the human body.



The Kinetic Chain



Posture affects the nervous, muscular, circulatory & skeletal systems



www.MindAndBodyExercises.com

© Copyright 2021 Mind And Body Graphics, Inc.

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.



www.MindAndBodyExercises.com

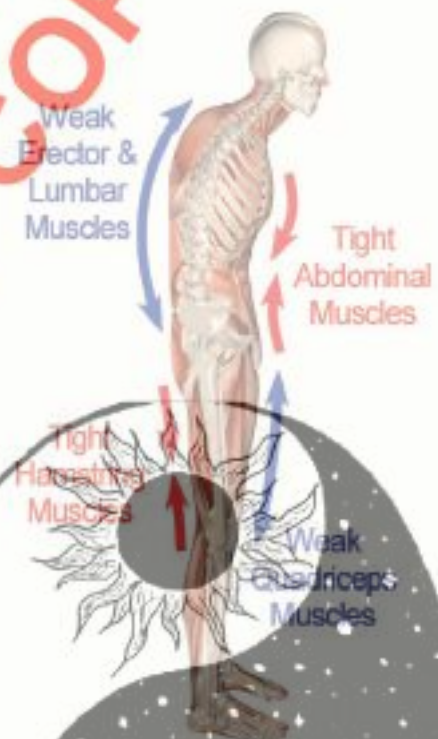
© Copyright 2021 - CAD Graphics, Inc.

Muscular Imbalances Can Lead to Postural Imbalances

Neutral
Posture

Lordosis
(Anterior
Pelvic Tilt)

Kyphosis
(Posterior
Pelvic Tilt)



www.MindAndBodyExercises.com

© Copyright 2011 CAD Graphics, Inc.

Vicious Cycle of Poor Posture

Common Root Causes of Poor Posture

Chronic Sitting Excessive Neck Tilting Standing & Sitting Cross-legged Favoring One Side Prolonged Driving



Referred Pain in One Area Can be Felt Elsewhere



Too much upper back hunching



Too much lower back arch



Muscular Imbalances Can Lead to Postural Issues

Kyphosis (Posterior Pelvic Tilt)



Neutral Posture



Lordosis (Anterior Pelvic Tilt)



Excessive Head Tilt Leading to Neck Issues

Habits of stress on the cervical spine caused by posture and position of the head, specifically an increase in forward head position. This increases the weight on the cervical spine especially in the C-7 to T-1 vertebrae. Additional bone mass can accumulate in this area to compensate for the extra strain on the muscles, tendons and ligaments within the neck. This is known as a Dowager's Hump or kyphosis.



Balance in Structure Builds a Strong Foundation of Wellness



Common Root Causes of Poor Posture

Chronic
Sitting

Excessive
Neck Tilting

Standing/Sitting
Cross-legged

Prolonged
Driving
Favoring
One Side



Effects of Poor Posture

www.MindandBodyExercises.com

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 realignment

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 afore mentioned practices, doesn't necessarily lead to pain and other problems. It is the repetitive and accumulative effect over years that seem to cause the disfunction.

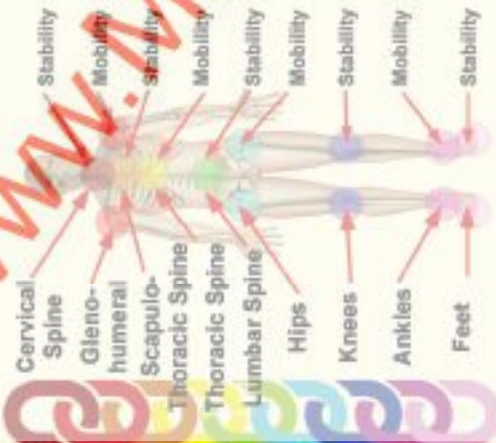
NOTE: This study guide is a general reference for the concepts shown. Consult with your physician if you are uncertain of your physical condition.

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.

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

The Kinetic Chain



Posture & Symmetry Affects the Body & Mind

Instinctively, as humans we 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.

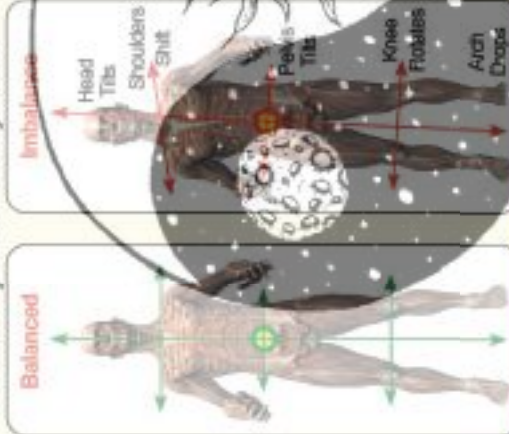
Side effects can include:

- headaches
- neck pain
- shoulder pain
- low back pain
- hip pain
- knee pain
- ankle/foot pain
- iliotibial Band Syndrome
- instability
- emotional mood swings

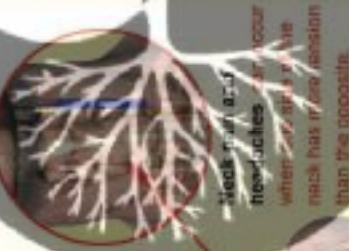
A difference in leg length by 7mm or 0.275" can be enough to throw an individual's spine out of "calibration".



Posture affects the nervous, muscular, circulatory & skeletal systems



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



Center of Gravity

Knee, hip and iliotibial band pain can occur when ones body weight is unevenly distributed between the two legs.

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

Knee pain can occur when ones body weight is unevenly distributed between the two legs.

www.MindAndBodyExercises.com

© Copyright 2021 - CAB Graphics, Inc.

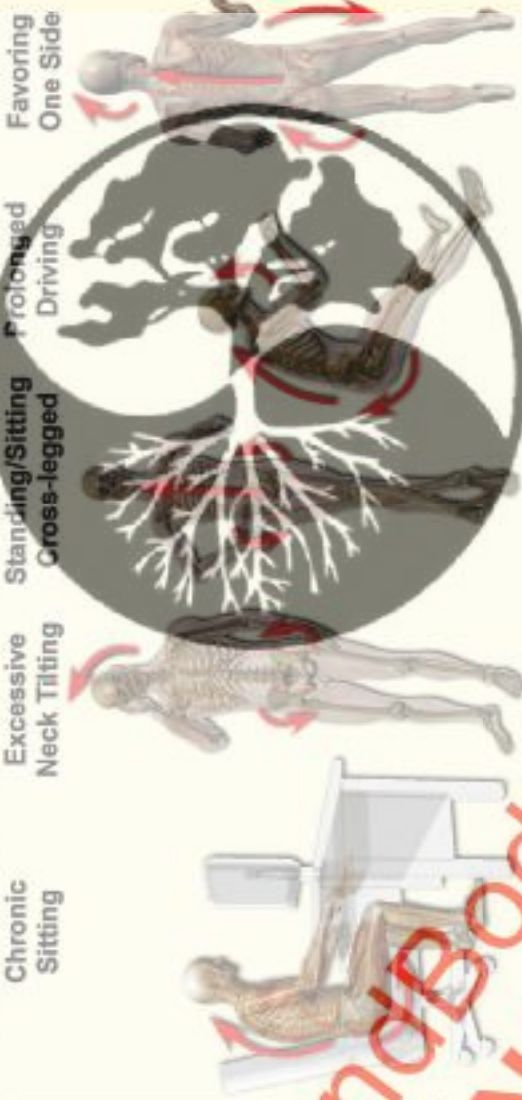
Address the Root Causes of Poor Posture



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

Other Causes:

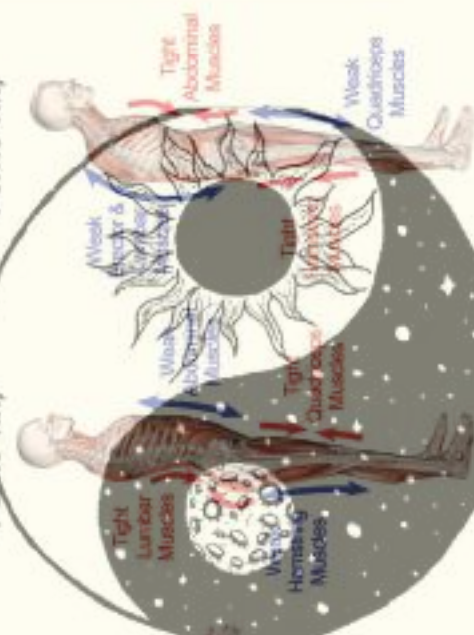
- career related
- wallet in back pocket
- underinflated basketball
- light calves, hamstrings, etc.
- excessive use of right or left sides.



Neutral Posture



Lordosis (Anterior Pelvic Tilt)



Kyphosis (Posterior Pelvic Tilt)



Methods to Improve Imbalances

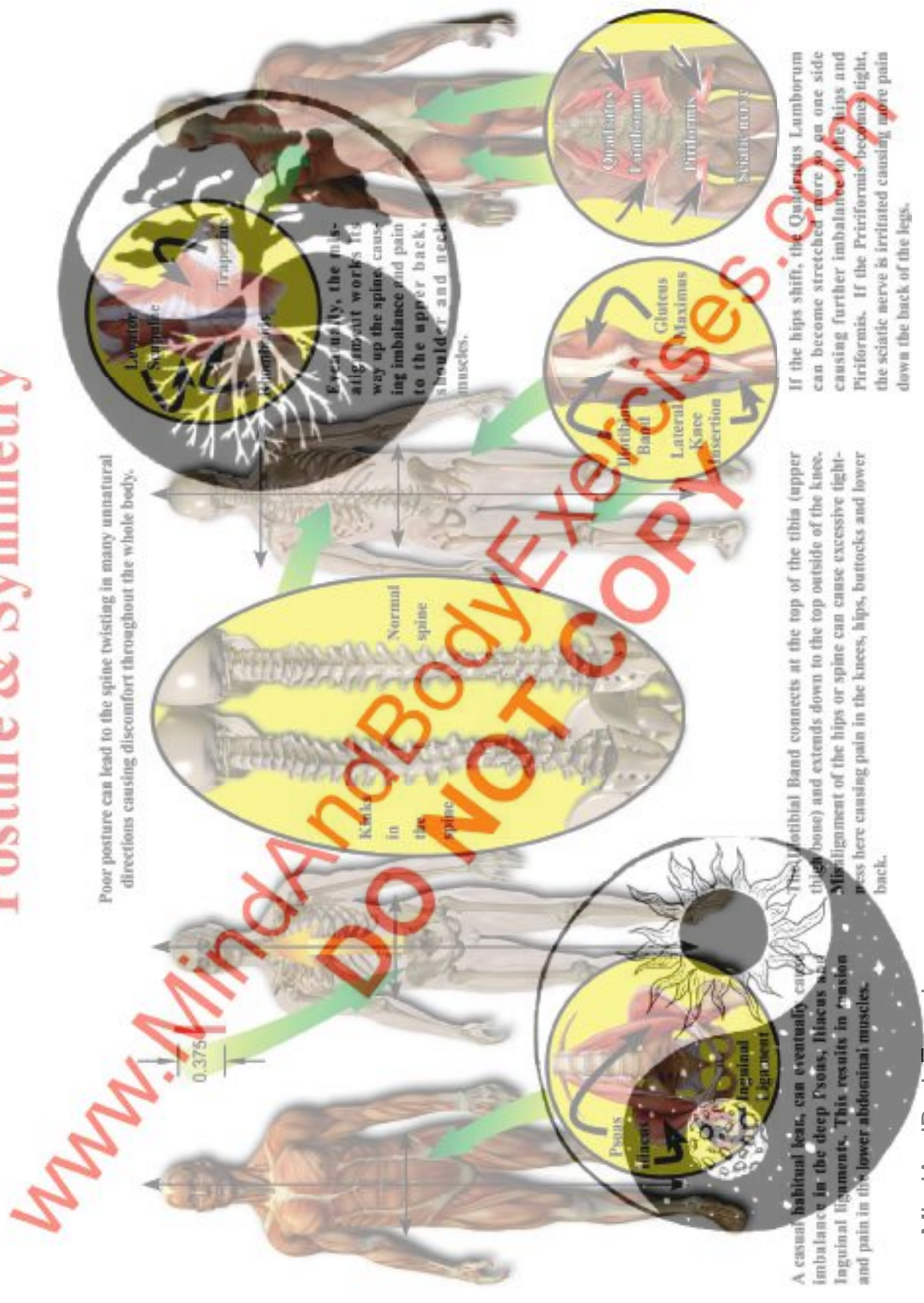
Course of Action:

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

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 postulatory low impact exercises.



Posture & Symmetry



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

Even usually, the misalignment works its way up the spine, causing imbalance and pain to the upper back, shoulder and neck muscles.

A casual 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.

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.

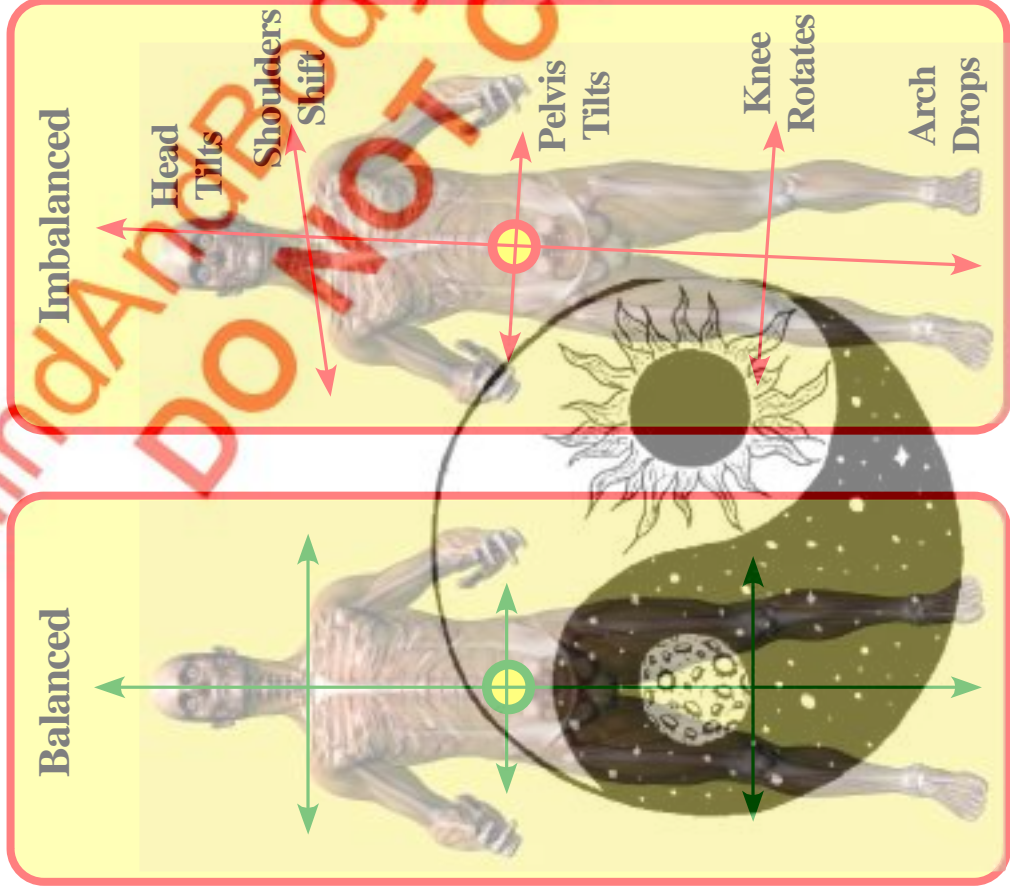
If the hips shift, the Quadratus Lumborum can become stretched more so on one side causing further imbalance to the hips and Piriformis. If the Piriformis becomes tight, the sciatic nerve is irritated causing more pain down the back of the legs.

Posture & Symmetry

www.MindandBodyExercises.com

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-tuned and balanced machine, but much more complex. Over our lifetime the posture and symmetry of the human body can change due to many factors. 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.

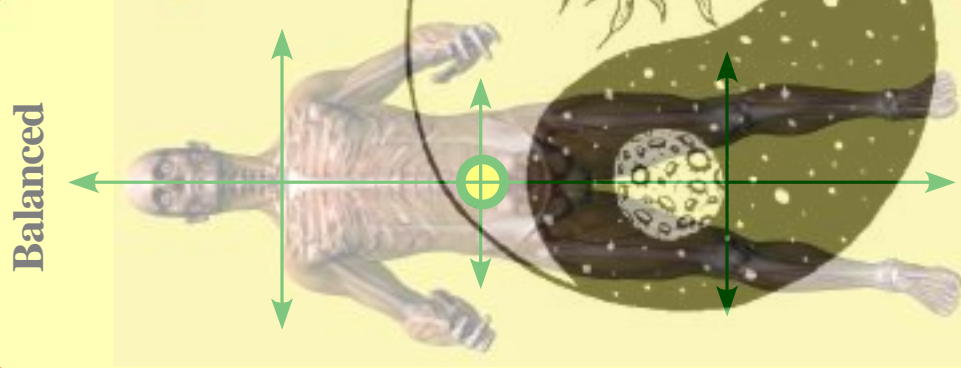
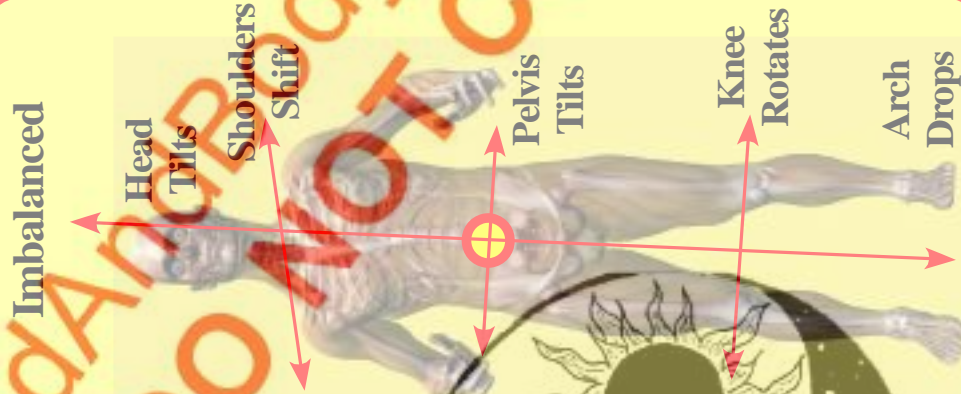
What We Normally Start With What We Obtain From Injury, Weakness, Stress & Lifestyle



What We Strive to Maintain

Imbalanced

Balanced

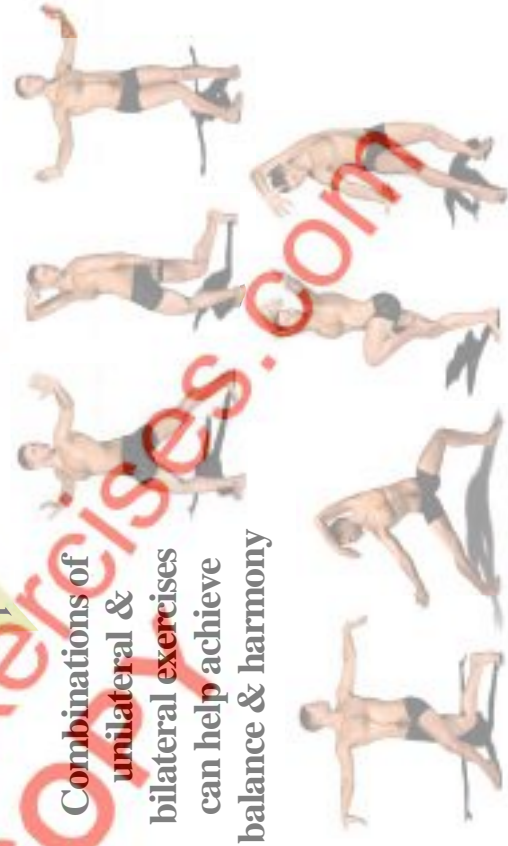


Balance within the 3 Anatomical Planes

- 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



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

© Copyright 2018 - CAD Graphics, Inc.

Sitting Too Much Can Cause Lower Back Pain

Tight trapezius muscles

Tight erector muscles

Weak abdominal muscles

Tight quadricep muscles

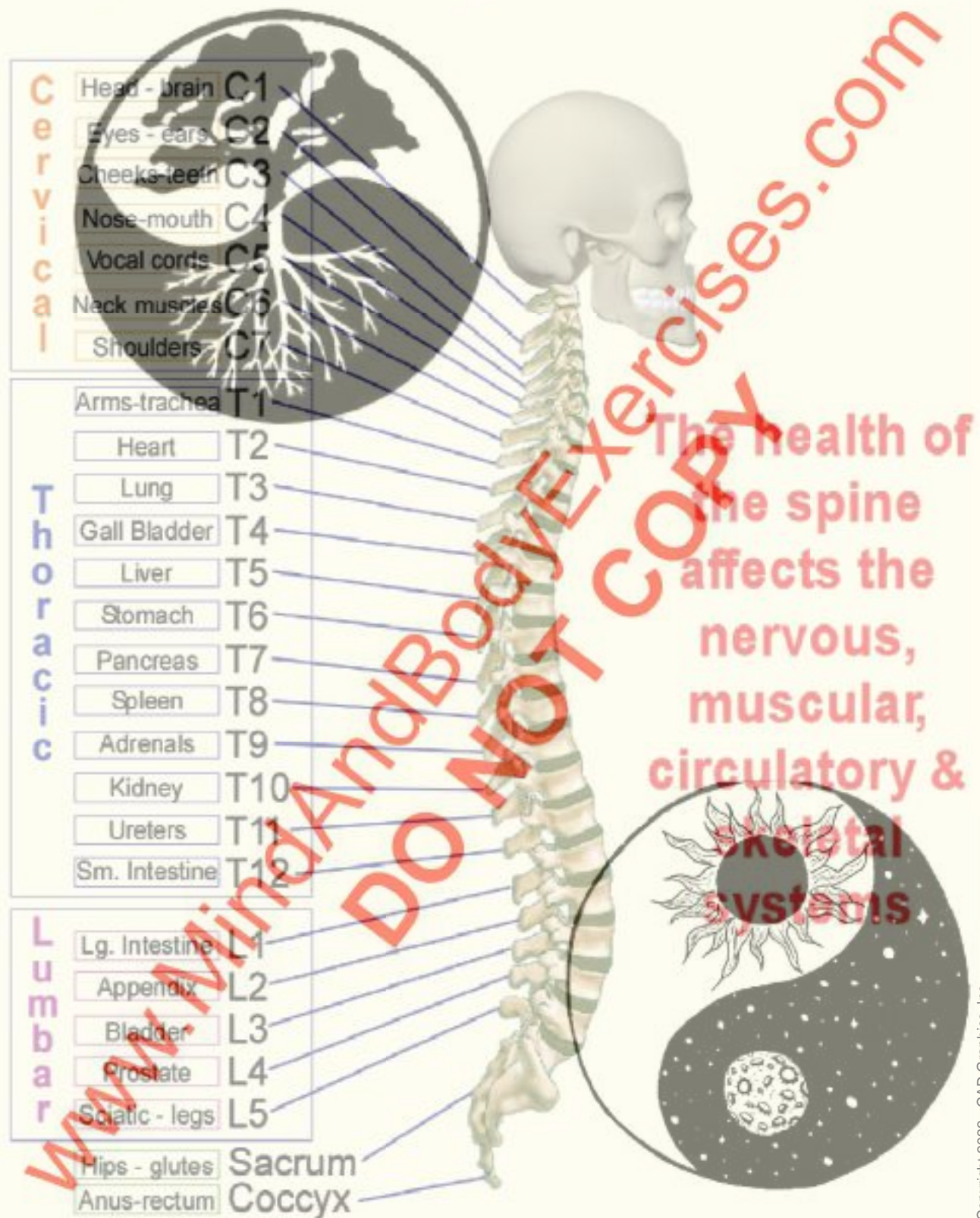
Tight Iliotibial band

Tight hamstring muscles

www.MindandBodyExercises.com

© Copyright 2021 - CAD Graphics, Inc.

Spine-Anatomy Relationships



© Copyright 2022 - C&AD Graphics, Inc.



© Copyright 2022 - CAD Graphics, Inc.

Movement within the 3 Anatomical Planes

Balance in strength,
flexibility, coordination

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



3 axes of mobility - more range of
motion in flexibility & strength

© Copyright 2022 - CAD Graphics, Inc.

The Universal Circle Principle

Balanced movements within the 3 Anatomical Planes

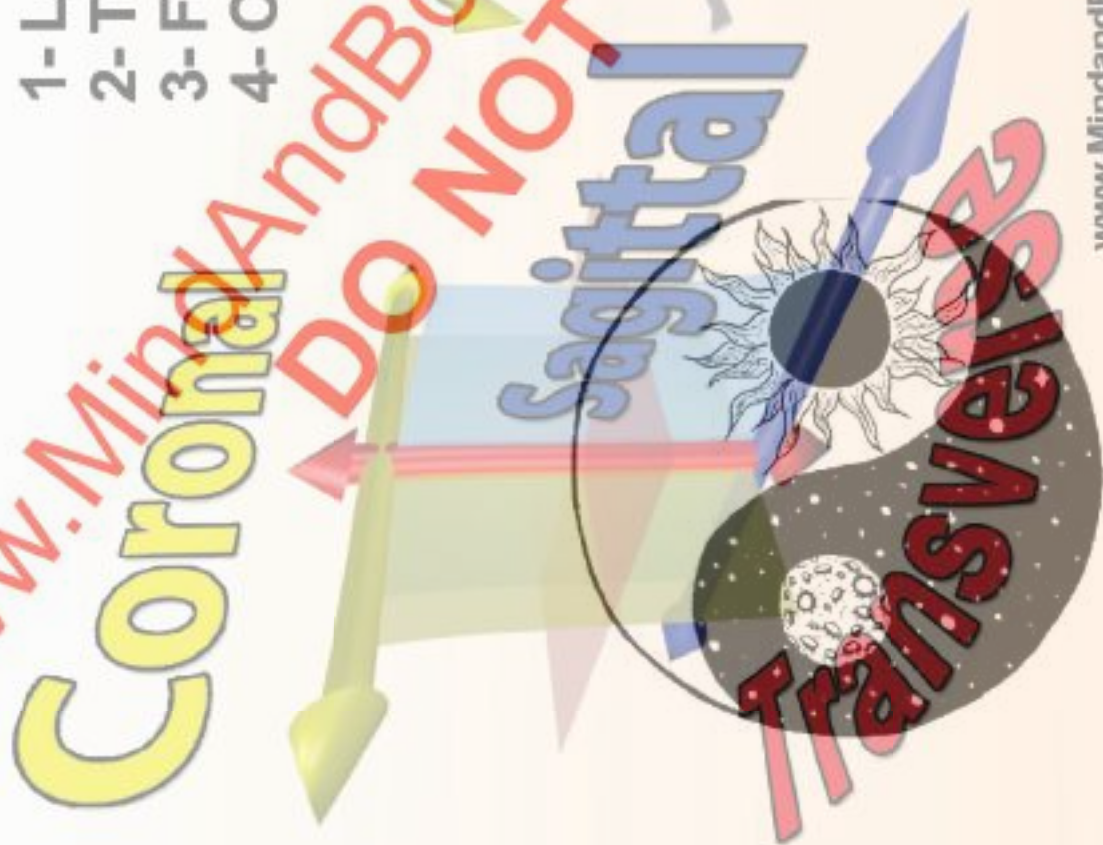
- 1- Left to Right
- 2- Top to Bottom
- 3- Front to back
- 4- Outside to Inside



Activates the body's systems of:

cardiovascular
digestive
endocrine
nervous
lymphatic
muscular
skeletal

Qigong



www.MindandBodyExercises.com

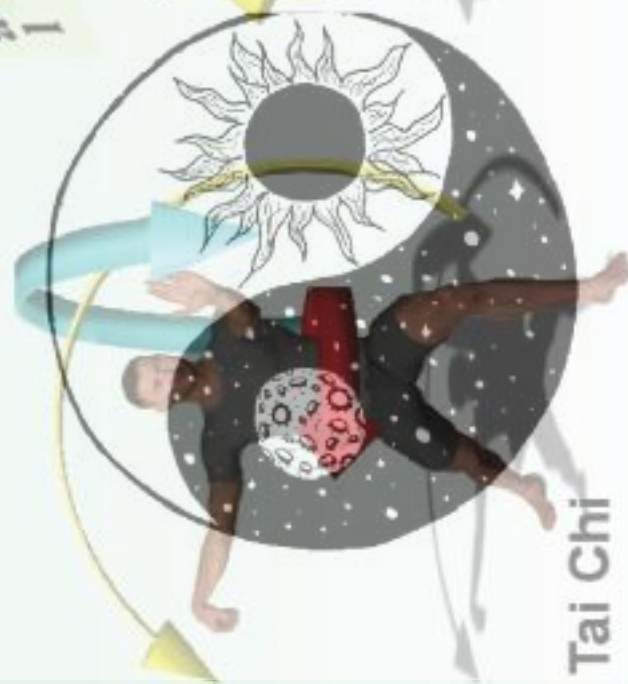
Universal Circle Principle

Balanced circular movements within the 3 Anatomical Planes

Activates the
body's systems of:
cardiovascular
digestive
endocrine
nervous
lymphatic
muscular
skeletal

A systematic
progression:
coordination
control
flexibility
strength
timing
agility
power

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



Tai Chi



Dao Yin



Qigong

Posture Affects the Body & Mind

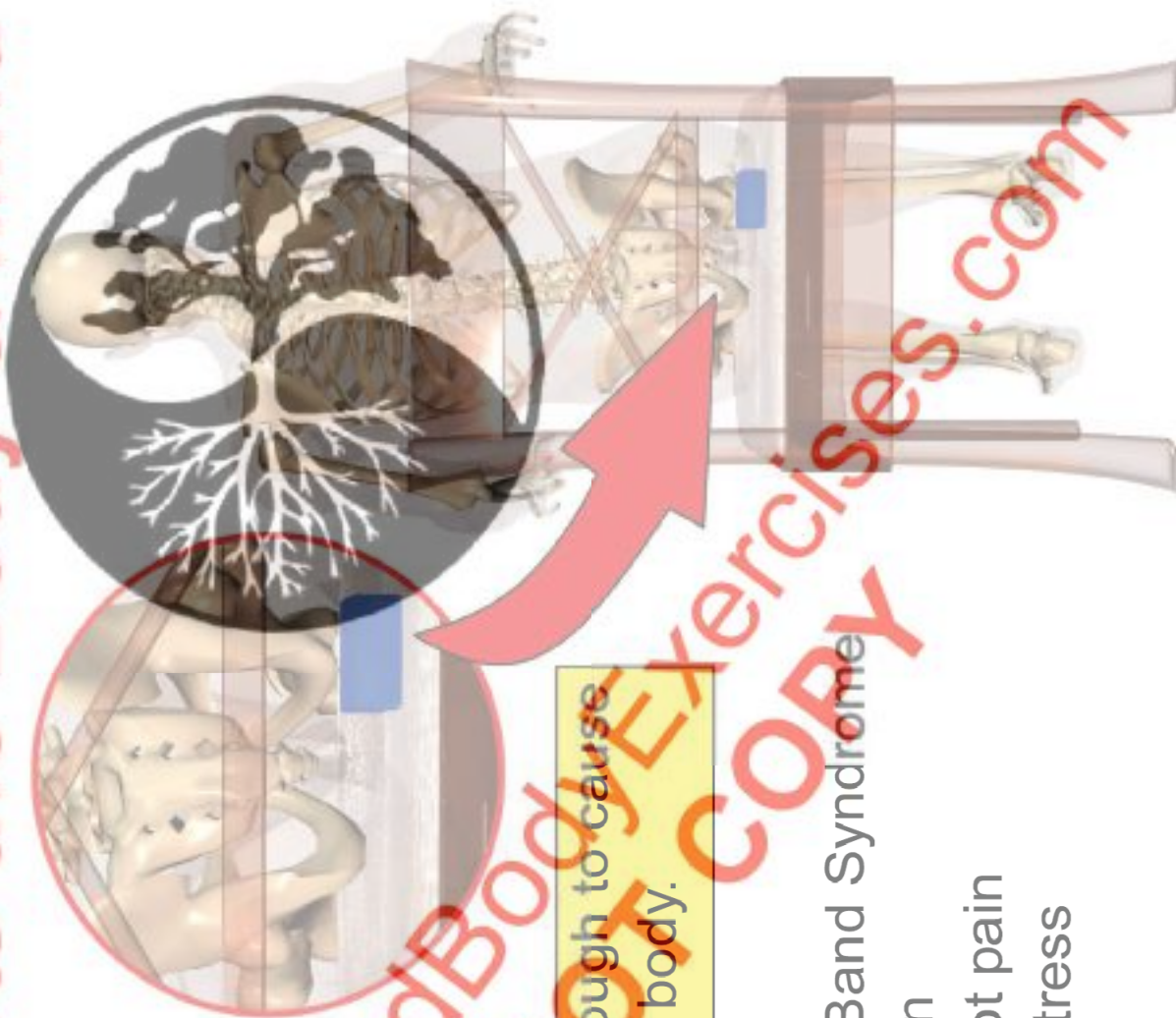
A difference in hip tilt by 7mm or 0.275" can be enough to throw an individual's spine out of "calibration".

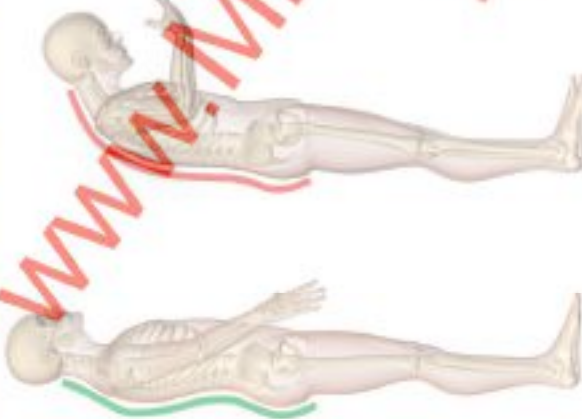


A 1" wallet is more than enough to cause chronic pain throughout the body.

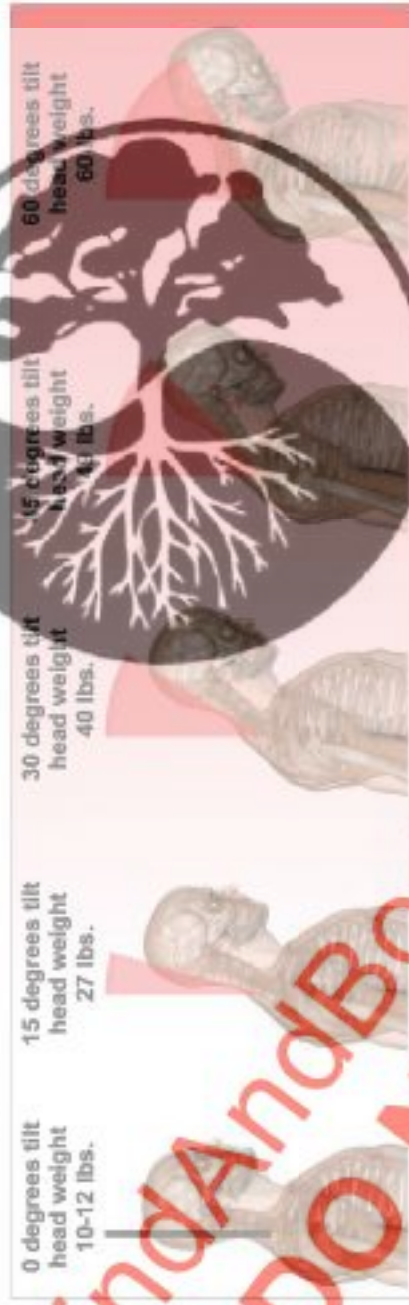
Side effects can include:

- headaches
- neck pain
- shoulder pain
- low back pain
- hip pain
- Iliotibial Band Syndrome
- knee pain
- ankle/foot pain
- mental stress
- irritability





Habits of stress on the cervical spine caused by posture and position of the head, specifically an increase in forward head position. This increases the weight on the cervical spine especially in the C-7 to T-1 vertebrae. Addition bone mass is accumulated in this area to compensate for the extra strain on the muscles, tendons and ligaments within the neck.



Correct Spinal Posture

Tilted Cervical Spinal Posture

Anterior head position can cause permanent damage resulting in:

- Back, neck, shoulder arm pain
- Decrease in spinal curves
- Gastrointestinal Problems
- Headaches
- Lung capacity decreased
- Muscle damage
- Nerve damage
- Spinal disc compression
- Spinal disc herniation

Exercises from tai chi, yoga and qigong offer methods that specifically focus on balancing poor postural habits.

Just like the tensesity of a ball, tension on one part of the body can affect tension on all components throughout the human body

Balanced (strength, flexibility, coordinational) movement within the 3 Anatomical Planes

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



Methods to Improve Imbalances

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 patterns
- evaluate poor posture habits and adjust
- review career choices if necessary

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.



www.MindAndBodyExercises.com

© Copyright 2021 - O.D. Graphics, Inc.

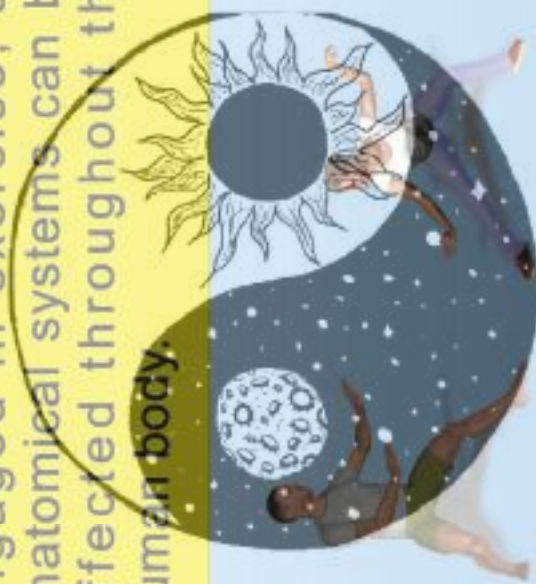
Better Posture - Some Exercise Options

Exercises from tai chi, yoga and qigong offer methods that specifically focus on balancing poor postural habits.

Balanced (strength, flexibility, coordination) movement within the 3 Anatomical Planes

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

Just like the tensegrity model, when all components are engaged in exercise, all anatomical systems can be affected throughout the human body.



Causes of Chronic Back Pain

www.MindandBodyExercises.com

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 strength and flexibility which improve posture. Good health of the lower back starts with good posture. 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. Lengthening of the spine while exercising reduces stress and tension on the nervous system. Relax the body into the positions in spite of any tension in the muscles. Deep and relaxed breathing is essential while performing these exercises.

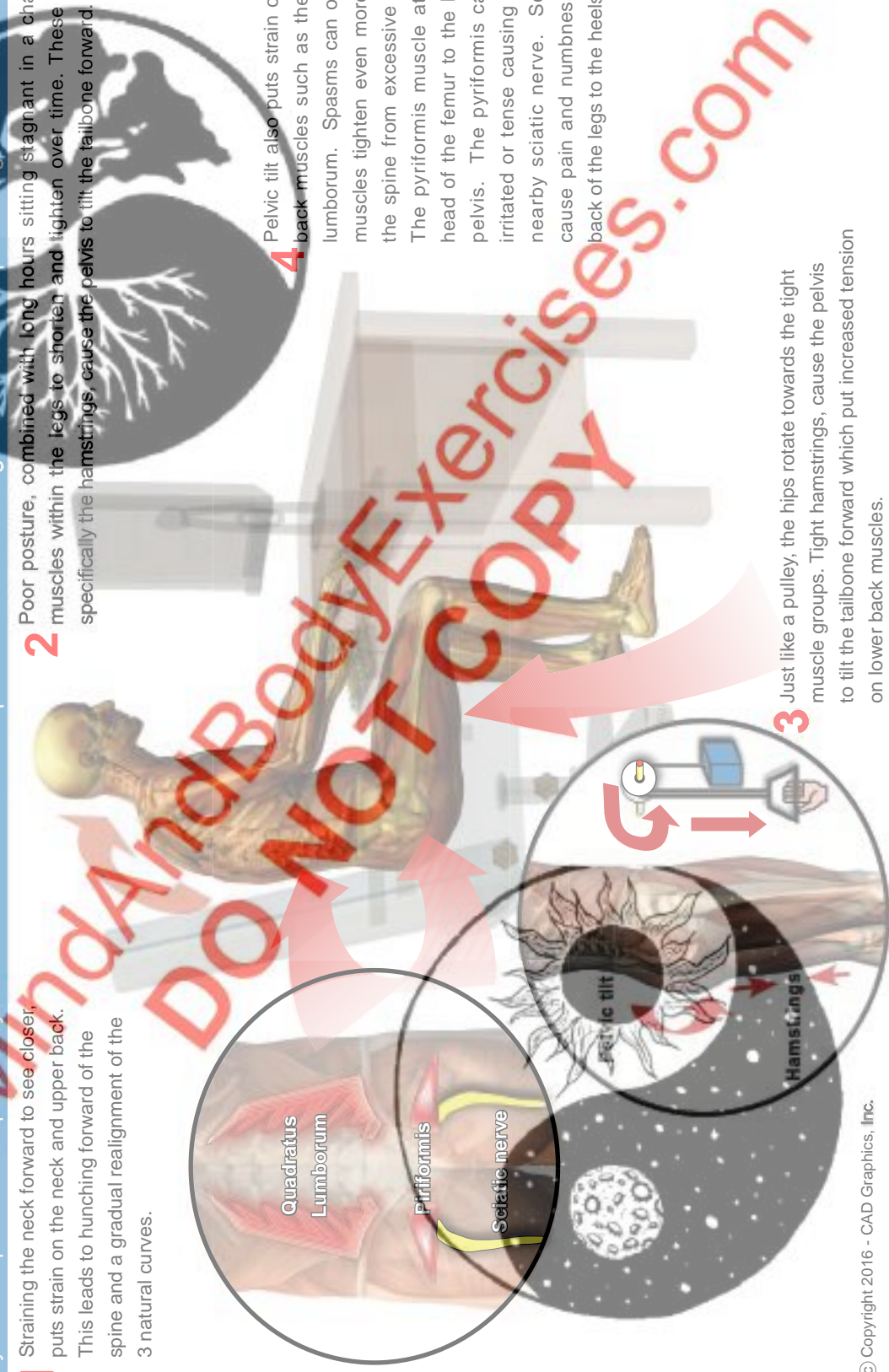
1 Straining the neck forward to see closer, puts strain on the neck and upper back. This leads to hunching forward of the spine and a gradual realignment of the 3 natural curves.

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.

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.



© Copyright 2016 - CAD Graphics, Inc.

Posture Affects the Mind

www.MindAndBodyExercises.com

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 patterns
- 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.

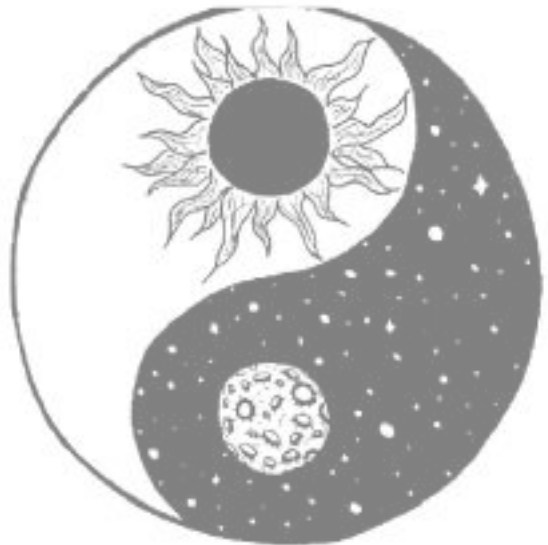
Liver - anger, depression
Heart - lack of joy
Spleen - worry
Lung - grief
Kidney - fear



There are twelve main meridians and 8 other special meridians within the human body. Meridians are similar to electrical wires or nerves. They run from the top of the head to the tips of the toes and finger. 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 life style, it is possible to keep the chi flowing through the meridians.

© Copyright 2018 - CAD Graphics, Inc.

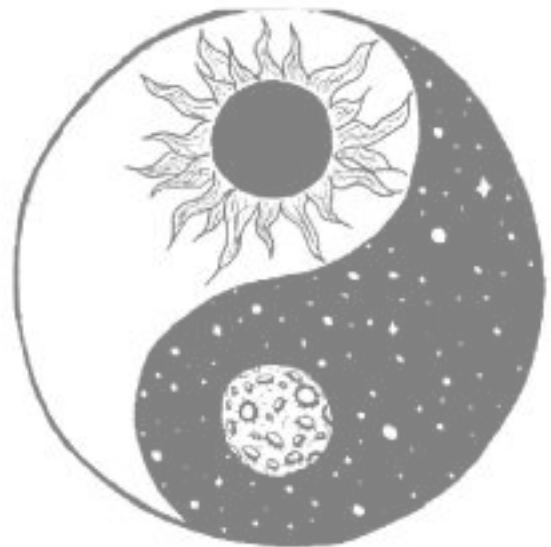
NOTE: This study guide is a general reference for the concepts shown.

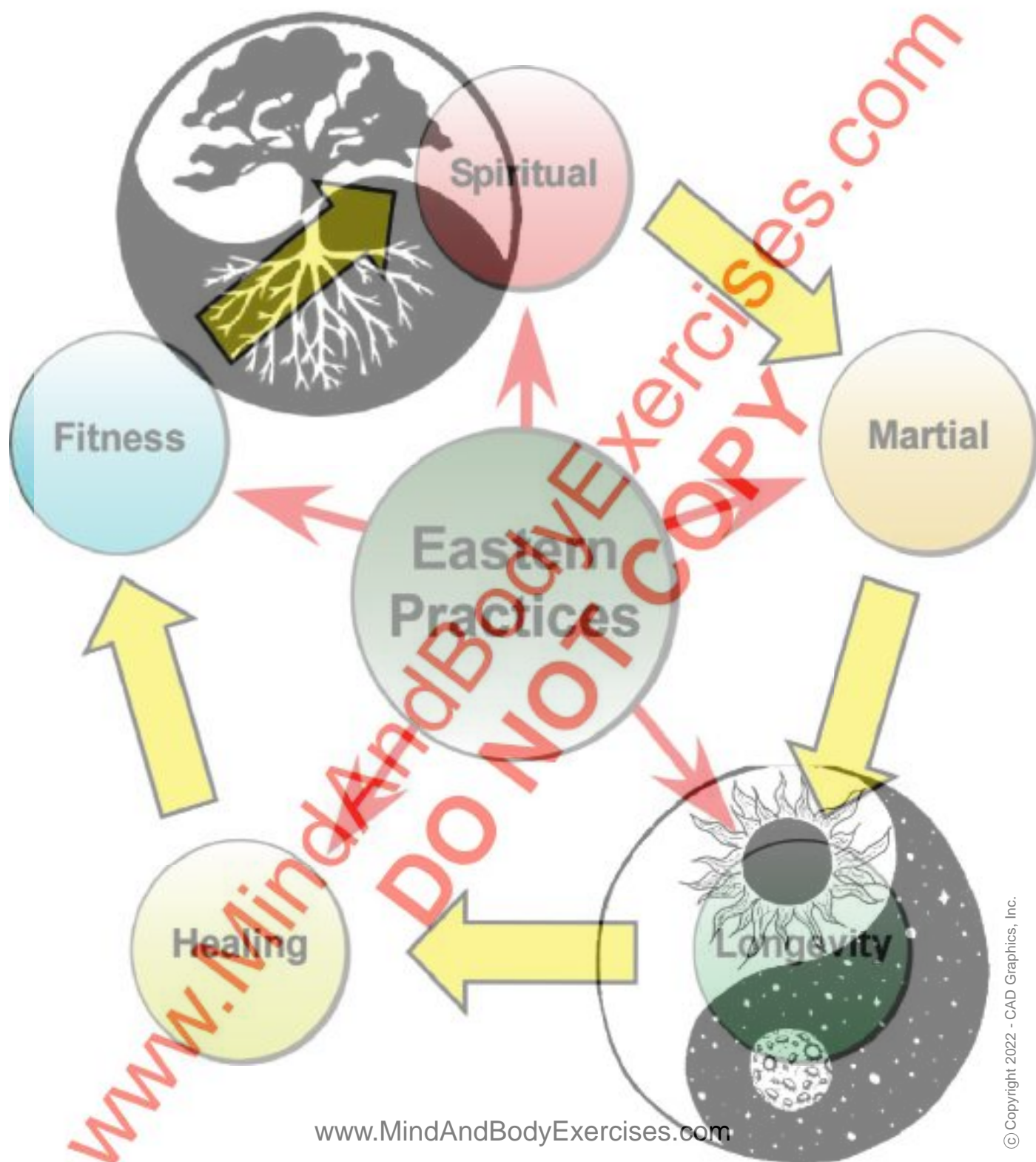


www.MindAndBodyExercises.com
DO NOT COPY



Eastern Philosophy & Traditional Chinese Medicine (TCM) Concepts



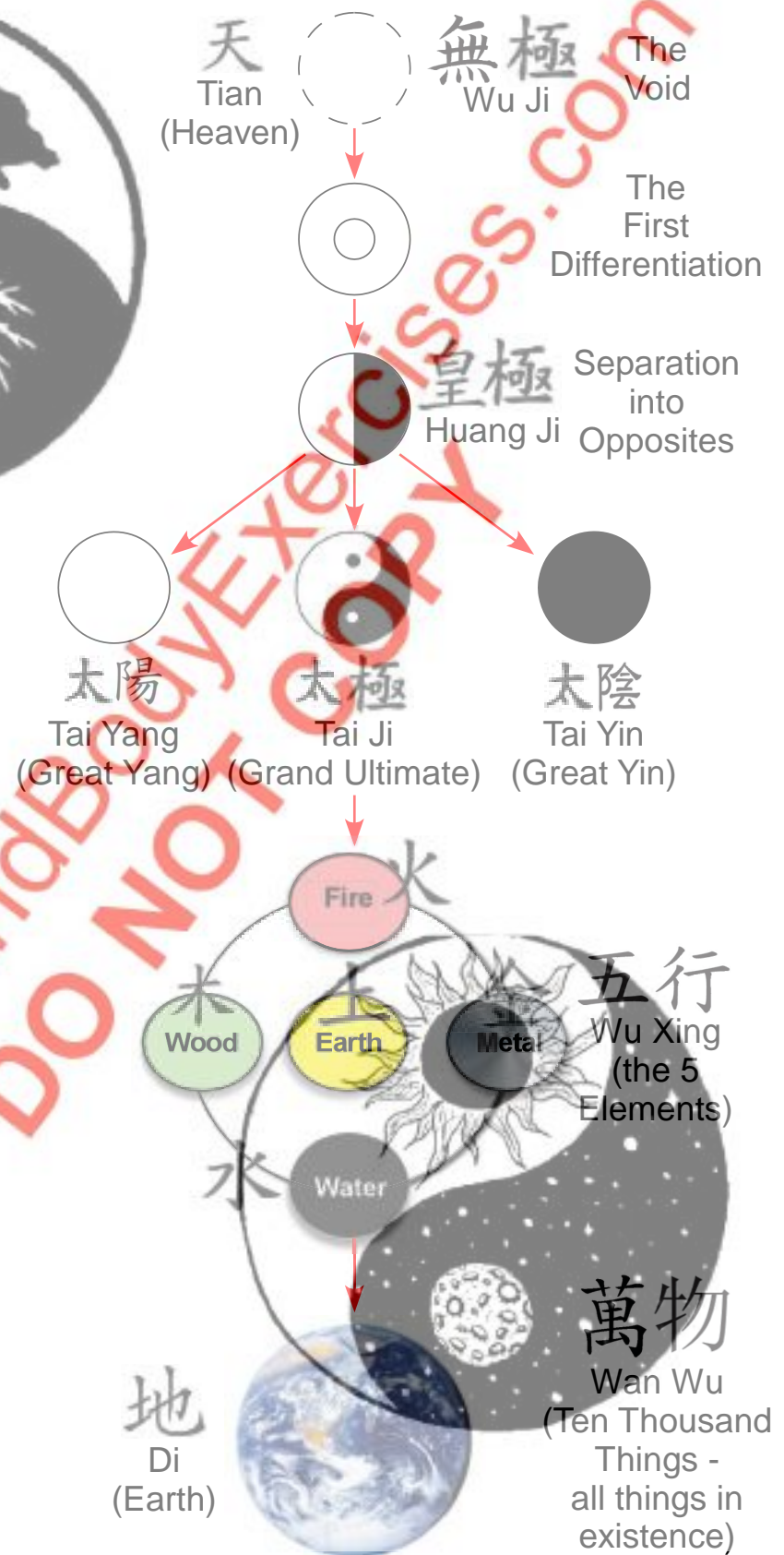


Eastern Philosophy and Its Perspective of How Everything is Interconnected

Wu Ji can be seen as the space beyond limit or measure. Western science would consider wu ji the super field before matter. The Character Wu is translated as nothing or without. Ji is translated as grand ultimate. Together the term Wu ji is translated as "ultimate nothingness." The concept is symbolically represented as a circle.

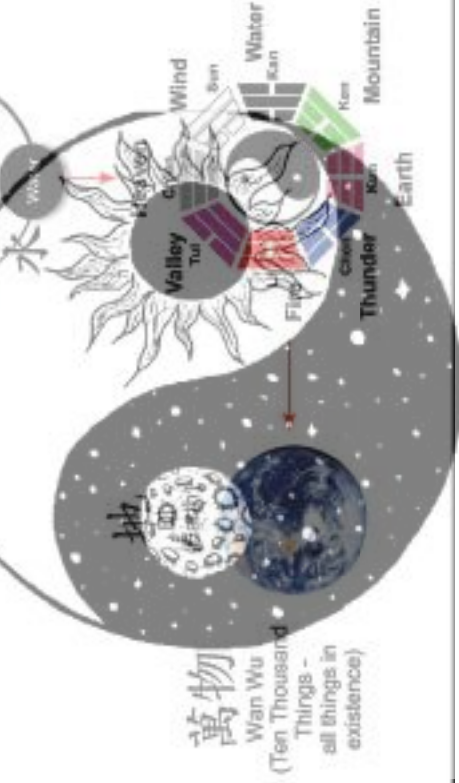
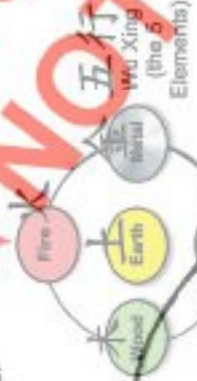
The ancient Daoist cannon Huainanzi, describes the existence of the Wu Ji and states. "In ancient times, before Heaven and Earth even existed there were only images without forms: profound, opaque, vast, immobile, impalpable and still. There was a haziness, infinite, unfathomable and abysmal. A vast deep to which no one knew the door."

The mystical realm, the yang within the Heaven corresponds to time, while the yin within Earth corresponds within space. Through cultivation of tranquility and clarity the Masters of old penetrated the veil of Wu Ji and connected with everything within the Wu Ji.

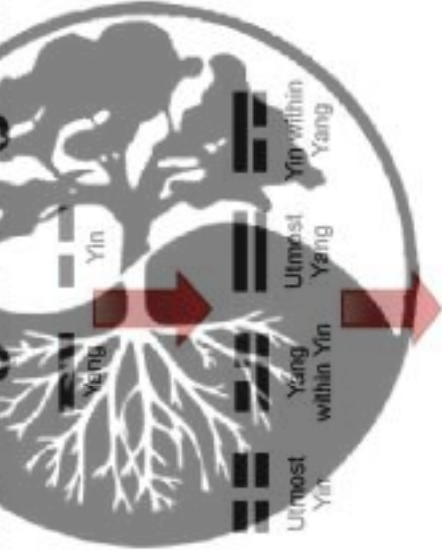


Dao Cosmology

道



Yin and Yang Theory & the Eight Trigrams



☰	☷	☱	☲	☴	☵	☶	☳
Heaven	Earth	Valley	Mountain	Wind	Water	Thunder	Fire
Lion	Unicorn	Snake	Dragon	Phoenix	Monkey	Hawk	Unicorn



As Interpreted by www.MindAndBodyMartialArts.com



Meaning of the Yin-Yang Symbol

The yin and yang symbol or taijitu, relates to the day and night association of yin and yang. Supposedly the ancients plotted a graph made up of six concentric larger rings. In the center was anchored an 8-foot high pole that measured the shadow cast by the sun throughout the seasons. Then they colored in where the shade landed and where there was none. When looked at from above, the graph showed a picture that resembles the yin and yang symbol but without the two dots on either side. From there the concept of balance and its relationship to the seasons and nature was conceived.

The yin-yang symbol has been long known to represent balance and harmony. However, some choose to label it as a religious symbol for Daoism which many consider more of a philosophy. The martial arts of tai chi uses this symbol and concept as a foundation to understanding the flow of energy within the human body.



The Five Aspects of Yin and Yang

The 5 Aspects of yin and yang complement and balance each other via these aspects, which define the relationship between each.



1) Opposition 2) Interdependence

3) Mutual Consuming -Increasing

4) Mutual Transforming

5) Infinite Divisibility

Nothing is Ever Just Black & White

The Concept of Yin & Yang

Yin & Yang are relative terms, in relation to content and context. In the concept of Yin & Yang, nothing is permanent nor absolute. Opposites are complementary. Many philosophers and scholars view Yin & Yang as the motive force for the start, change and end of life. Traditional Chinese Medicine (TCM) is based upon the belief that the existence of the universe is due to the result of the interactions between Yin & Yang.



Yin & Yang - Balance Within and Without

www.MindAndBodyExercises.com

Yin & Yang are relative terms, in relation to content and context. In the concept of Yin & Yang, nothing is permanent nor absolute. Opposites are complementary. Many philosophers and scholars view Yin & Yang as the motive force for the start, change and end of life. Traditional Chinese Medicine (TCM) is based upon the belief that the existence of the universe is due to the result of the interactions between Yin & Yang.

Examples of Yin & Yang

Yin	Yang
Female	Male
Night	Day
Dark	Light
Rain	Sunshine
Water	Fire
Cold	Heat
Winter	Summer
Autumn	Spring
Odd Numbers	Even Numbers
The Moon	The Sun
North	South
West	East
Right	Left
Down	Up
Intuition	Intellect
Passive	Active
Static	Dynamic
Contraction	Expansion
Decreasing	Increasing
Conservative	Innovative
Traditional	Reformative
Valley	Mountain
River	Desert
Curve	Straight
Soft	Hard
Solidifying	Dissolving
Psychological	Physical
Dragon	Tiger
Solid	Hollow
Rest	Activity
Earth	Heaven
Night	Morning

The 5 Main Aspects of Yin & Yang Relationships

- 1) The Opposition of Yin & Yang
- 2) Yin & Yang Interdependence
- 3) The Mutual Consuming-Increasing Relationship of Yin & Yang
- 4) Yin & Yang's Mutual Transforming Relationship
- 5) The infinite divisibility of yin and yang

Everyday Uses of Yin & Yang Theory

- Traditional Chinese Medicine (TCM)
- Philosophy (Taoism & Confucianism)
- Science (Chinese)
- Meditation
- Feng Shui
- Spirituality
- As a Trending Fad
- Martial Arts
- Qigong and Energy Movement

Here is the "dark"

Here is the "Light"

Here is the "dark" that is in the "light"

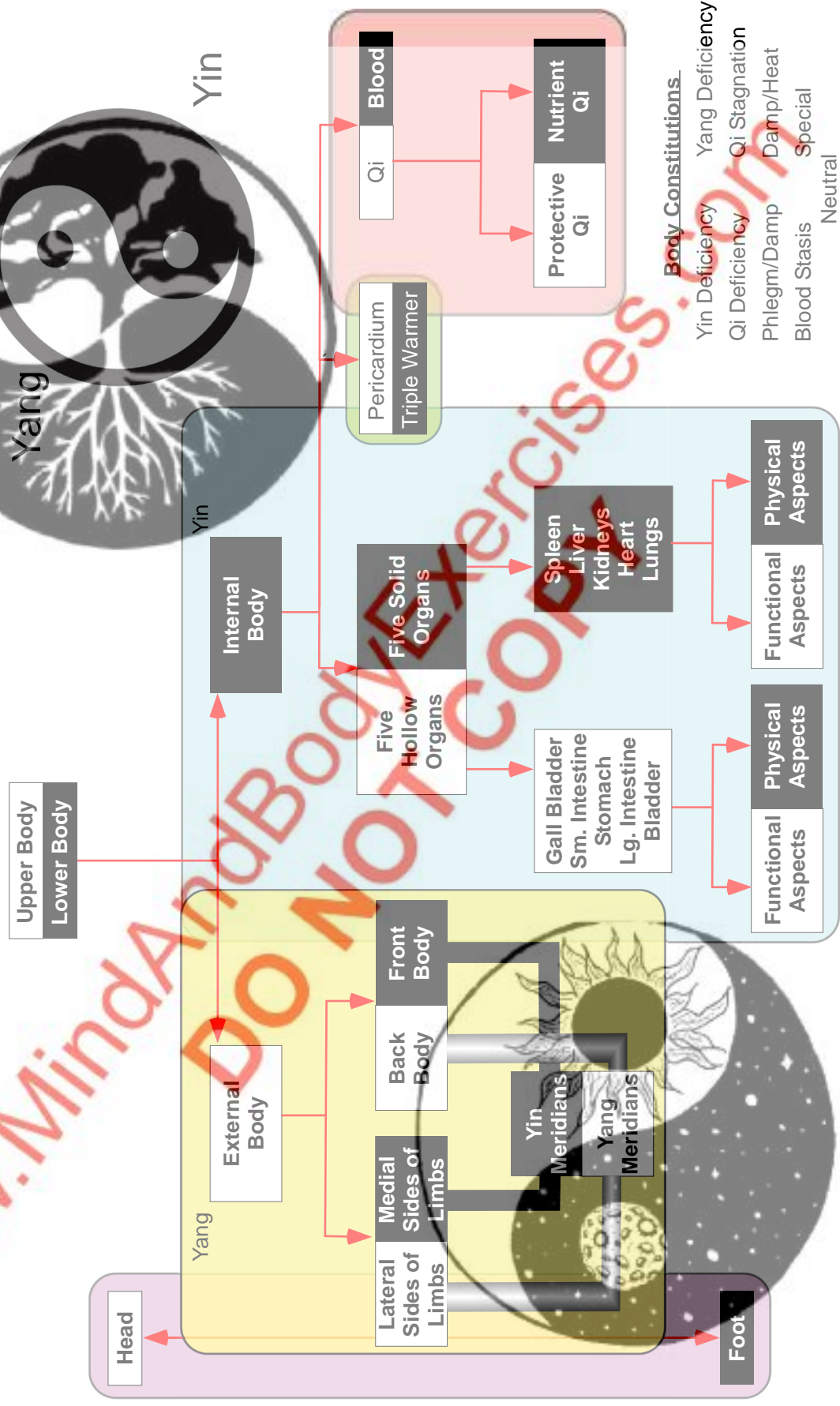
Here is the "light" that is in the "dark"

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

Yin & Yang - Relative to the Human Body

www.MindAndBodyExercises.com

Traditional Chinese Medicine (TCM) views the human body as a whole organic entity. With a unity based upon opposing, yet complementary aspects of yin and yang. The body's components are classified into yin and yang aspects based on their functions and/or locations. This allows health practitioners a closer look at the interactions between the various different components of the human body. The paired aspects are mutually connected, controlled and interacted with each other. When one is component becomes dominant over another, the imbalance allows for disease and other possible issues.



The Five Aspects of Yin and Yang

The 5 Aspects of yin and yang complement and balance each other via these aspects, which define the relationship between each.



1) Opposition



2) Interdependence



3) Mutual Consuming-Increasing



4) Mutual Transforming



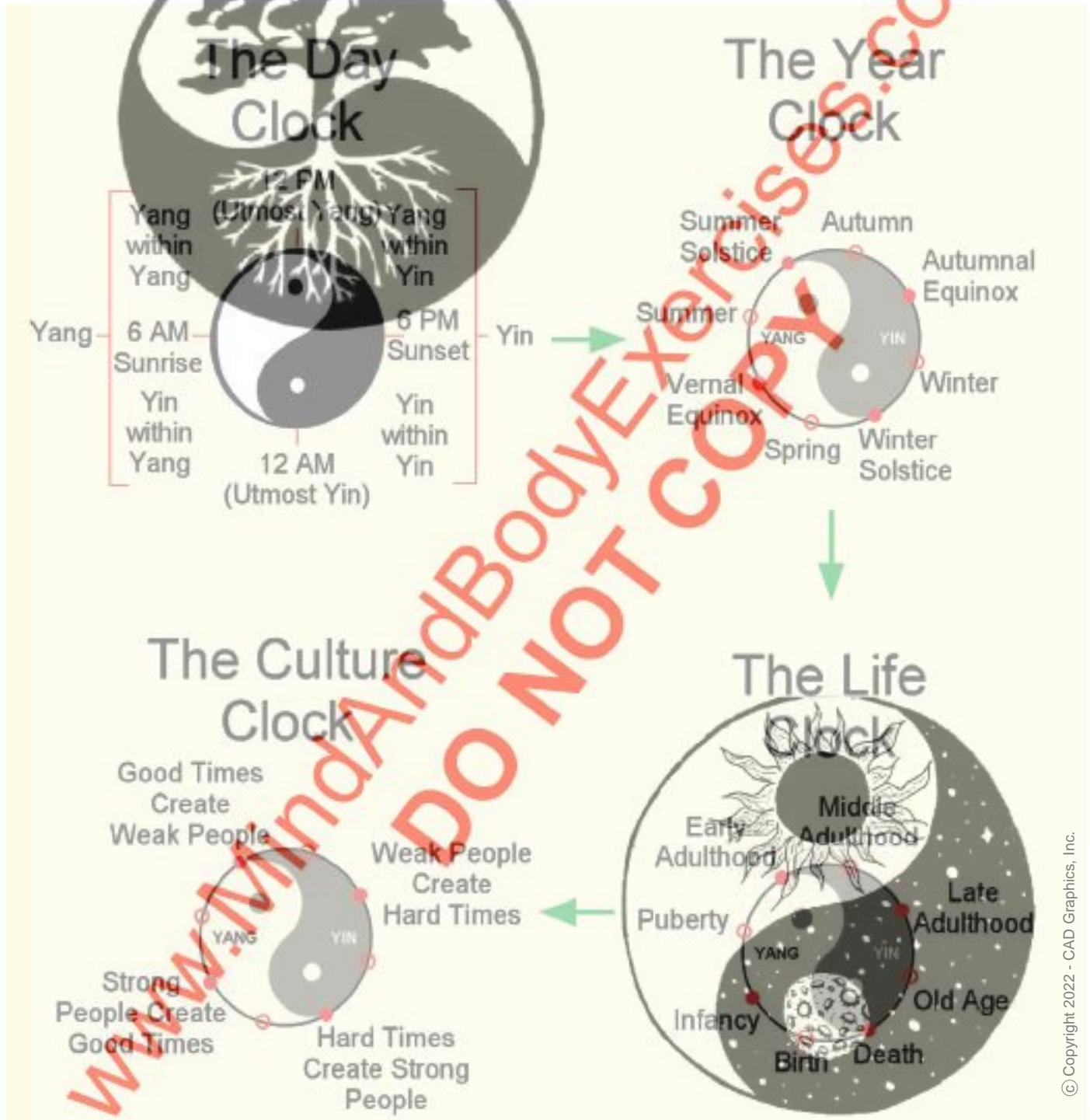
5) Infinite Divisibility



© Copyright 2020 - CAD Graphics, Inc.

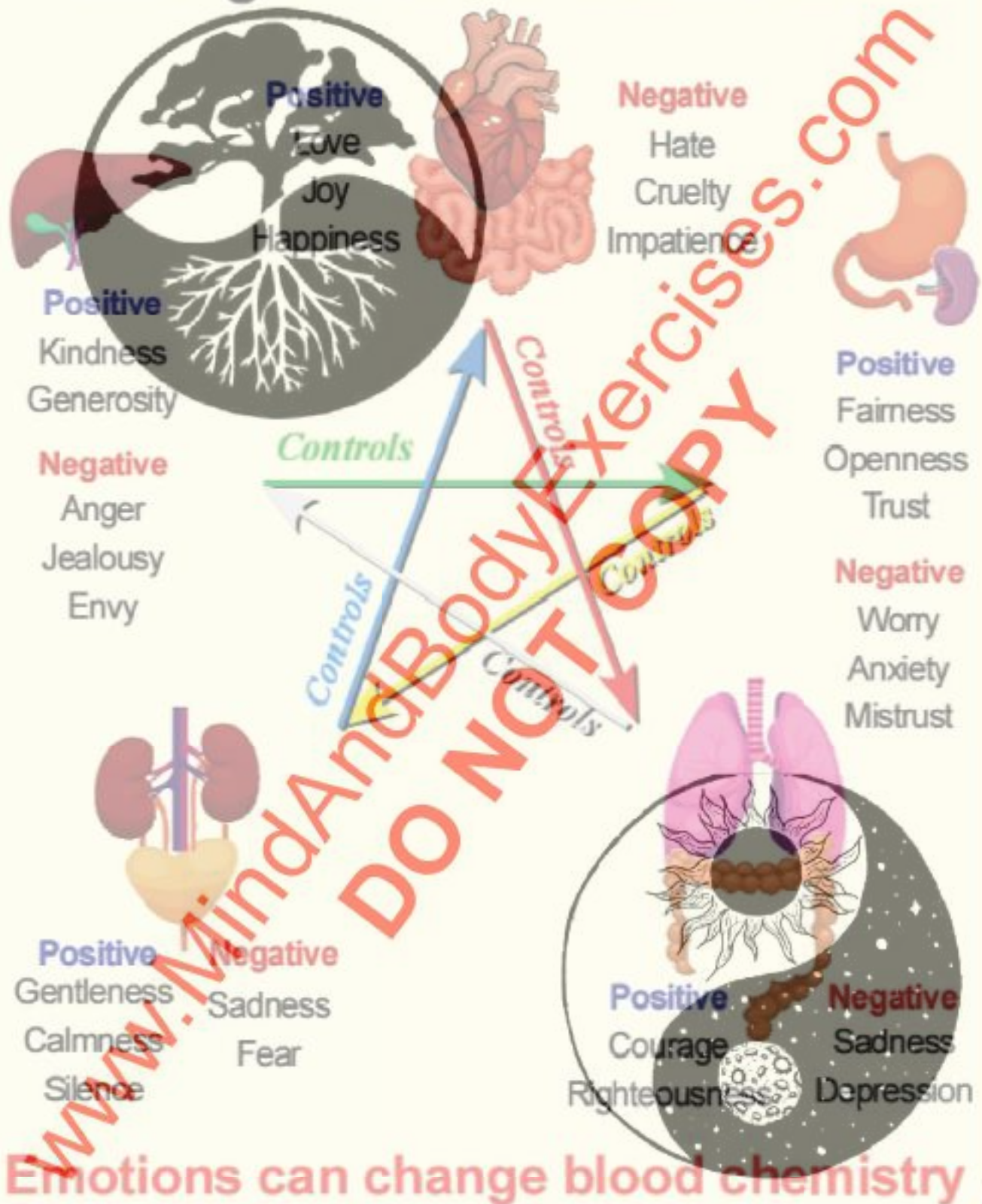
www.MindAndBodyExercises.com

Various Clocks of Yin & Yang



www.MindAndBodyExercises.com

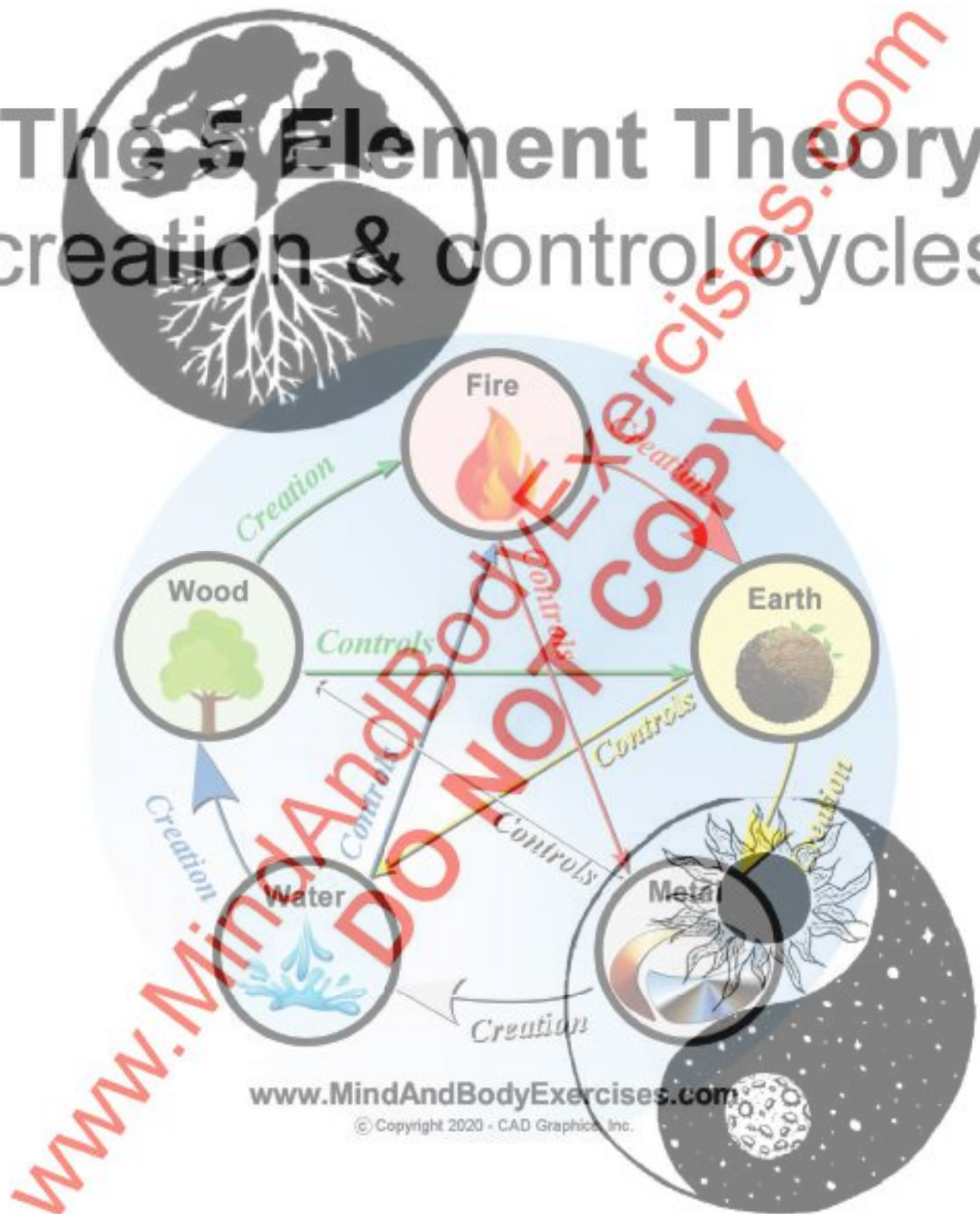
Thoughts Affect Your Health



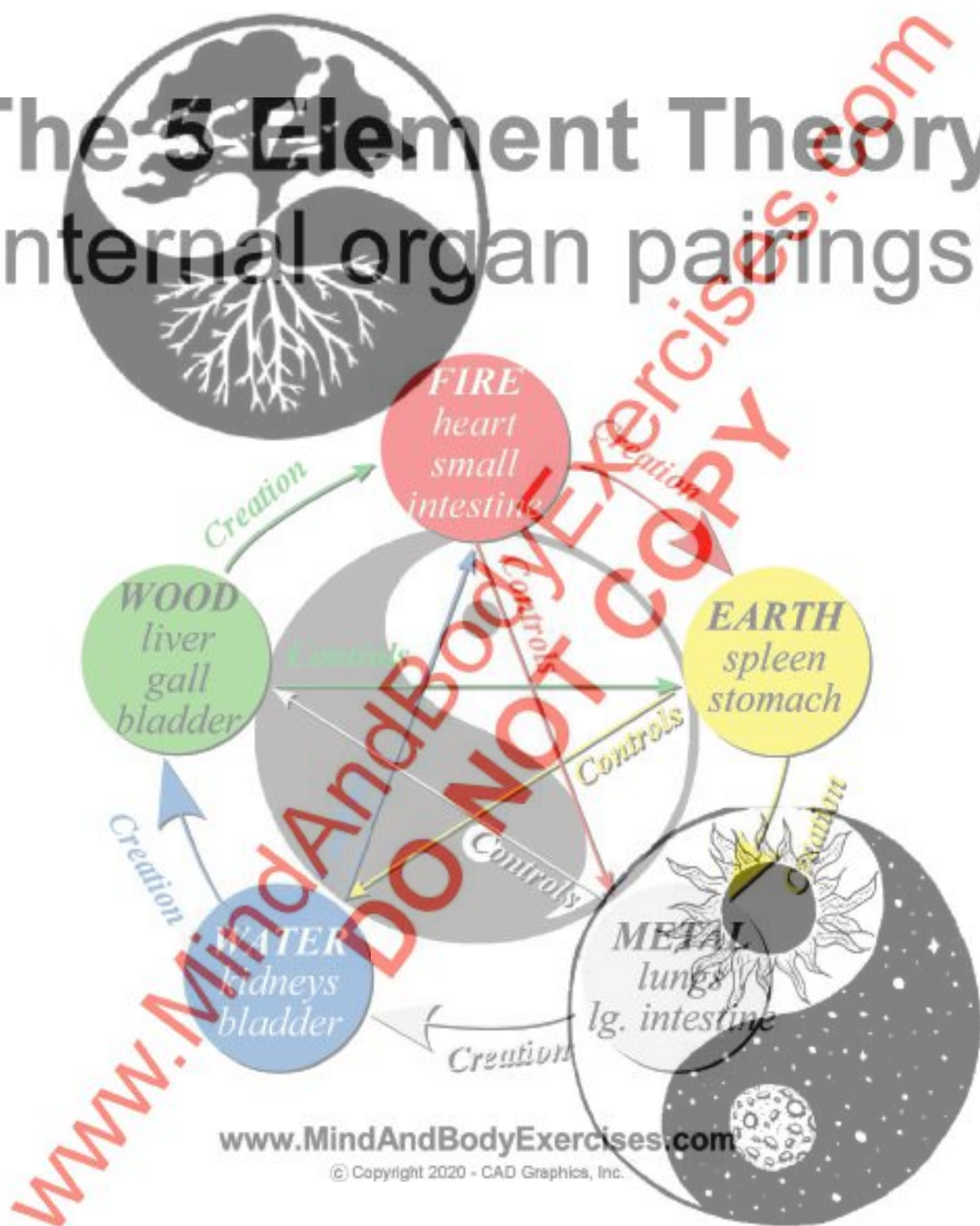
The 5 Element Theory (Wu Xing)



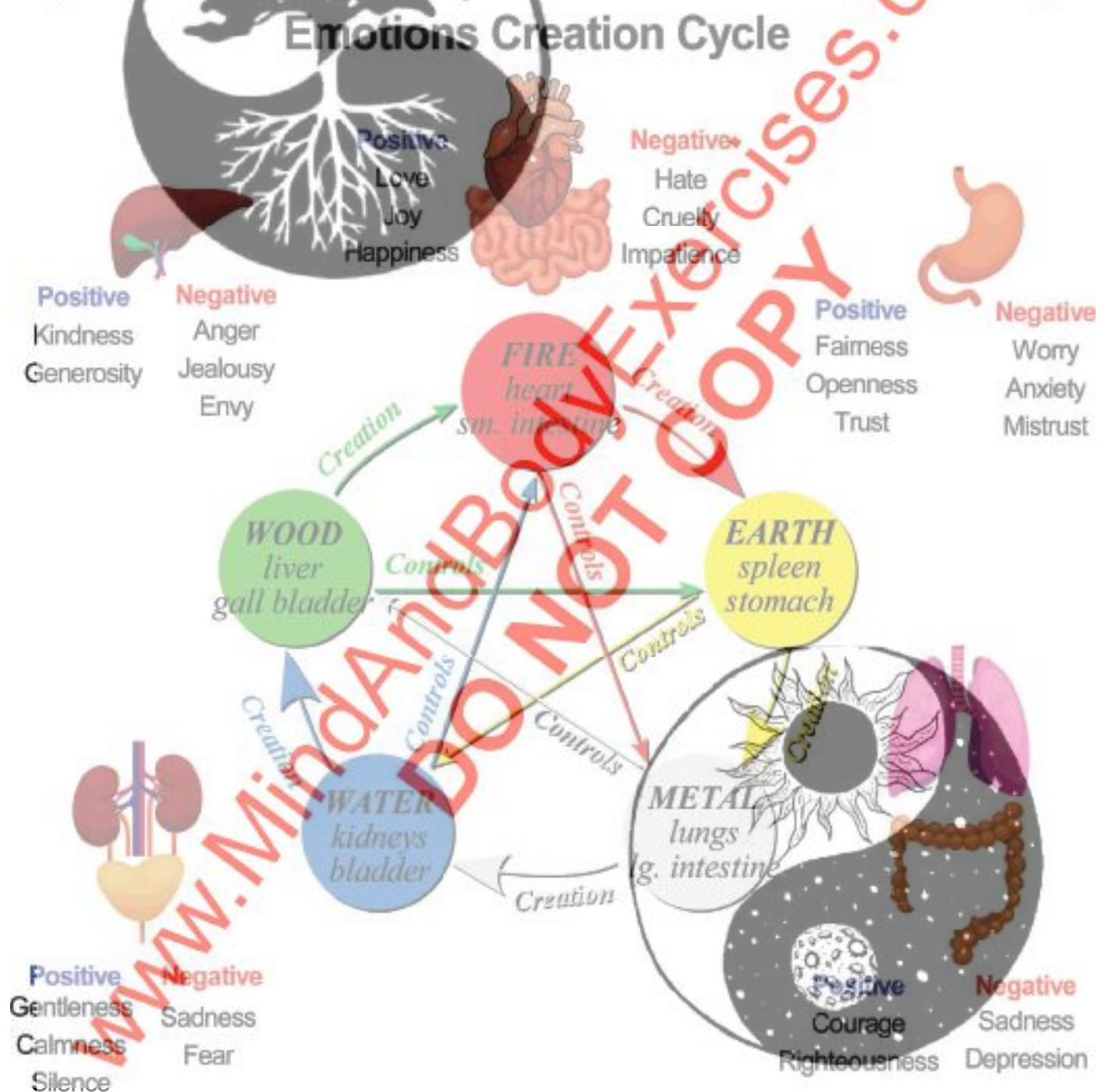
The 5 Element Theory (creation & control cycles)



The 5 Element Theory (internal organ pairings)



The 5 Elements (emotions affect organs)



www.MindAndBodyExercises.com

© Copyright 2017 - CAD Graphics, Inc.

The 5 Shen

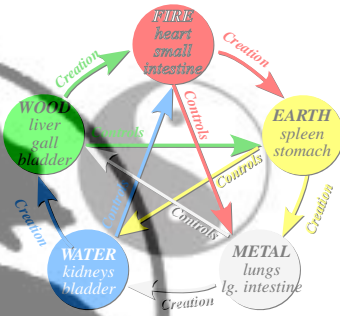
(spirits of the consciousness)



www.MindAndBodyExercises.com

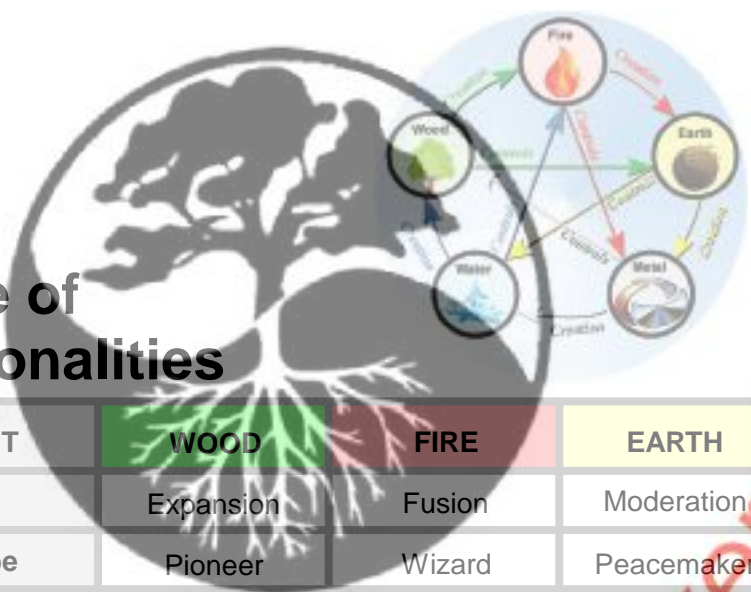
© Copyright 2020 - CAD Graphics, Inc.

Table of Correspondences




ELEMENT	WOOD	FIRE	EARTH	METAL	WATER
Yin Organ	Liver	Heart	Spleen	Lungs	Kidneys
Yang Organ	Gall Bladder	Small Intestine	Stomach	Large Intestine	Urinary Bladder
Sense Organ	Eyes	Tongue	Mouth	Nose	Ears
Tissue	Tendons	Blood Vessels	Muscles	Skin	Bone
Tastes	Sour	Bitter	Sweet	Pungent	Salty
Colors	Green	Red	Yellow	White	Blue/Black
Sounds	Shouting	Laughing	Singing	Crying	Groaning
Odor	Rancid	Scorched	Fragrant	Rotten	Putrid
Emotion	Anger	Joy	Worry	Grief	Fear
Season	Spring	Summer	Late Summer	Autumn	Winter
Environment	Wind	Heat	Dampness	Dryness	Cold
Developmental Stage	Birth	Growth	Transformation	Harvest	Storage
Direction	East	South	Center	West	North
Body Type	Tall slender, Strong bones and joints	Pointed features, Small hands Quick, energetic	Large features, Strong legs	Triangular features, Strong voice	Round features, Strong digestion, Enjoys motion
Personality	Leader, Hard worker, Loves a challenge	Loves attention, Talkative, Sensitive	Friendly, calm, generous, caring	Meticulous, Strong willed, Focused, Independent	Loyal but few friends, Smart, Loves to play with family
Out of Balance	Angry, mean, Cranky	Loves drama, paranoid	Worried, Over protective	Anxious, OCD, Oblivious	Fearful
ELEMENT	WOOD	FIRE	EARTH	METAL	WATER

Table of Personalities



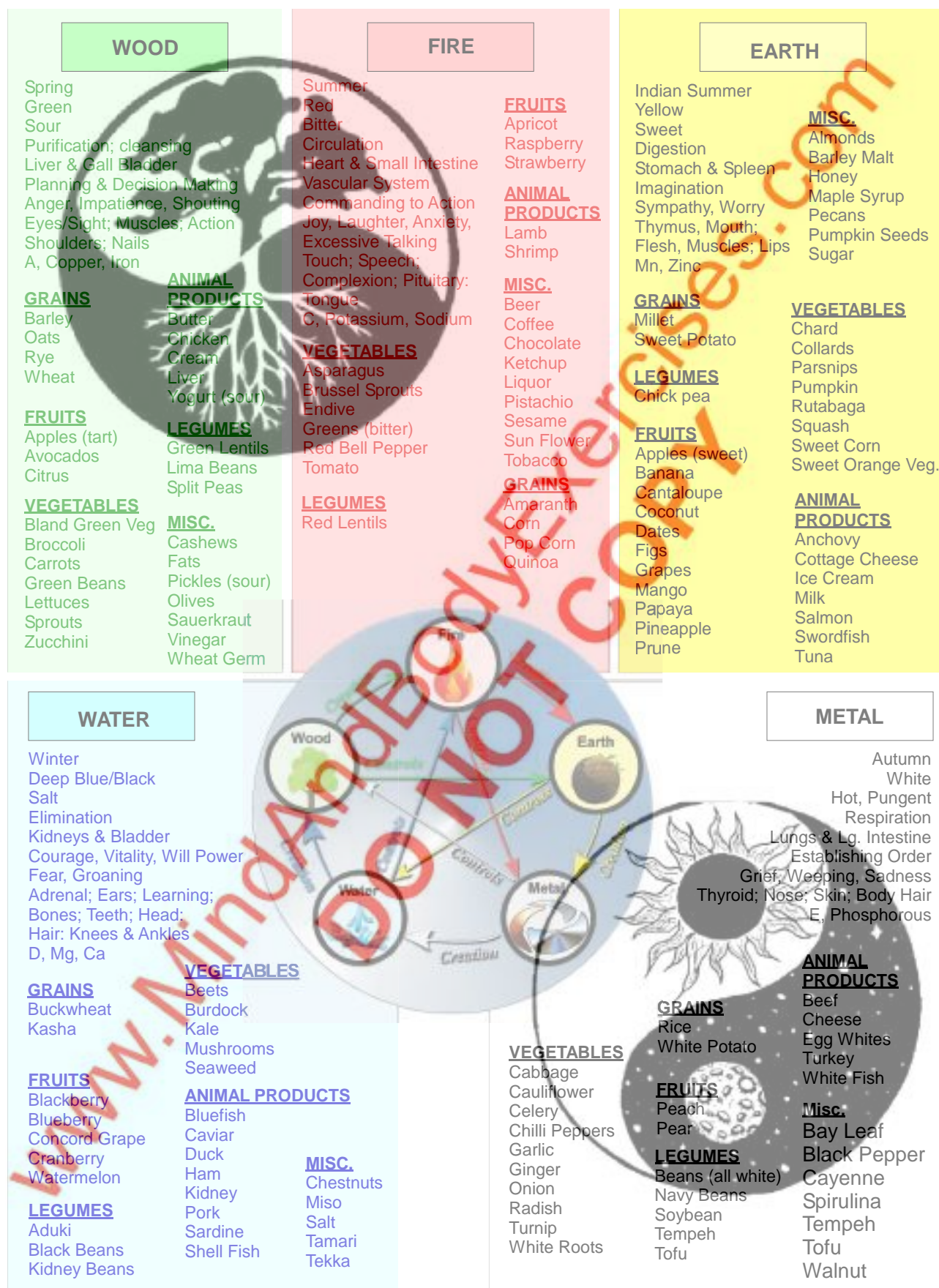
ELEMENT	WOOD	FIRE	EARTH	METAL	WATER
Power	Expansion	Fusion	Moderation	Contraction	Consolidation
Archetype	Pioneer	Wizard	Peacemaker	Alchemist	Philosopher
Desires	Purpose	Fulfillment	Connectedness	Order	Truth
Virtues	Fervor	Charisma	Loyalty	Righteousness	Honesty
Values	Utility	Intuition	Harmony	Purity	Durability
Preoccupation	Work	Stimulation	Details	Rituals	Secrets
Compelled to	Win	Consume	Interfere	Control	Criticize
Tends to	Risk, stay busy	Seek excitement, Make contact	Seek comfort, Avoid isolation	Follow order, Make judgements	Seek solitude, Avoid exposure
Emotional Addiction	To be aroused	To be in love	To be needed	To be right	To be protected
Seeks the Perfect	Cause	Lover	Family	System	Teacher
Spiritual Fear	Helplessness	To be cutoff	To be lost	To be corrupt	To be extinct
Sexual Values	More, better, longer	Orgasm, merging	Embracing	Sacred ritual, ceremony	Uncovering mystery
Personality	Leader, Hard worker, Loves a challenge	Loves attention, Talkative, Sensitive	Friendly, calm, generous, caring	Meticulous, Strong willed, Focused, Independent	Loyal but few friends, Smart, Loves to play with family
Out of Balance	Angry, mean, Cranky	Loves drama, paranoid	Worried, Over protective	Anxious, OCD, Oblivious	Fearful
ELEMENT	WOOD	FIRE	EARTH	METAL	WATER



© Copyright 2022 - CAD Graphics, Inc.

5 Phases of Food

www.MindAndBodyExercises.com



The 5 Element Theory

(list of correspondences)



Five Elements	Wood	Fire	Earth	Metal	Water
Environments	Wind	Heat	Damp	Dry	Cold
Seasons	Spring	Summer	Late Summer	Autumn	Winter
Directions	East	South	Middle	West	North
Zang (yin)	Liver	Heart	Spleen	Lung	Kidney
Fu (yang)	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
Tissues	Tendons/Sinews	Blood Vessels	Muscle	Skin and Hair	Bone
Body Fluid	Tears	Sweat	Saliva	Mucus	Urine
Sense Organs	Eye	Tongue	Mouth	Nose	Ear
Tastes	Sour	Bitter	Sweet	Pungent	Salty
Smell	Rancid	Burned	Sweetish	Rank	Putrid
Sounds	Shouting	Laughing	Singing	Crying	Groaning
Healing Sounds	Shiili	Haaaa	Hoooo	Hssss	Chuuu
Emotions	Anger	Joy	Worry	Grief	Fear
Mental Quality	Sensitivity	Creativity	Clarity	Intuition	Spontaneity
Life Cycle	Birth	Youth	Adulthood	Old Age	Death

www.MindAndBodyExercises.com

© Copyright 2020 - CAD Graphics, Inc.

The 5 Element Theory (and introduction of the 6th element)

The Wuxing also known as the Five Elements, Five Agents, Five Movements, Five Phases, Five Planets, Five Processes, Five Stages, Five Steps, or Five Ways.

It is a theory that many traditional Chinese fields use to explain a wide array of natural phenomena, from cosmic cycles, seasons of the year and the interaction between internal organs.

The 5 Elements

The 6 Element Cycle of Transformation

3D Representation of the

6 Element Cycle



www.MindandBodyExercises.com

The 5 Element Basic Cycle of Transformation

- Molten lava (element **fire**), spews from a volcano.

- Lava flies through the air and lands, it cools down, hardens, and turns into rock (element **earth**).

- Rock cools down it releases gas, that through time produces an atmosphere, (element **metal**).

- The atmosphere builds higher and higher, water vapor (element **water**) forms in the altitude as clouds.

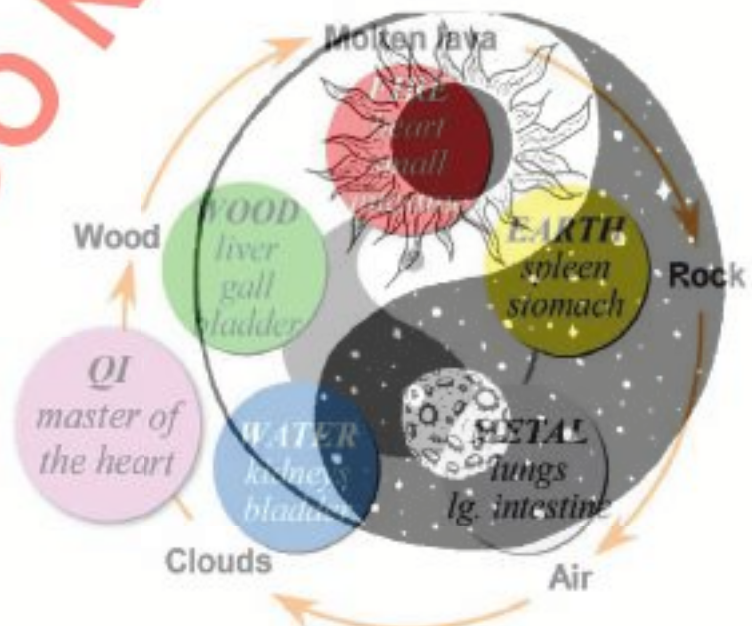
- Clouds release water which falls to earth and spawns growth of plants (element **wood**).

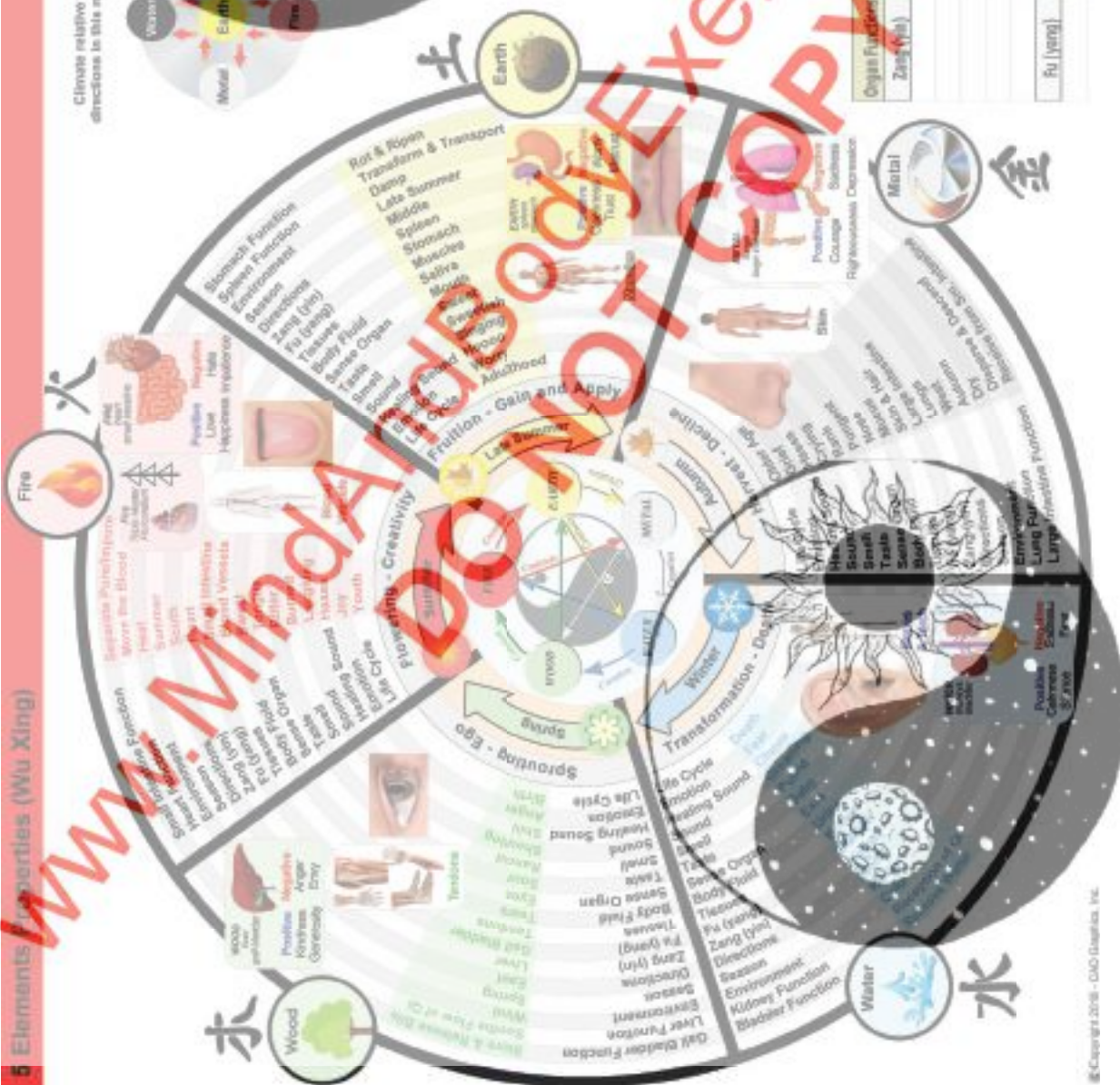


The 6 Element Cycle of Transformation

The 6th Element - Qi

- Life force (element **Qi**) activates the other 5 elements to create life.





Abbreviated Table of Correspondences

Five Elements	Wood	Fire	Earth	Metal	Water
Environment	Wind	Heat	Dampness	Dry	Cold
Seasons	Spring	Summer	Late Summer	Autumn	Winter
Directions	East	South	Southwest	West	North
Zang (Yin)	Liver	Heart	Spleen	Lung	Kidney
Fu (Yang)	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
Tissues	Tendons	Vessels	Flesh	Skin and Hair	Bone
Body Fluid	Tears	Sweat	Saliva	Mucus	Urine
Sense Organs	Eye	Tongue	Mouth	Nose	Ear
Tastes	Sour	Salty	Sweet	Pungent	Bitter
Smell	Pungent	Stagnant	Stagnant	Stagnant	Stagnant
Sounds	Shouting	Shouting	Shouting	Shouting	Shouting
Emotions	Anger	Worry	Worry	Worry	Worry
Mental Quality	Reactivity	Reactivity	Reactivity	Reactivity	Reactivity
Life Cycle	Birth	Youth	Adulthood	Old Age	Death

Organ Function	Wood	Fire	Earth	Metal	Water
Zang (Yin)	Liver	Heart	Spleen	Lung	Kidney
Fu (Yang)	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder

The Gears Of Life - The Journey Around The Sun

www.MindAndBodyExercises.com

**Climactic
Seasons**



Seasons of Life - 5 Elements



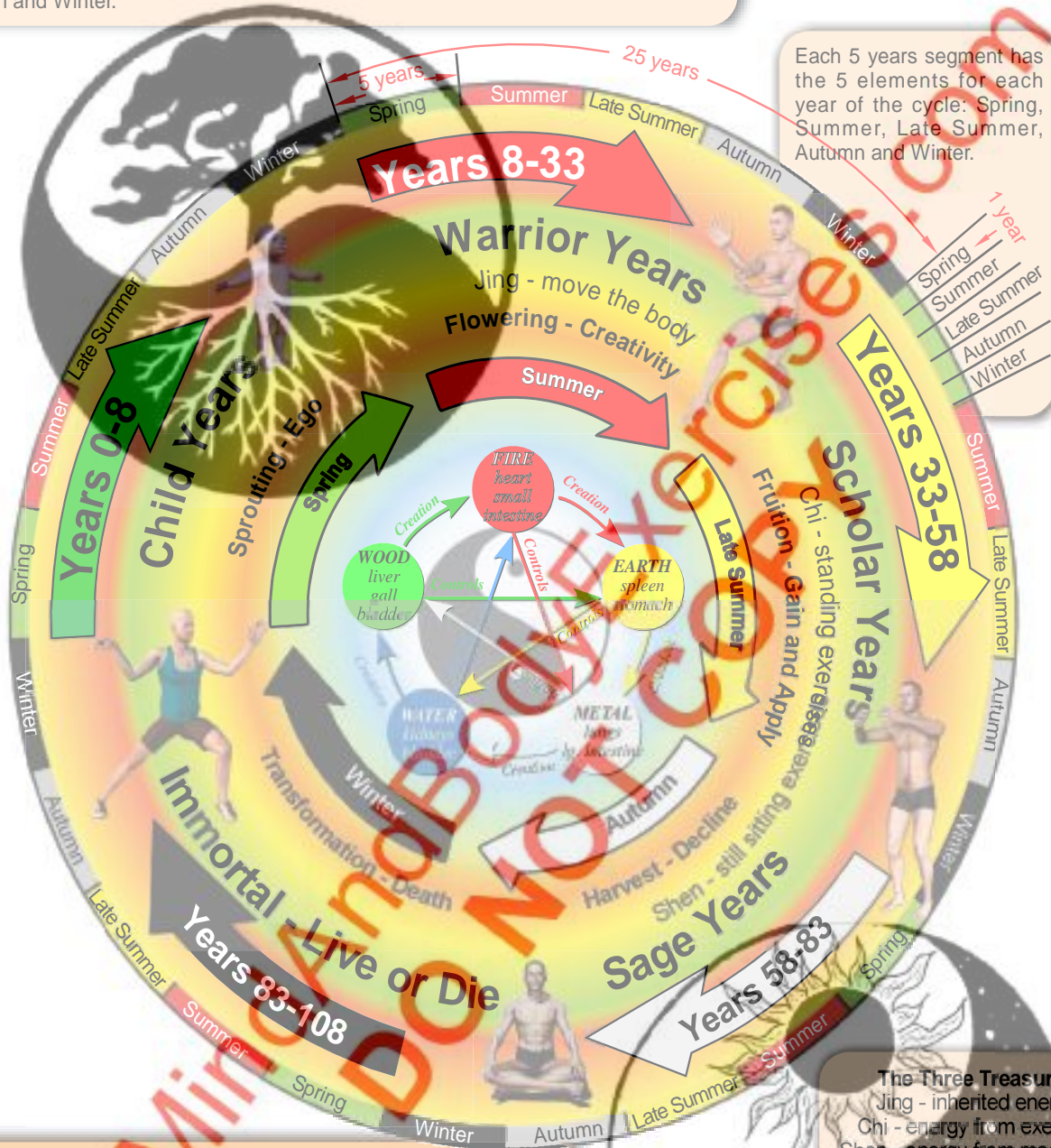
Summary of 5 Element Life Stages

Element	Season	Age	Phase	Focus
Wood	Spring	0-8	sprouting	(ego)
Fire	Summer	8-33	flowering	(creativity)
Earth	Late Summer	33-58	fruition	(gain & apply)
Metal	Fall	58-83	harvest	(decline)
Water	Winter	83-108	transformation	(death)

Life Stages - 5 Elements

www.MindAndBodyExercises.com

After the 1st cycle of 0-8 years, each color segment represents 5 years of a 25 year cycle. Each 5 years in turn represents a phase of Spring, Summer, Late Summer, Autumn and Winter.



7 Levels of Consciousness

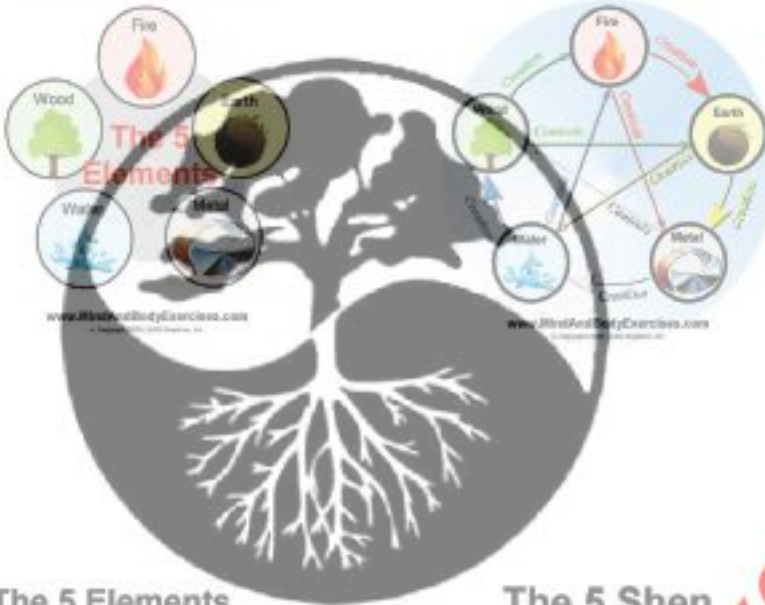
Service	7	Self-less service
Making a Difference	6	Making a positive difference
Internal Cohesion	5	Finding meaning in existence
Transformation	4	Letting go of the fears we hold about survival, feeling loved, and being respected by our peers
Self-Esteem	3	Feeling a sense of personal self-worth
Relationship	2	Feeling protected, safe and loved
Survival	1	Satisfying our physiological needs

Summary of 5 Element Life Stages

Wood	Spring	0-8	sprouting	(ego)
Fire	Summer	8-33	flowering	(creativity)
Earth	Late Summer	33-58	fruition	(gain & apply)
Metal	Fall	58-83	harvest	(decline)
Water	Winter	83-108	transformation	(death)

© Copyright 2016 - CAD Graphics, Inc.

The 5 Element Theory (Wu Xing)



The 5 Element Theory (creation & control cycles)



The 5 Element Theory (internal organ pairings)



The 5 Elements (emotions affect organs)



The 5 Shen (spirits of the consciousness)



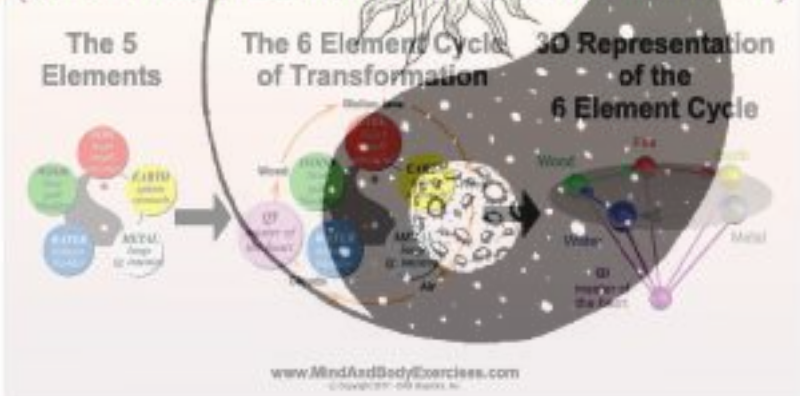
The 5 Seasons of Life (the 5 element theory)



5 Stages of Life (the 5 element theory)

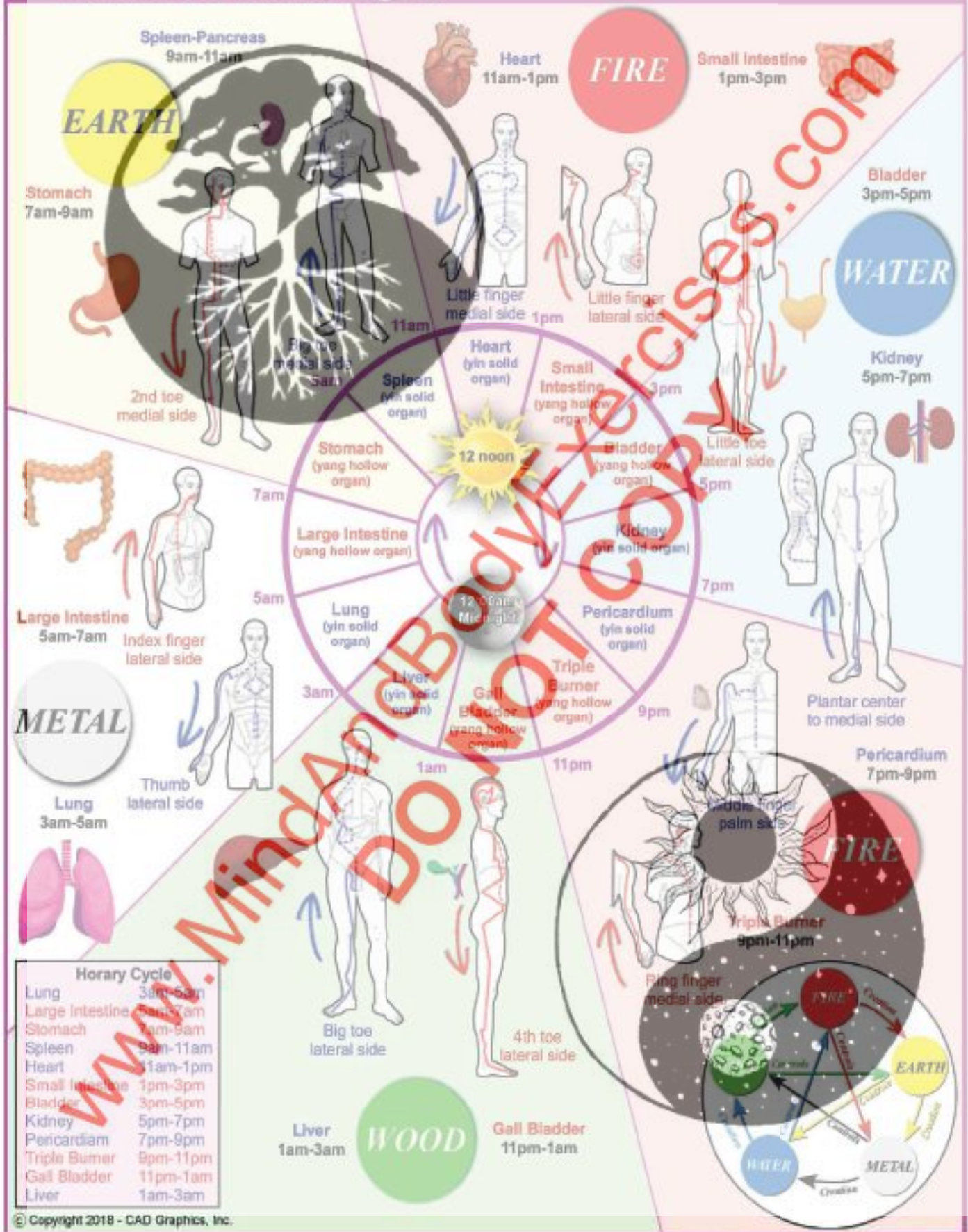


The 5 Element Theory (and introduction of the 6th element)



Daily Energy Flow of the 12 Main Meridians & Related Organs

www.MindandBodyExercises.com



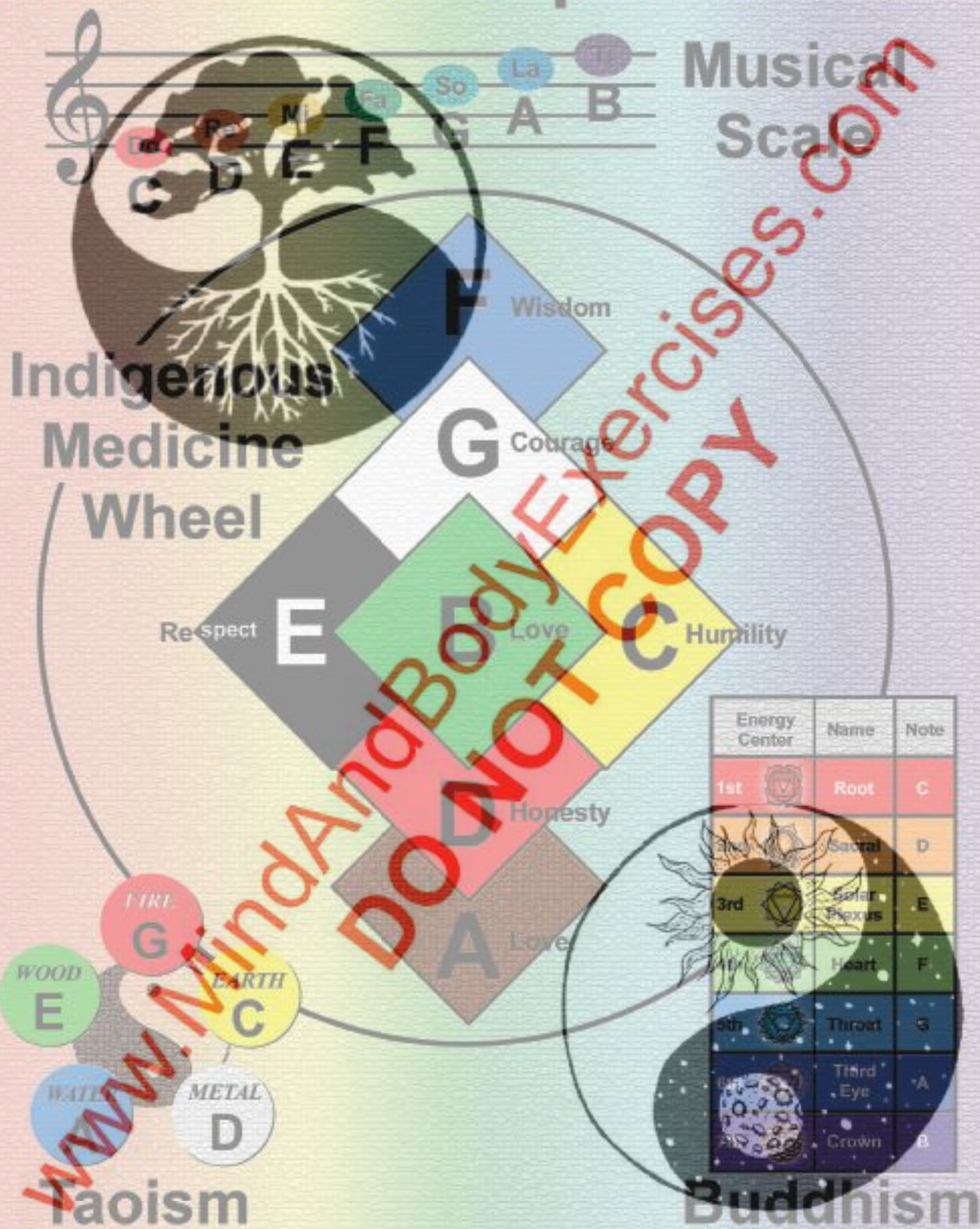
6 Healing Sounds



Energy Center	Location	Element	Issues	Right	Color	Note
1st Root	Base of spine	Earth	Physical needs	To have	Red	C
2nd Sacral	Lower abdomen	Water	Sexuality, emotions	To feel	Orange	D
3rd Solar Plexus	Solar plexus	Fire	Power, vitality	To act	Yellow	E
4th Heart	Heart	Air	Love	To love	Green	F
5th Throat	Throat	Sound	Communication	To speak	Blue	G
6th Third Eye	Brow	Light	Intuition	To see	Indigo	A
7th Crown	Top of Head	Thought	Understanding	To know	Violet	B

The diagram shows a Yin-Yang symbol with a sun in the white half and a moon in the black half. The sun is labeled 'To act' and the moon is labeled 'To see'. The colors of the chakras are indicated in the table.

Musical Correspondences



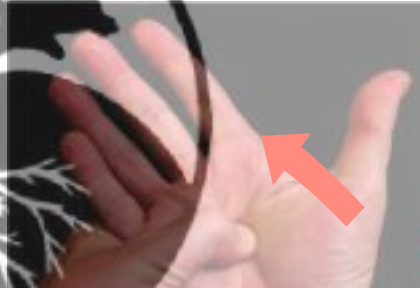
Most Common Acupuncture & Energy Regulation Variations

Acupuncture



Use of very thin needles to stimulate energy flow within the energy meridians.

Acupressure (reflexology)



Similar to acupuncture but using direct pressure 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.

Tai Chi & Qigong



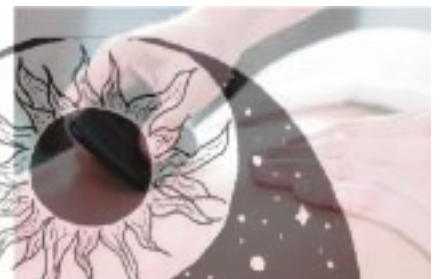
Low-impact exercises that focus on deliberate deep breathing, gentle but specific stretching and engagement of the thoughts to harmonize the mind and body.

Cupping



Use of plastic or glass bulbs to draw a suction on the skin in order to manipulate qi (energy) and blood flow.

Gua Sha



Methods using a flat tool to apply pressure to scrape the skin to relieve pain and tension.

Meridians within the Body

www.MindAndBodyExercises.com

(various abbreviations noted)

Zang (solid organs)

Yin Hand Channels:

(HT, HE) · Heart

(PC, HC, P, MH) · Pericardium

(LU) · Lung

Yin Foot Channels:

(SP) · Spleen

(LV) · Liver

(KD, KI) Kidney

Fu (hollows organs)

Yang Hand Channels:

(SI) · Small Intestine

(TH, TW, SJ) · Triple Heater

(LI, CO) · Large Intestine

Yang Foot Channels:

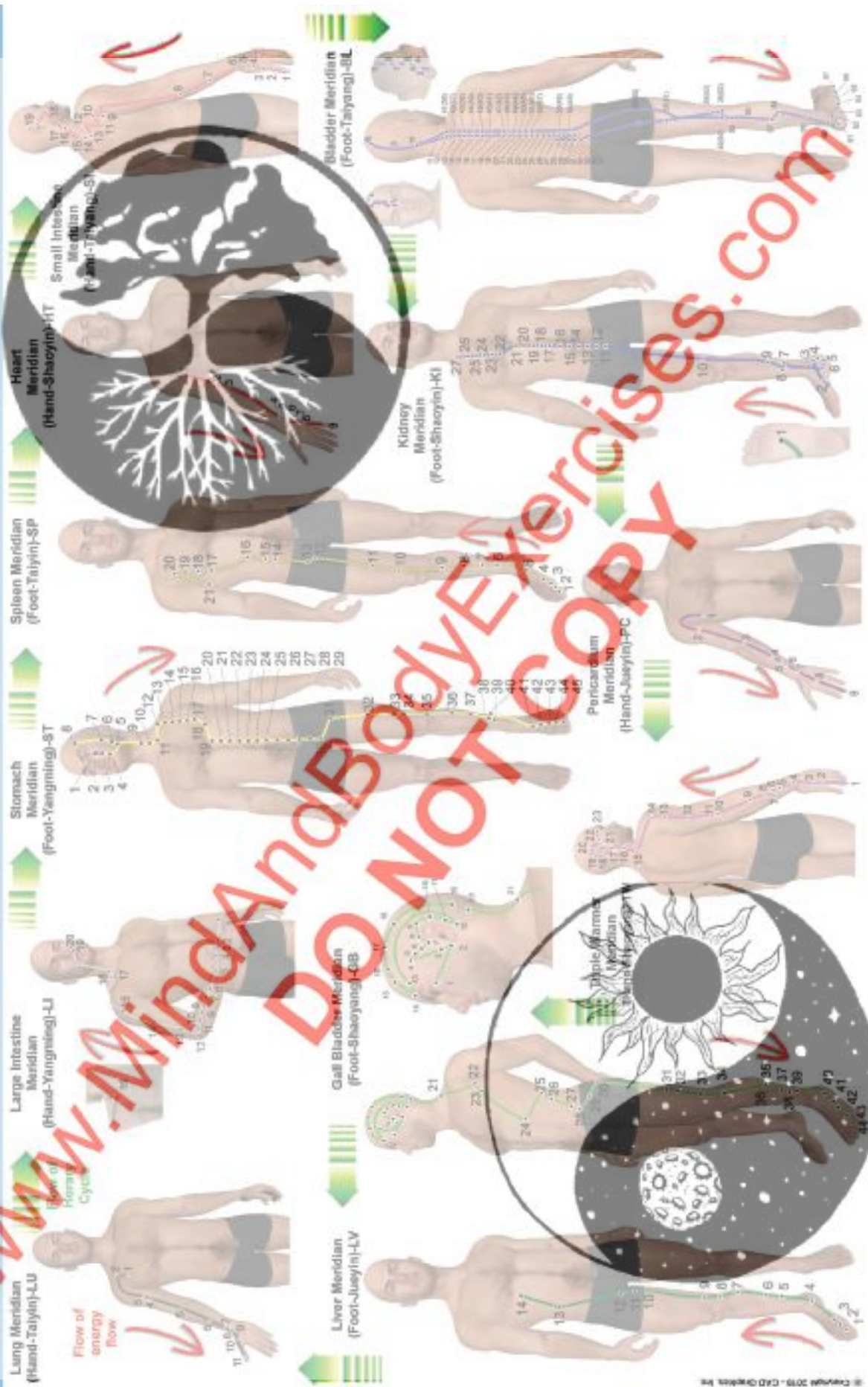
(ST) · Stomach

(GB) · Gall Bladder

(BL, UB) · Urinary Bladder



NOTE: This study guide is a general reference for the concepts shown.



Acupuncture Meridians & Point Classification Tables



How Acupuncture Works

From a Western Medicine Perspective

Medical Physiology

Acupuncture stimulates self-healing to maintain homeostasis.

- Acupuncture affects:

1) the nervous system interaction with nerves, muscles & internal organs

2) the circulatory system affecting blood pressure & flow, hormones & distribution of nutrients

3) the immune system functions within the body

Affects on the Nervous System

Central nervous system:

- brain
- spinal cord
- HPA axis

Peripheral nervous system:

- voluntary muscles movement
- nerves
- smooth muscle (lining of the organs)
- stress response

Fascia Trains

Endocrine System

Cardiovascular System

Nervous System



Needle Insertion

- stimulates both a local and centralized reaction
- local reaction involves sensory neurons in the skin layers becoming stimulated
- a central reaction is produced when neural signals are transmitted to the spinal cord and the brain

Signal Stimulus

Acupuncture needling produces a cascade of stimulus conducted throughout the fascia or connective tissue affecting circulatory, nervous & immune systems.

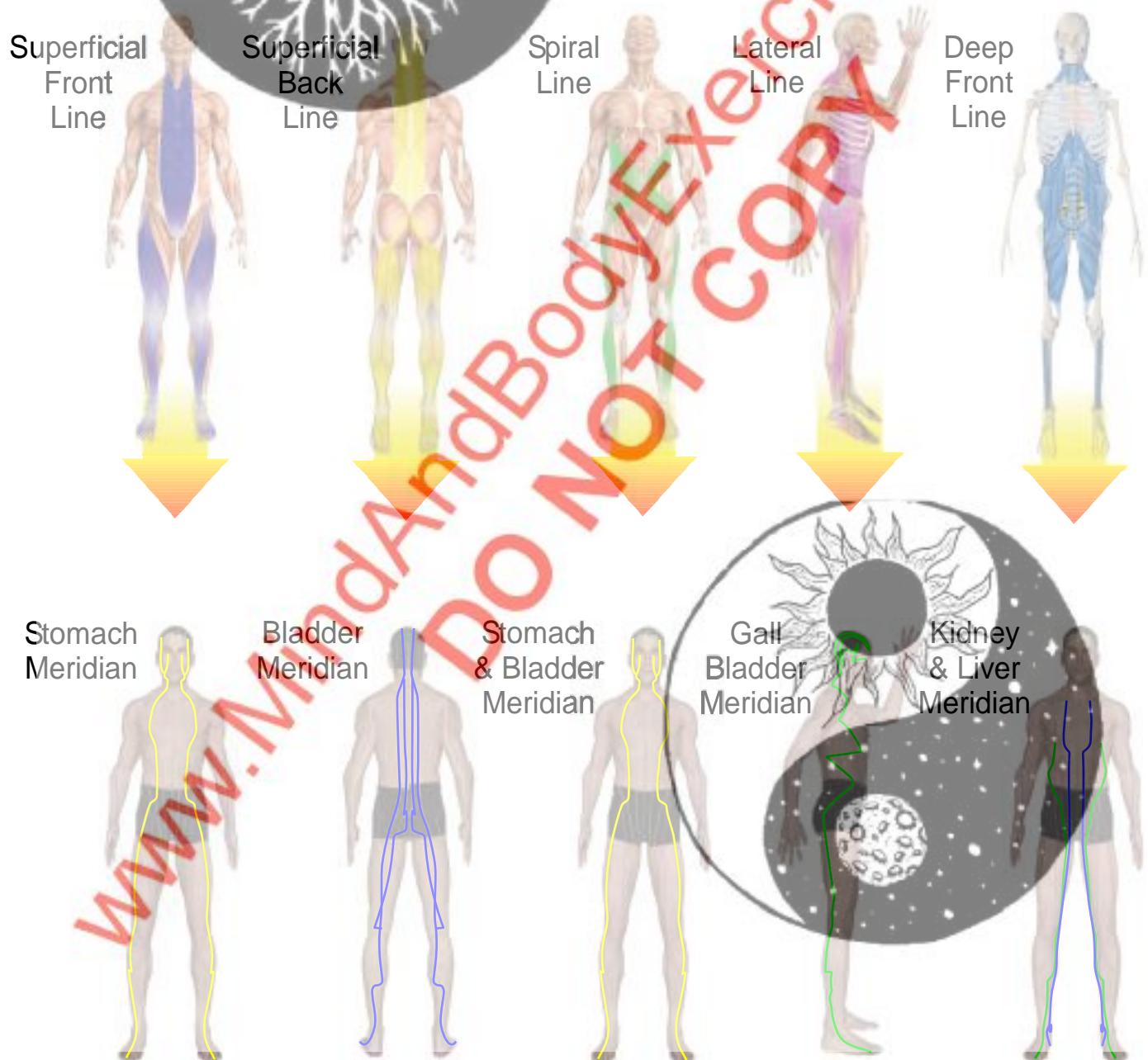
Acupoints

Points are generally located in regions of higher concentrations of:

- blood vessels
- superficial nerves
- areas where vessels & nerves penetrate muscle fascia (neuromuscular attachments)

Energy Meridians & the Fascial Trains

Recent research has found links in form and function between the interactions of the fascial network and acupuncture. Research by health and fitness researchers have discovered that connective tissue, along with collagen fibers and fibroblasts wraps around the end of the acupuncture needle when it is rotated in place. There effects have been seen at up to 4cm away from the site of needle insertion. Researchers have surmised that acupuncture energy meridians may follow the intermuscular or intramuscular myofascial lines. The myofascial meridians do not follow the precise lines of the Chinese energy meridians, which are an energetic connection rather than physical. However, there is some definite overlap. The unrestricted movement, taught in the Chinese internal martial arts, involves free flow of Qi and aligning the myofascial



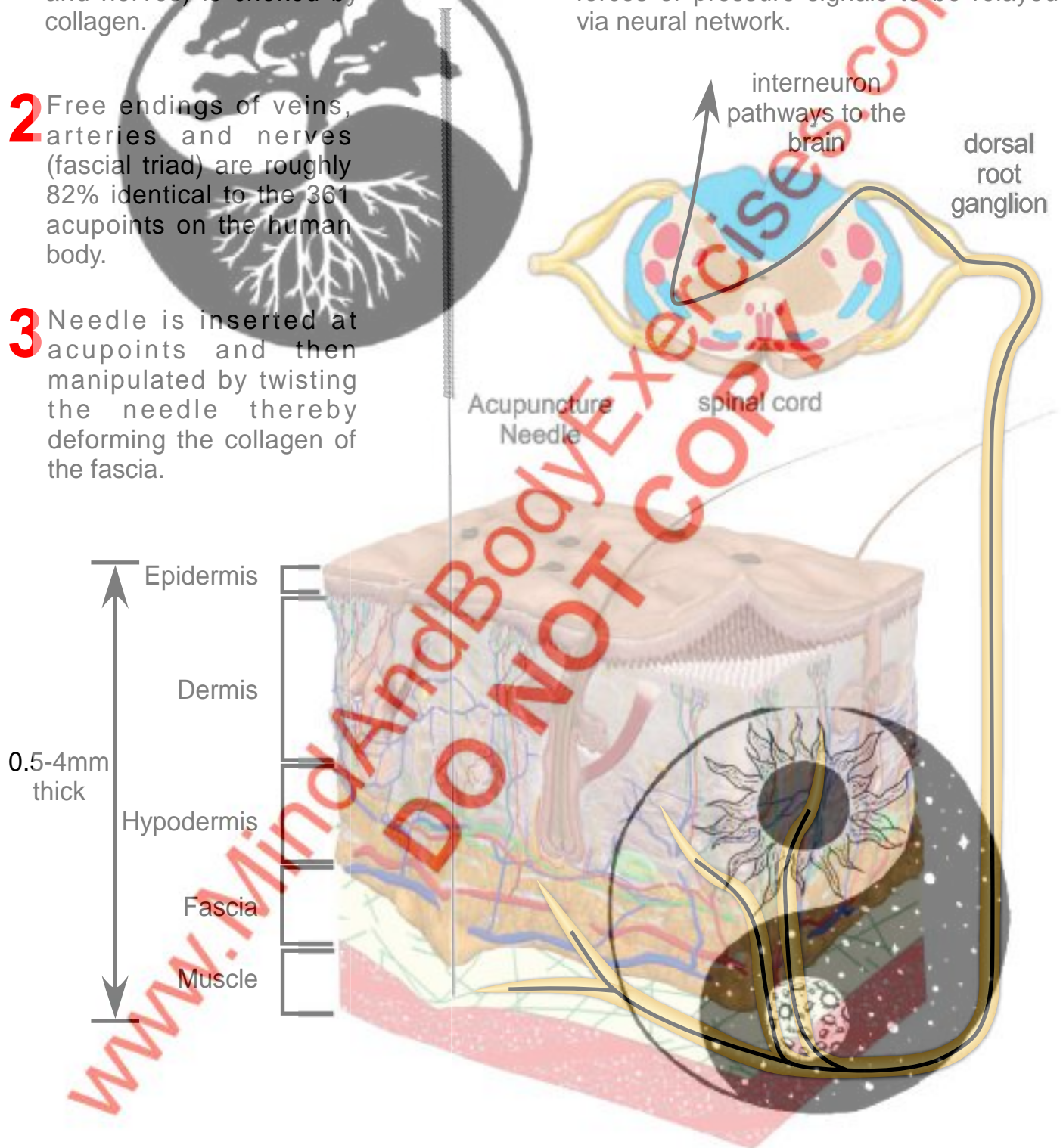
An Acupuncture Mechanism Theory

1 Pain manifests where a fascial triad (veins, arteries and nerves) is choked by collagen.

2 Free endings of veins, arteries and nerves (fascial triad) are roughly 82% identical to the 361 acupoints on the human body.

3 Needle is inserted at acupoints and then manipulated by twisting the needle thereby deforming the collagen of the fascia.

4 Choked collagen is deformed by the acupuncture needle, causing piezoelectric forces or pressure signals to be relayed via neural network.



An Acupuncture Mechanism Theory (con't.)

5 Unchoking of the collagen releases endorphins such as Substance P (SP) within the spinal column to block pain perception and provide relief.

6 Substance P is released by nerves that bind with mast cells.

7 Mast cells produce receptors for Substance P binding.

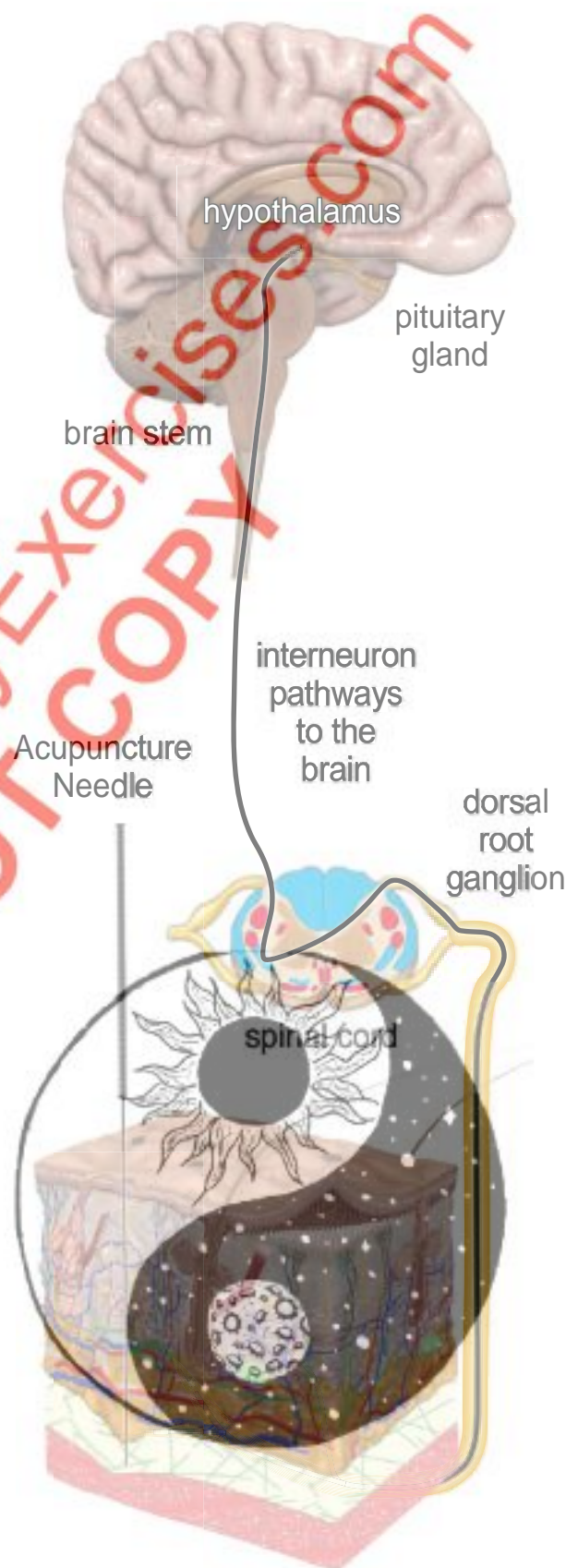
8 Histamine, Heparin & Neurokinin-A are release by mast cells.

9 Electric sensation is felt.

10 Action potential travels through nerves activating signal to the brain.

11 Signals reach the hypothalamus & pituitary glands affecting the autonomic nervous system and consequently blood pressure, healing response and other bodily functions.

12 The insula cortex of the brain maintains homeostasis by regulating sympathetic and parasympathetic response of the internal organs.



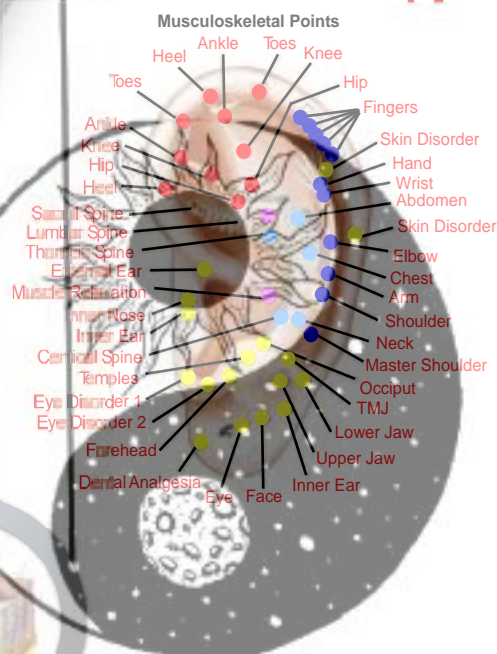
Acupressure - Same concept but no needles!

Similar to acupuncture but using direct pressure to stimulate energy flow within the energy meridians. Acupressure is also the same as reflexology, which is mostly massaging the acupoints on the hands and feet. Acupressure points are located throughout the whole body, allowing for many more points of treatment. The auricle (outer ear) is a micro system, which reflects the entire body and its individual components. Acupuncture & acupressure methods can be applied to the ear acupoints.

Foot Reflexology



Auricular Therapy



There are 12 Back Shu points on the Bladder energy meridian, that correspond to each of the 12 Zang-Fu organs. They are each named for an organ or body part. The energy meridians are part of the 5 Element Theory from which Traditional Chinese Medicine is based upon. Spontaneous pain indicates a disorder in the meridian. Back Shu points are used primarily for improving chronic conditions through acupuncture, acupressure and physical movement or exercise. By reviewing the relationships between the spine, organs and other anatomical components, one can see some correlations to the Back Shu Points and its relationships to the same anatomical components. Regardless of which theory is addressed, one can see the importance of maintaining a healthy spine and its many interconnected components.

Spine-Anatomy Relationship

Cervical	Head - brain	C1
	Eyes - ears	C2
	Cheeks-teeth	C3
	Nose-mouth	C4
	Vocal cords	C5
	Neck muscles	C6
	Shoulders	C7
Thoracic	Arms-trachea	T1
	Heart	T2
	Lung	T3
	Gall Bladder	T4
	Liver	T5
	Stomach	T6
	Pancreas	T7
	Spleen	T8
	Adrenals	T9
	Kidney	T10
	Ureters	T11
	Sm. Intestine	T12
Lumbar	Lg. Intestine	L1
	Appendix	L2
	Bladder	L3
	Prostate	L4
	Sciatic - legs	L5
	Hips - glutes	Sacrum
	Anus-rectum	Coccyx

All acupoints are bilaterally located near the spinal column

Back Shu Points



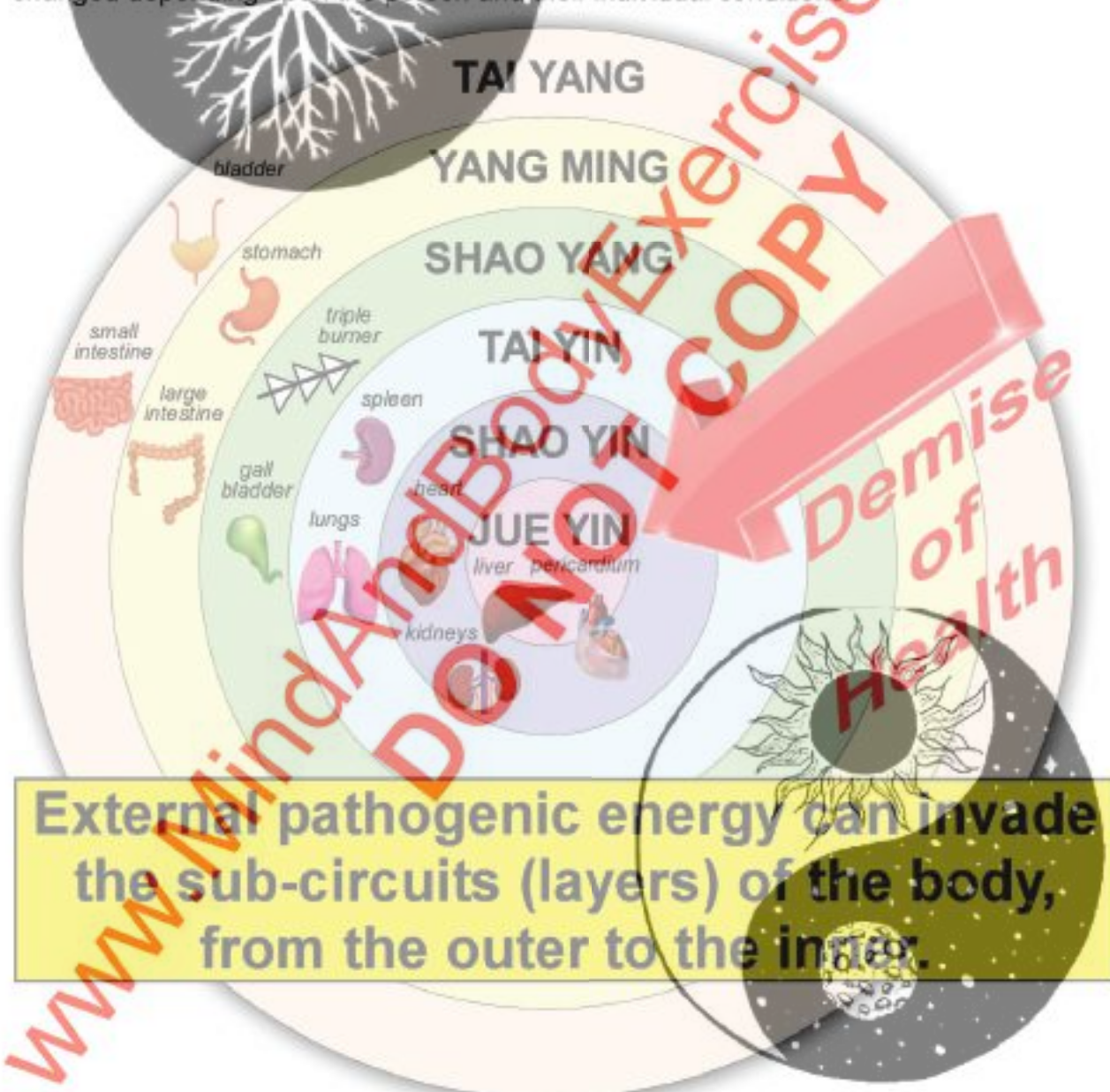
BL11	Bones - ribs
BL12	Pleura
BL13	Lung
BL14	Pericardium
BL15	Heart
BL16	SA node-GV
BL17	Diaphragm
Wei Wan Xia Shu	
BL18	Liver
BL19	Gall Bladder
BL20	Spleen
BL21	Stomach
BL22	Triple Burner
BL23	Kidney
BL24	Mesentery
BL25	Lg. Intestine
BL26	Uterus
BL27	Sm. Intestine
BL28	Bladder
BL29	Sacrum
BL30	Prostate

The 6 Stages of Fever Related Diseases

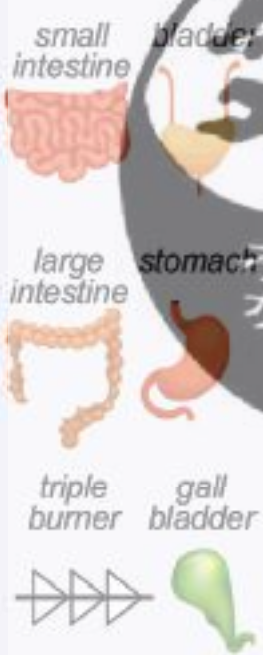

The Six Levels or Six Stages is a theory that is thought to have originated from Shang Han Lun (translated into "On Cold Damage") by Zhang Zhongjing in 220 CE or about 1800 years ago. The six stages are:

Tai Yang or Greater Yang	Yang Ming or Bright Yang
Shao Yang or Lesser Yang	Tai Yin or Greater Yin
Shao Yin or Lesser Yin	Jue Yin or Terminal Yin

The names of the syndrome levels are the same as the names of the head and foot pairs of acupuncture meridians. The order is roughly the order that a disease takes as an individual goes from healthy to death. Some disease levels are skipped or the order changed depending upon the person and their individual conditions.



The 6 Stages of Fever Related Diseases

Pattern		Symptoms	TCM Principle	Acupoints
Exterior Syndromes				
	Tai Yang Syndrome	Fever, stiff neck, chills, no sweating, cough, occipital headache, runny nose w/watery mucus, body ache, Tongue: thin white coating Pulse: floating and tight pulse	Scatter cold, harmonize lungs and Wei Qi	BL-22, 39, 64 LI-4 ST-36 LU-7 GB-20
	Yang Ming Syndrome	High fever, irritable, sweating, constipation, stomach pain, thirst Tongue: Thick, Dry, Yellow Coat Pulse: Full-rapid	Remove stomach heat	LI-11 ST-44
	Shao Yang Syndrome	Fever, chills, bitter taste, nausea, vomit, fatigue, dizziness, no appetite, chest fullness Tongue: Slightly red sides, mixed yellow and white coating Pulse: Wiry pulse	Harmonize Shao Yang & gall bladder	TW-5 & 6
Interior Syndromes				
	Tai Yin Syndrome	Pale face, tiredness, finger edema, nausea, poor appetite, diarrhea, cold & heavy limbs Tongue: Pale with a white sticky coat Pulse: Slow and weak pulse	Warm spleen yang & tonify spleen qi	ST-36 SP-6
	Shao Yin Syndrome	Low temp fever, anxiety, insomnia, tiredness, low back pain, anxiety, dry mouth, tinnitus, dark urine, constipation Tongue: Dark red body, red Tip with little or no coating Pulse: Thin and rapid pulse.	Nourish heart & Kidney yin, calm the mind	BL-23 KD-3 & 7
	Jue Yin Syndrome	Stomach pain, thirsty, diarrhea, no appetite, chest pain, headache, cold limbs, vomiting Tongue: Red papillae with slippery and white coat Pulse: Deep, hidden, wiry	Warm stomach & spleen, clear heat, expel cold, move liver Qi	LV-3 & 4 PC-6

Layers of Physical, Mental & Spiritual



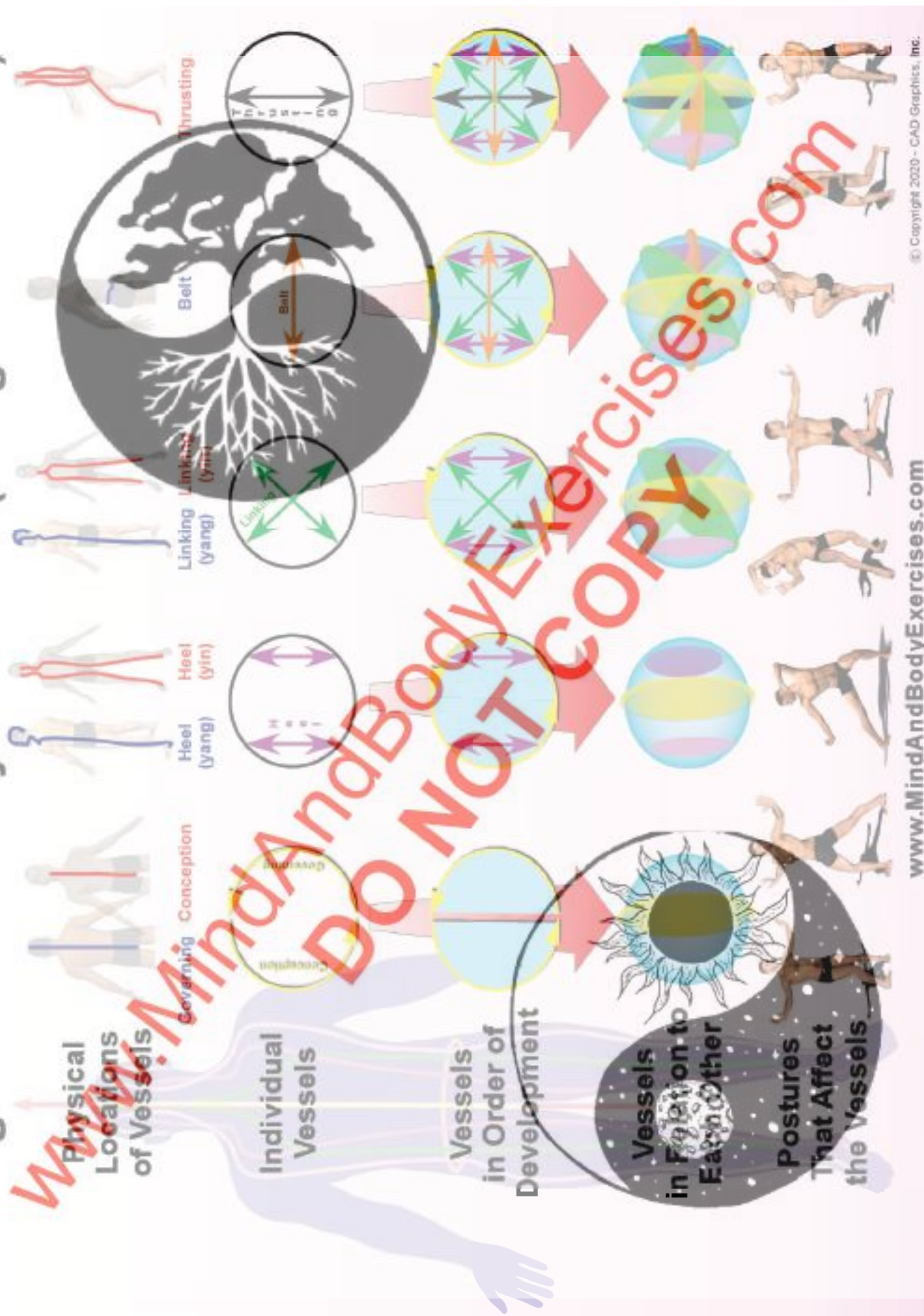
The 8 Extraordinary Vessels



The Eight Extraordinary Meridians (energetic structure)



The Eight Extraordinary Meridians (energetic structure)



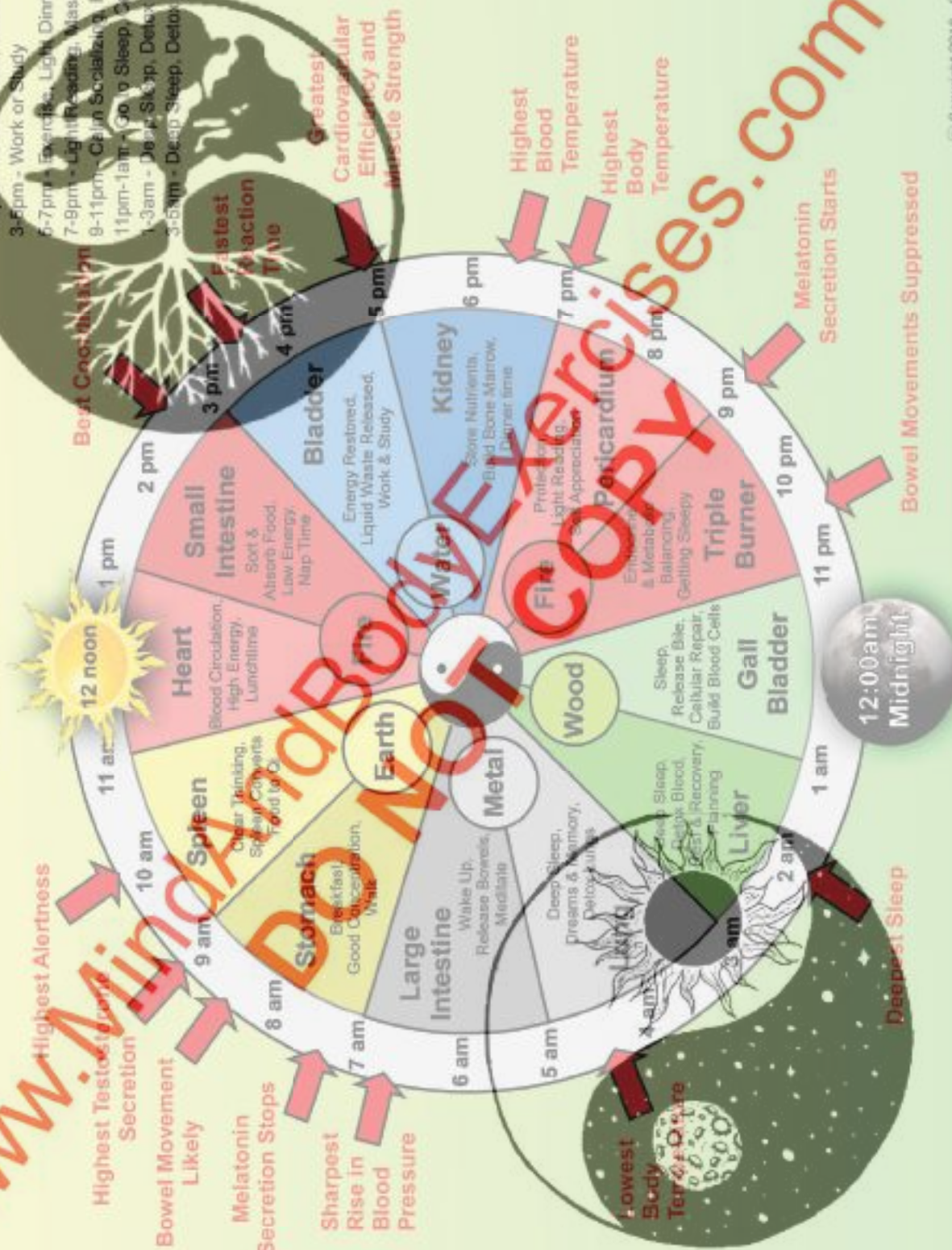
Horary Cycle

24 Hour of Flow Through the Meridians

Chinese Medicine 24-Hour Circadian Clock

Harmonizing Habits:

5-7am - Wake Up, Move Bowels, Meditate
7-9am - Sex, Breakfast, Walk, Digest
9-11am - Work, Best Concentration
11am-1pm - Eat Main Meal of Day, Walk
1-3pm - Absorb Food, Short Nap, Work
3-5pm - Work or Study
5-7pm - Exercise, Light Dinner
7-9pm - Light Reading, Massage Feet
9-11pm - Calm Socializing, Flirting, Sex
11pm-1am - Go to Sleep, Cellular Repair
1-3am - Deep Sleep, Detox Liver & Blood
3-5am - Deep Sleep, Detox Lungs



5 Elements - the Horary Cycle

www.MindAndBodyExercises.com

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. The Horary Effect is recognizable by measurable increases of Qi within an organ system and meridian during its time of maximum energy. In the cycle as shown, each organ provides energy for the next in the sequence. The control cycle represents the regulation of energy, relative to excess or lack thereof in providing energy corresponding to the next element in the cycle. Basically, the organs are not only responsible in providing energy to one another, but additionally regulating that energy in order to provide balance throughout the human body.



Harmonizing Habits:

- 5-7am - Wake Up, Move Bowels, Meditate
- 7-9am - Sex, Breakfast, Walk, Digest
- 9-11am - Work, Best Concentration
- 11am-1pm - Eat Main Meal of Day, Walk
- 1-3pm - Absorb Food, Short Nap, Work
- 3-5pm - Work or Study
- 5-7pm - Exercise, Light Dinner
- 7-9pm - Light Reading, Massage Feet
- 9-11pm - Calm Socializing, Flirting, Sex
- 11pm-1am - Go to Sleep, Cellular Repair
- 1-3am - Deep Sleep, Detox Liver & Blood
- 3-5am - Deep Sleep, Detox Lungs

Where Our Thoughts Reside

The Past - Dwelling on memories & thoughts gone by. It's done, finished and behind you. That was yesterday. Don't forget it but don't live in it.

The Present - Living in the moment. Becoming an observer of your thoughts from moment to moment without judging them. Most often taken for granted. Tends to get lost to the PAST or FUTURE.

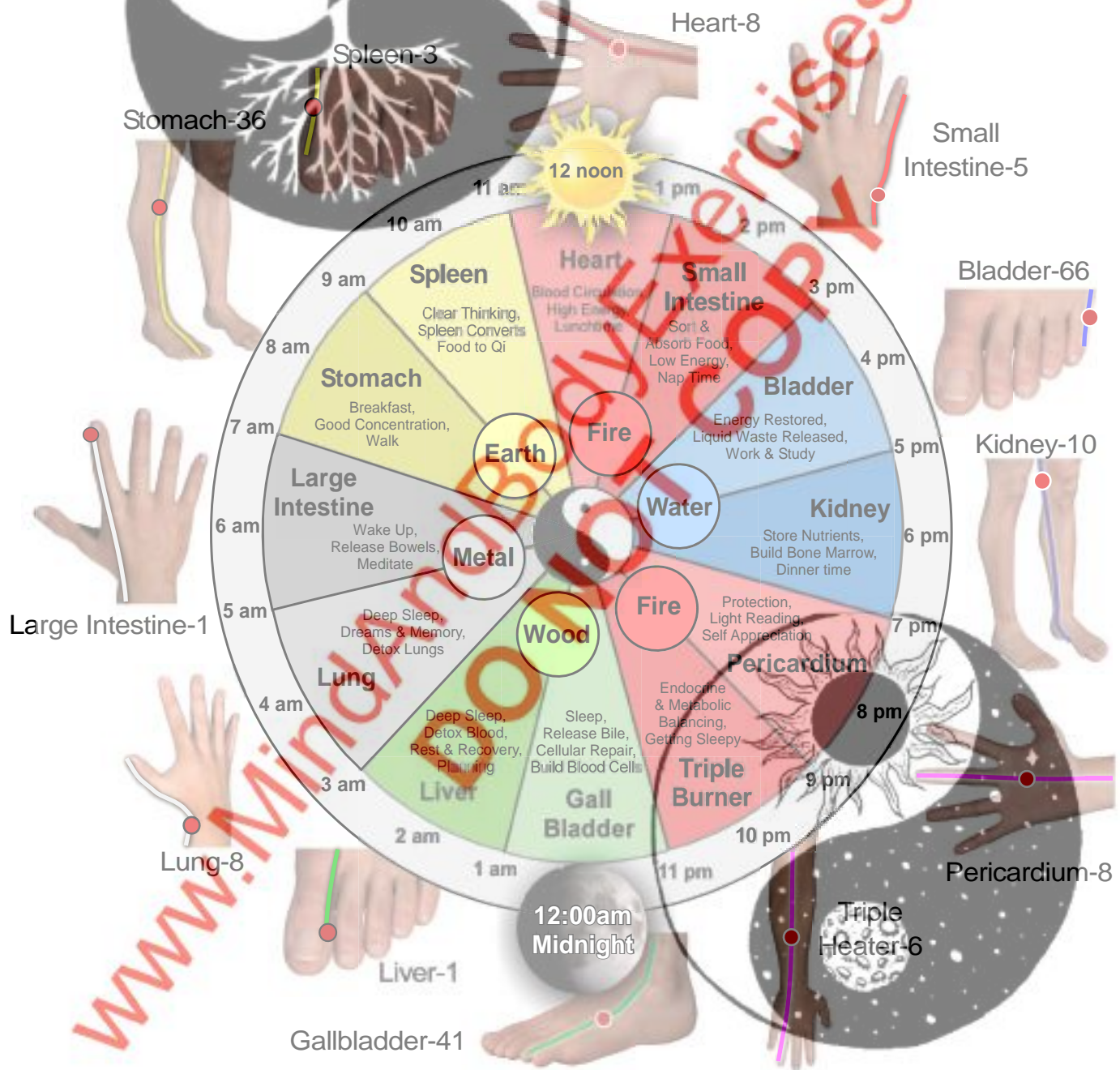
The Future - Anxiety over the uncertain. The best way to predict it, is to create it the PRESENT.

Live in the Present by:

- Putting Your Focus Where You Are
- Mental & Physical Conditioning
- Artistic or Musical Interaction
- Mind Engaging Activities

Five Element Body Clock Points

Meridian	LU	LI	ST	SP	HT	SI	BL	KI	PC	TW	GB	LV
Time	3-5am	5-7am	7-9am	9-11am	11a-1p	1-3pm	3-5pm	5-7pm	7-9pm	9-11pm	11p-1a	1-3am
Hourly	3	1	36	3	9	5	66	10	8	6	41	1



Qigong, Chi Kung & Gi Gong

www.MindAndBodyExercises.com

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 medians 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 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-case" claims its foothold.

Qigong 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 replenish your natural energy.

The following graphic shows how qi can be conceptualized into the Chinese ideogram of rice cooking atop a heat source and producing the wisps of vapor (energy) that we see rising above the cooking rice.



grain of rice

wisp of steam

qi

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

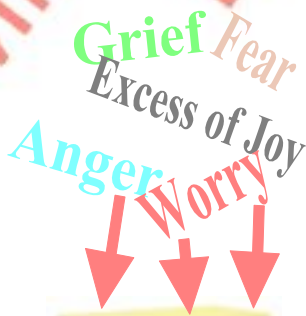
Spleen - worry

Lung - grief

Kidney - fear



Healthy Sponge



Compressed Sponge



© Copyright 2016 - CAD Graphics, Inc.

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

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 squeeze inward

Knees slightly bent forward

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

Toes lightly gripping into the ground

"Dan Tien" refers to the 3 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 ones body as the figure on the left, this can be accomplished.

Lengthening of the spine



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

Active Mind

Beta Brain Waves (14-30 Hz)

- State of brain most of our waking time
- Associated with stress, anxiety, fear
- Short term memory, logic
- Used for routine tasks, critical reasoning
- Stress hormone cortisol is released

Breath Management

- Focus on managing the breath
- The breath manages your emotions
- The emotions manage your thoughts
- The thoughts manage your brain waves
- The brain waves manage your hormone levels
- The hormones manage your blood chemistry
- The blood chemistry manages your health or illness

go from here

to here

Relaxed Mind

Alpha Brain Waves (8-13.9 Hz)

- Relaxed focus
- Long term memory
- Creativity and visualization
- Light meditation, daydreaming
- Serotonin (happiness hormone) is released
- Accessed by focussing on your breathing, and quieting your mind

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 your eyes see.
- 5) Try to picture your body in your 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 releasing from the bones as if they were melting or dissolving away.
- 7) Continue to become more self-aware of 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 breathe from the diaphragm as you fill the lungs from bottom to top.
- 9) Let the stomach muscles pull inward as exhaling and bringing your thought back downward to just below the navel to the "Lower Dan 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.

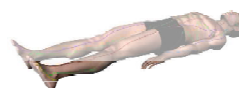
Breathe from the diaphragm by pulling the stomach muscles inwards during exhaling. Then relax the abdominal muscles as inhaling.

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

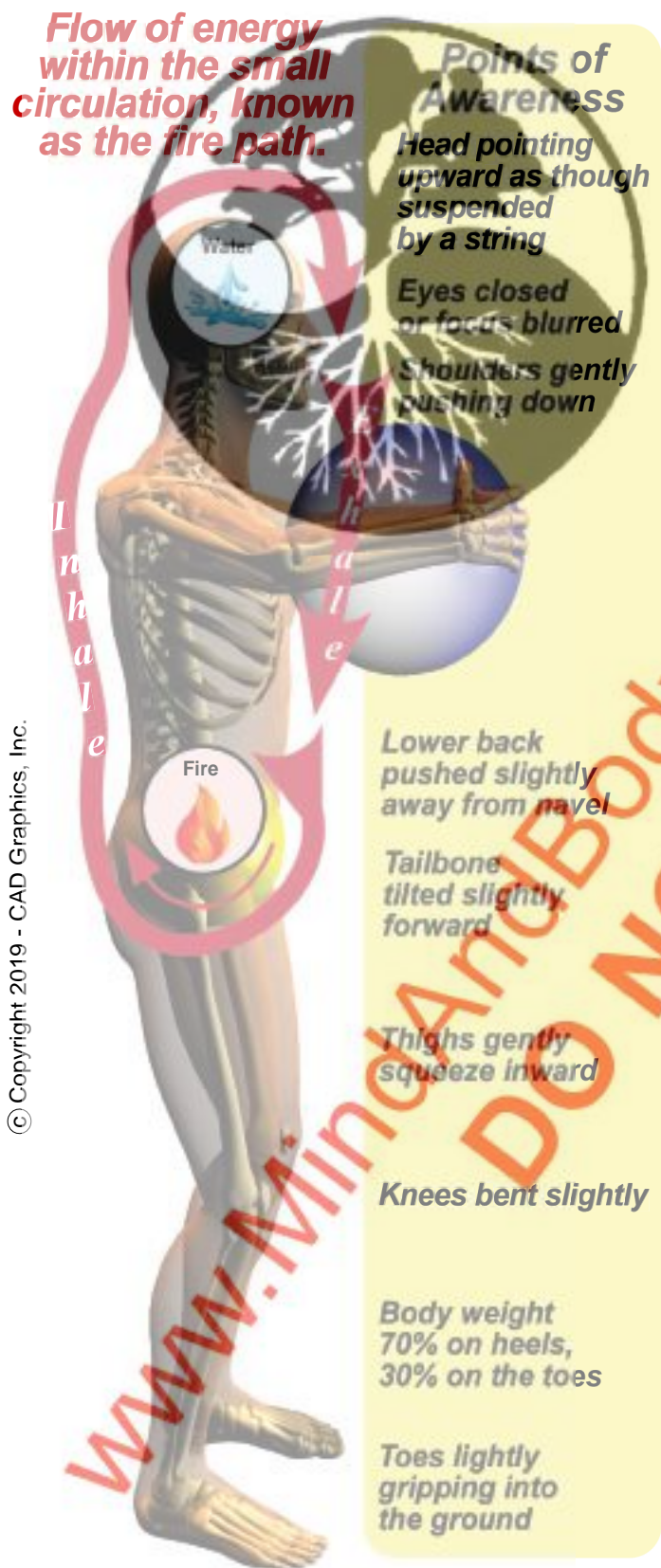
Arm Variations:

Types:

- sitting
- standing
- lying
- moving



Opening the Small Circulation (Kan & Li - water over fire)

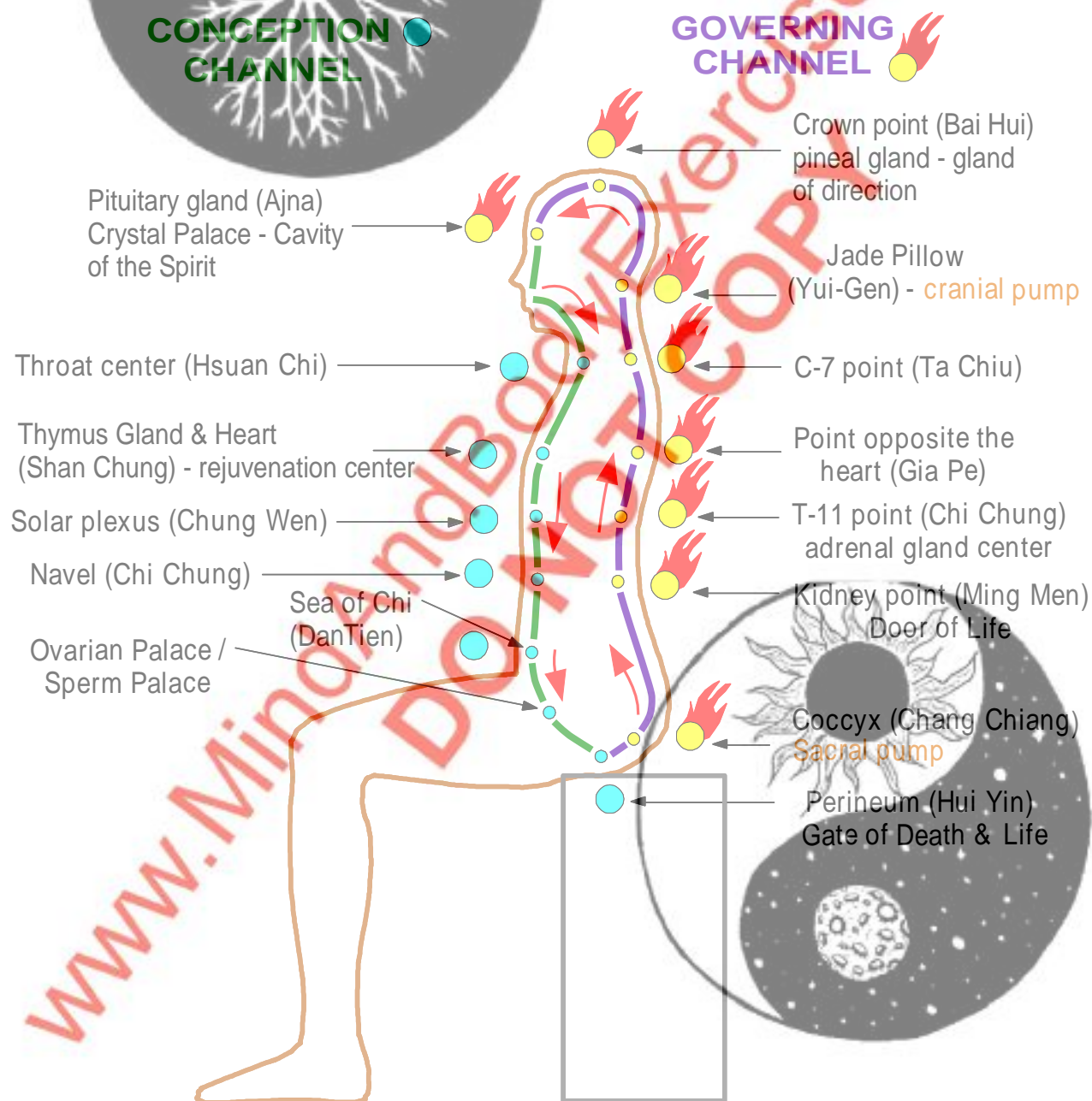


The Small Circulation, Small Circle, or the Microcosmic Orbit, is the practice of circulating one's internal energy (Qi or chi), within the human body. The illustration to the left represents the awareness of energy flow throughout the Governing and Conception meridians; in this case, the fire path. These meridians are located on the center line of the body and in turn govern and regulate the other meridians. This practice has been considered to be the foundation of Internal Qigong. It was a fundamental step on the path of meditation training in ancient times. Over time, this practice has gradually been lost from many meditation traditions, and its importance diminished. Though meditation is popular today for relaxation, stress relief and general health, the ultimate goal for some people, is spiritual awareness and enlightenment. Small Circulation Meditation transforms the body from weak to strong while training the mind to be calm and focused.

Visualize holding a weightless ball between your palms and chest, another within the pelvis. After conforming to the above body alignments, inhale while focusing just below the navel and following your center line between the legs and up the back, over the head and to the spot between the nose & upper lip. Exhale as following your awareness back to just below the navel.

Mundane thoughts and stress overtakes and affect our energies, increasing the divide causing the aging processes to hasten. Ideally, reversing fire on top to water on top, is an ancient Taoist practice of extending longevity. Practicing Fire Path breathing, Tai Chi, BaguaZhang and Qigong all offer methods of reversing this flow of energy. This is where the Wind (BaguaZhang practices) and Water (Tai Chi practices) makes Fire (internal energy-Qigong practices) terminology becomes apparent.

Fire Path Breathing of the Small Circulation:

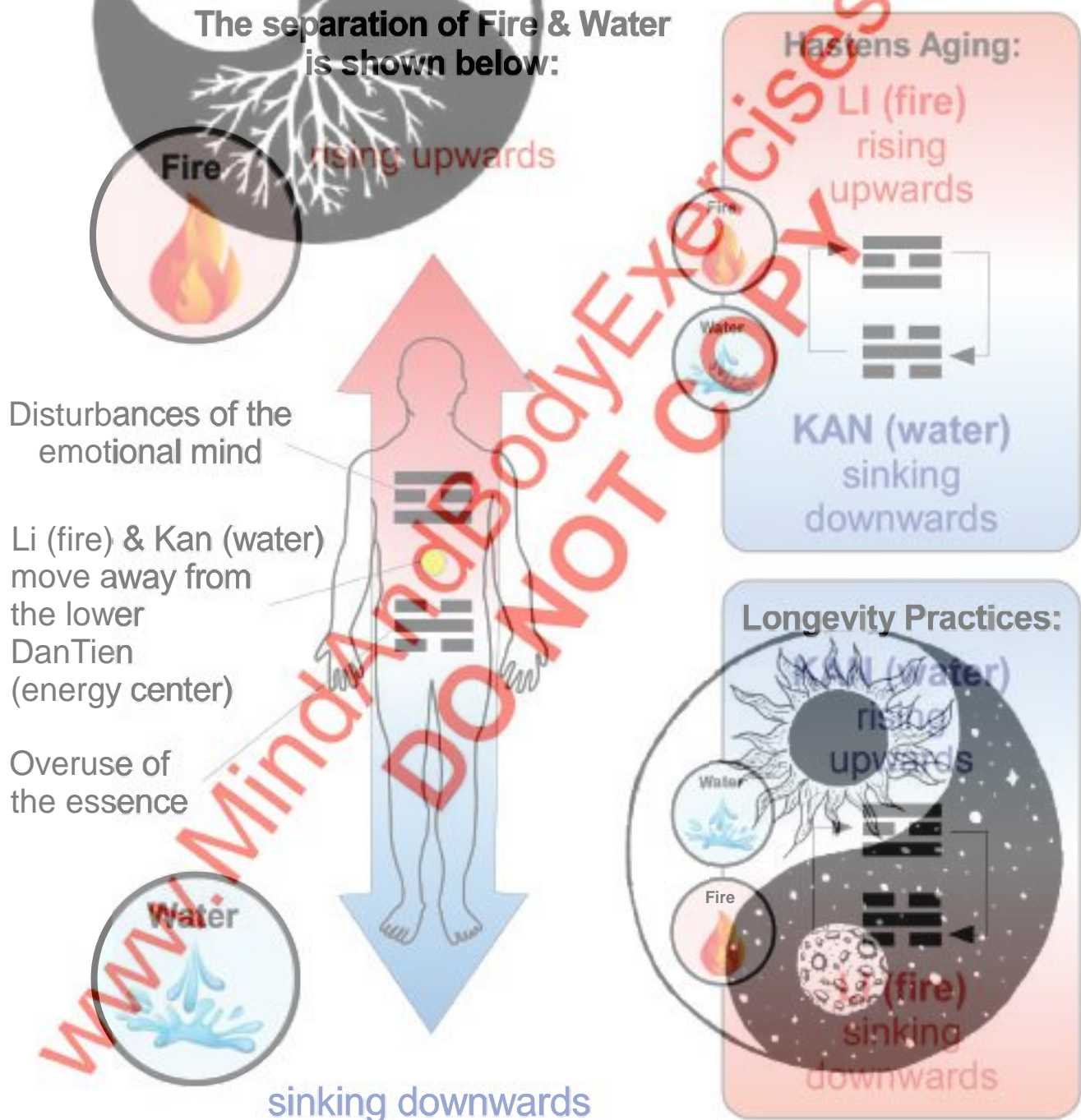


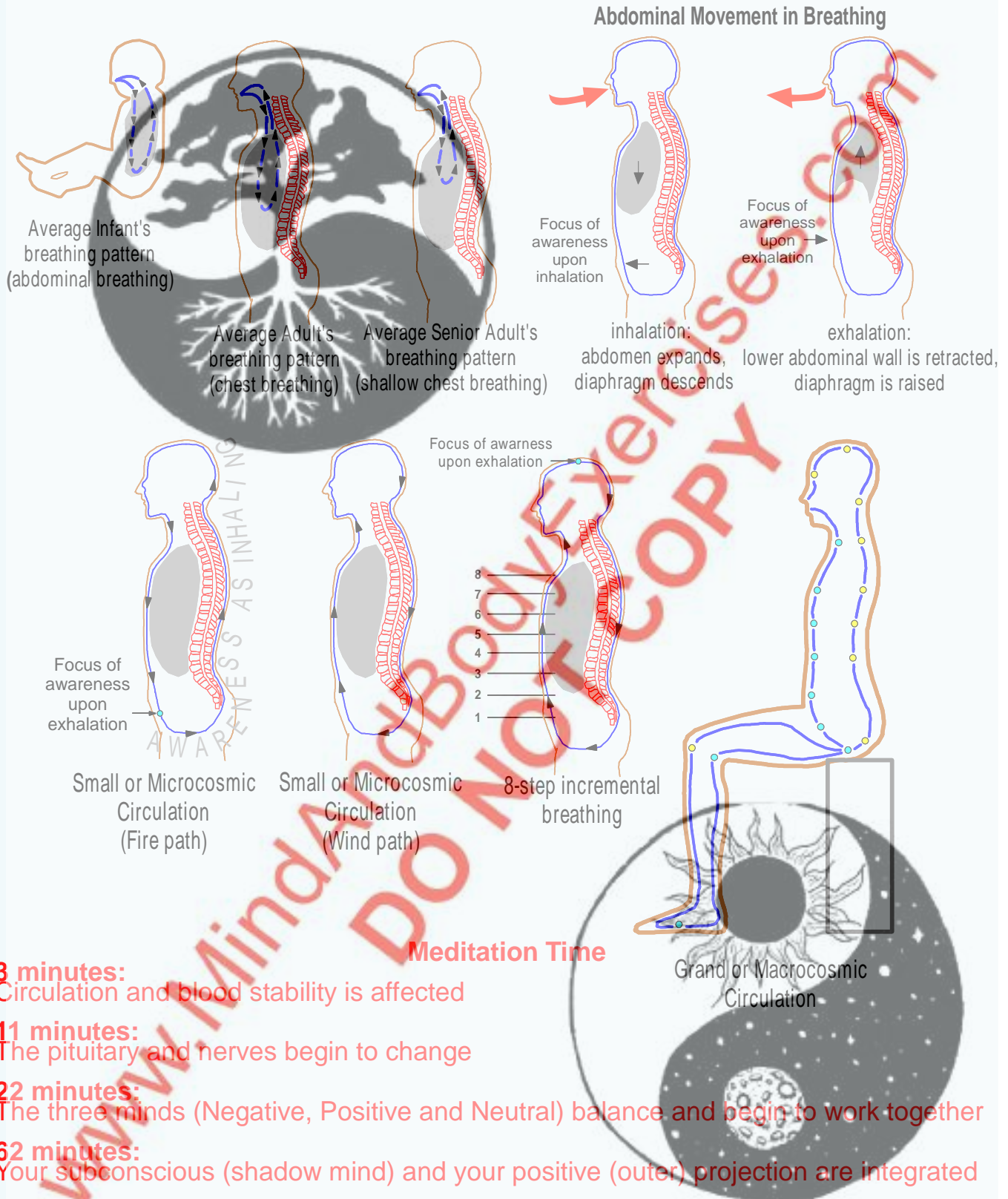
© Copyright 2019 - CAD Graphics, Inc.

Kan & Li (water on top, fire below)

Traditional Chinese medicine and Eastern philosophy states that fire rises and water sinks within the body. Fire resides in the heart. It is inevitable that it will move upwards, fuelled by the emotional state. This causes fire to move away from the water energy, residing in the kidneys. Water sinks downwards as the essence (Jing) is not adequately preserved throughout our lives. This causes the energy of fire and water to move away from the lower energy center (DanTien) and in this way divides these two forces even more.

The separation of Fire & Water is shown below:





3 minutes:

Circulation and blood stability is affected

11 minutes:

The pituitary and nerves begin to change

22 minutes:

The three minds (Negative, Positive and Neutral) balance and begin to work together

62 minutes:

Your subconscious (shadow mind) and your positive (outer) projection are integrated

2-1/2 hours:

Holds the change in the subconscious mind throughout the cycle of the day.

Reflexology

Flexibility and health of the hands & feet can affect various components of the body

Right Palm Up

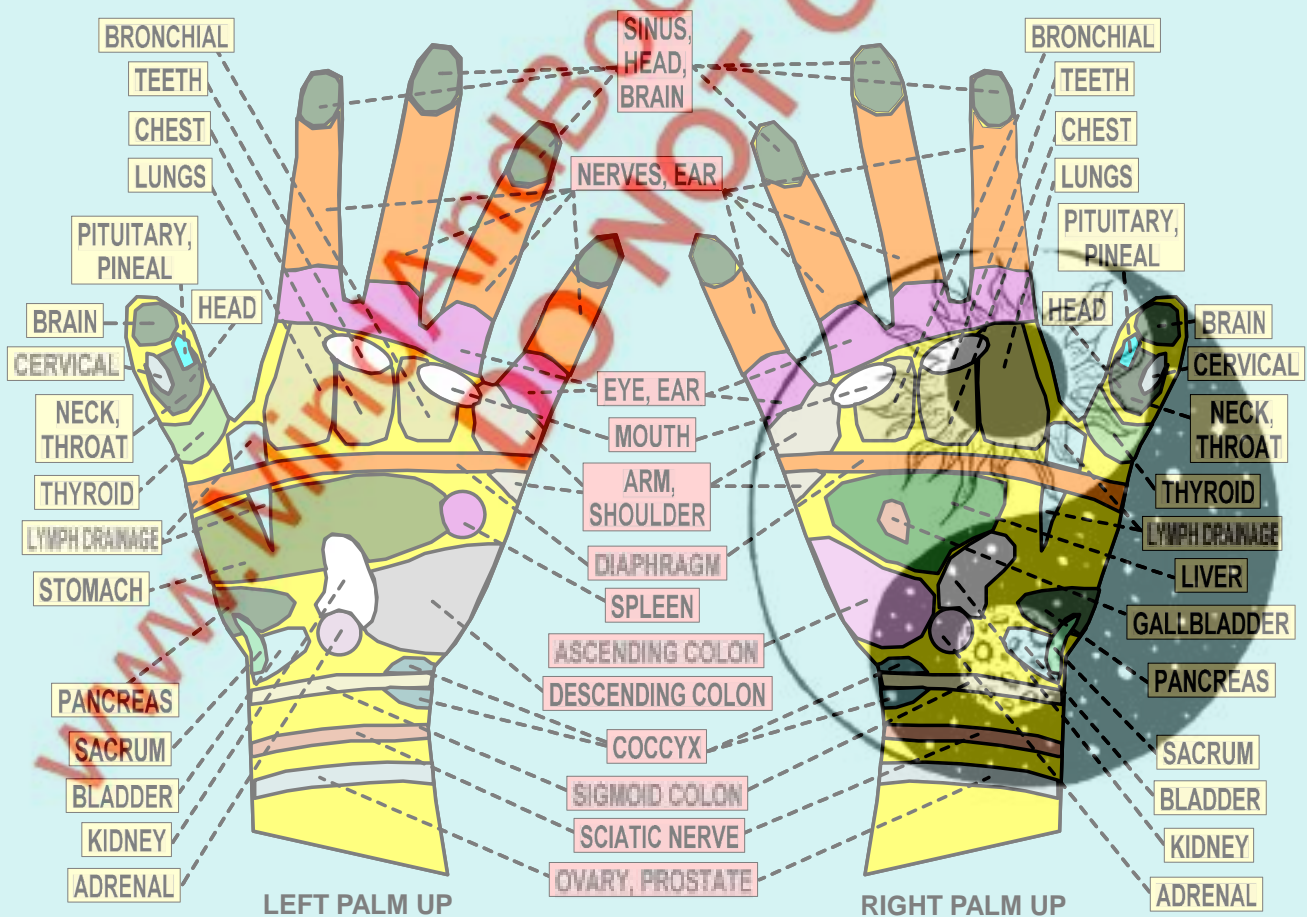
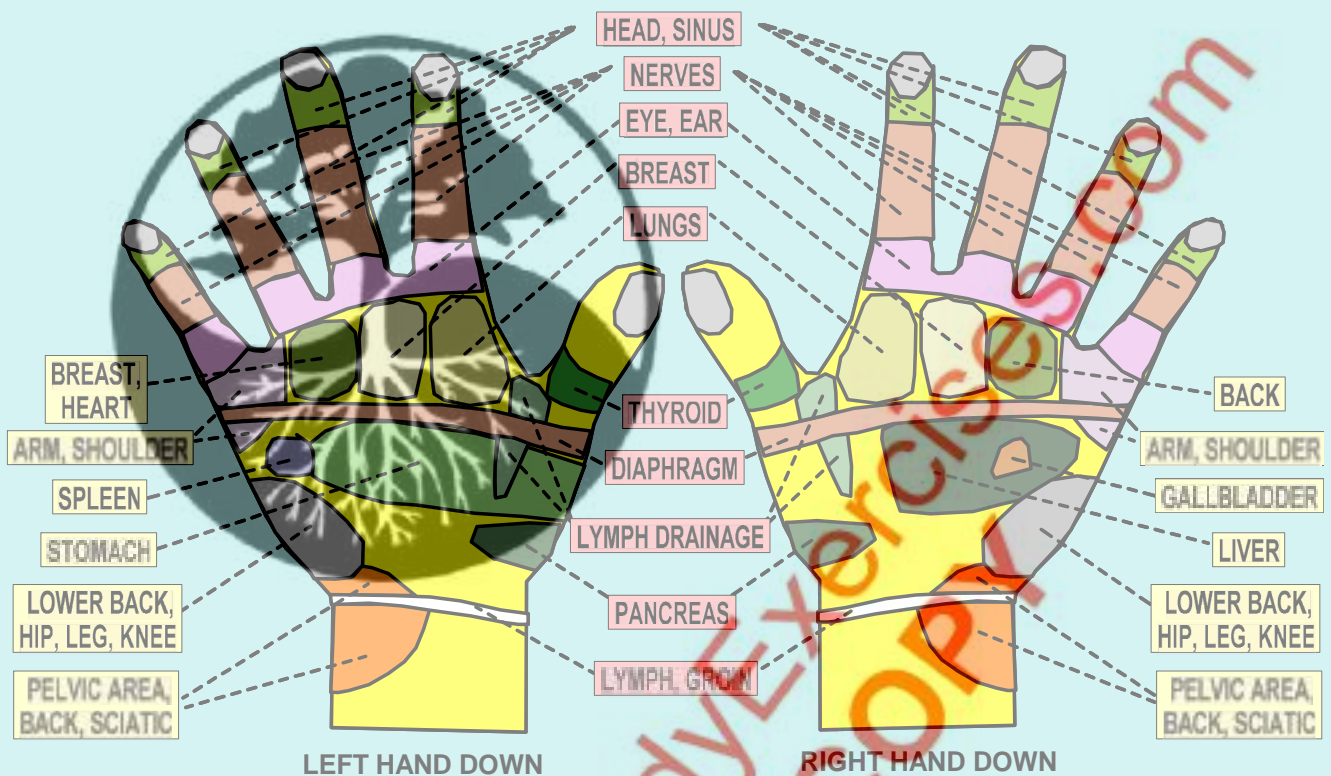


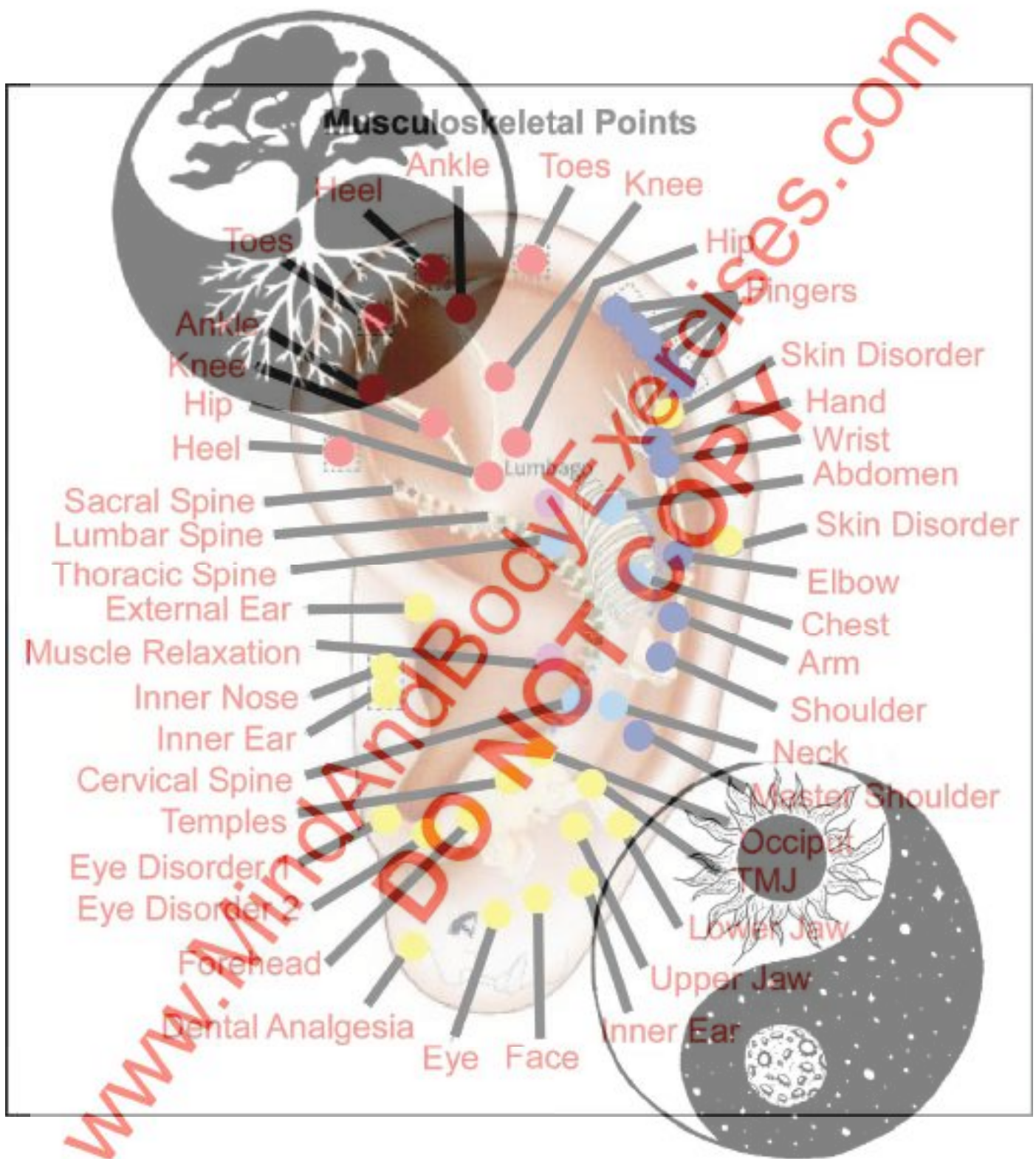
Left



Acupressure is another name for reflexology

© Copyright 2022 - CAD Graphics, Inc.





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. Most pain goes away within a few days or weeks only to return at a later date. Some find relief through rest, anti-inflammatories, surgery, chiropractic or acupuncture therapy. The following acupressure points can give some relief for many. Deep and relaxed breathing is essential while massaging these areas. Unless the root cause is fixed, most treatments only offer temporary relief. Good health of the lower back starts with good posture. In many cases, the root cause of back pain is a tight posterior fascia train extending from the plantar fascia to the top of the skull and terminating at the top of the eyebrow. Excessive sitting can tighten this connective tissue chain and the muscles within, as well as lack of proper stretching on a regular basis. Strength in the back, hips and abdomen can 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.

Sea of Vitality points
(Bladder 23 & 47)

Cubit Marsh point
(Lung 5)

Commanding Middle
(Bladder 53 & 54)

Womb & Vital points
(Gall Bladder 30
& Bladder 48))

Tai Chong point
(Liver 3)

Hegu point
(Large Intestine 4)



Posterior Hand Points

Occiput

C7 (cervical)

T6 (thoracic)

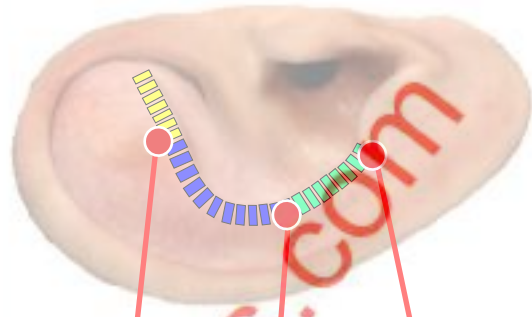
L2 (lumbar)

Auricular Points

L1 (lumbar)

T1 (thoracic)

C1 (cervical)



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.

The Jing (Well) points are 1 of 5 of The Five Element Points (shu) of 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 upmost importance in that these points can help restore balance within the energy flow throughout the human body.

A study dated 03-09-2015 by the International Journal of Nursing & Clinical Practices posted results regarding:

Investigating the efficacy of stimulation at the Jing-Well points of meridians in advanced clinical practice.

Methods: Articles including English or Chinese keywords on the Jing-Well points of meridians published between 2001 and August 2012 were sourced from the Cochrane Library, PubMed, and China National Knowledge Infrastructure databases. On the basis of these reports, we explored the modern applications, mechanisms, and efficacy of the Jing-Well points.

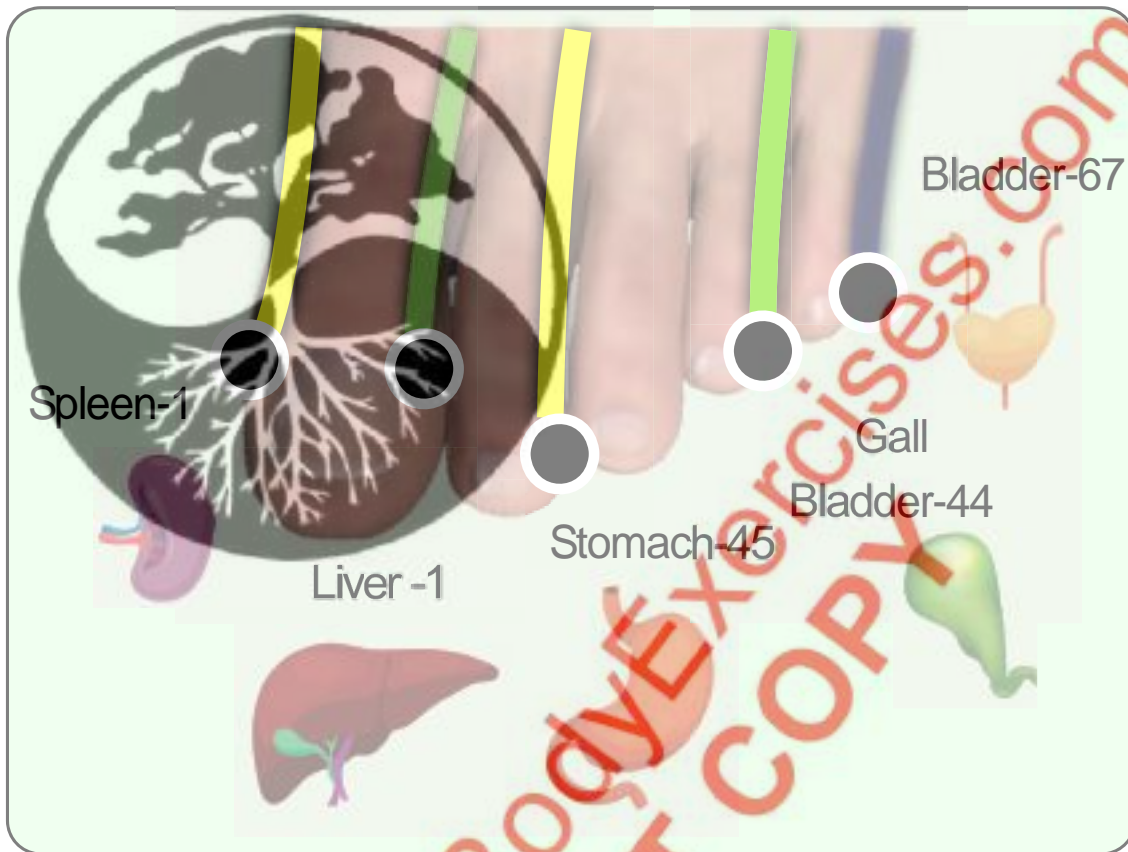
Results: Thirty-five related studies, published mainly in Chinese, were identified. Evidence was found to support the use of Jing-Well point stimulation in the treatment of stroke, persistent vegetative status, severe head injury, vascular dementia, Alzheimer's disease, upper respiratory infection, bronchial asthma, hysterical aphonia, postpartum lactation insufficiency, fetal malpresentation, dysmenorrhea, acne, sudden deafness, sleeping disorders, and post-chemotherapy nausea and vomiting.

Conclusion: Diseases associated with the 12 meridians and meridional dermomes can be treated by stimulating the related Jing-Well points. Stimulation of all the Jing-Well points can activate and restore function in the damaged brain. Rigorous high-quality trials are needed to improve the level of evidence on their effectiveness and safety.

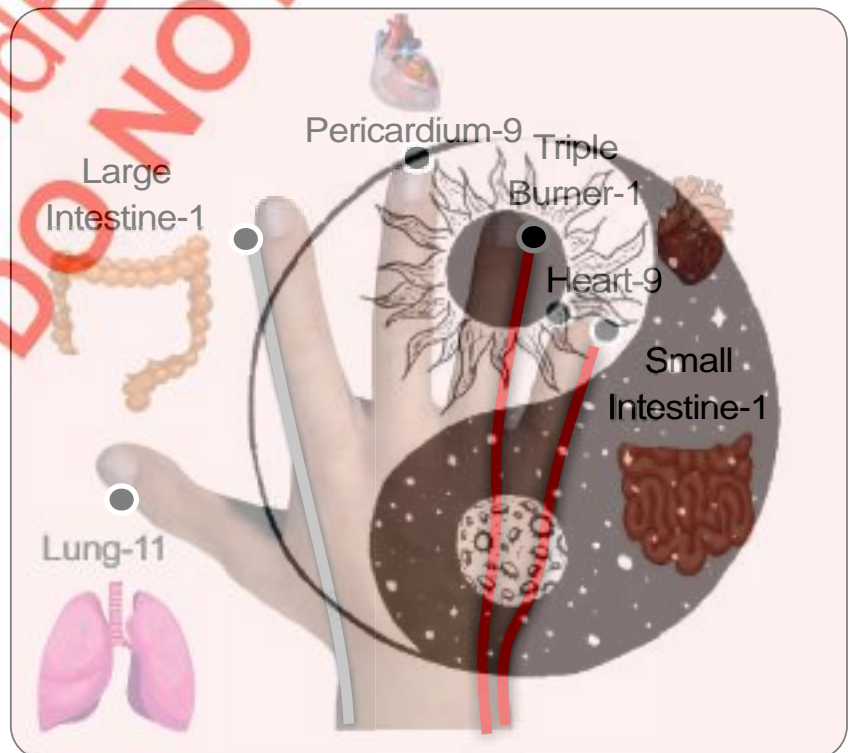
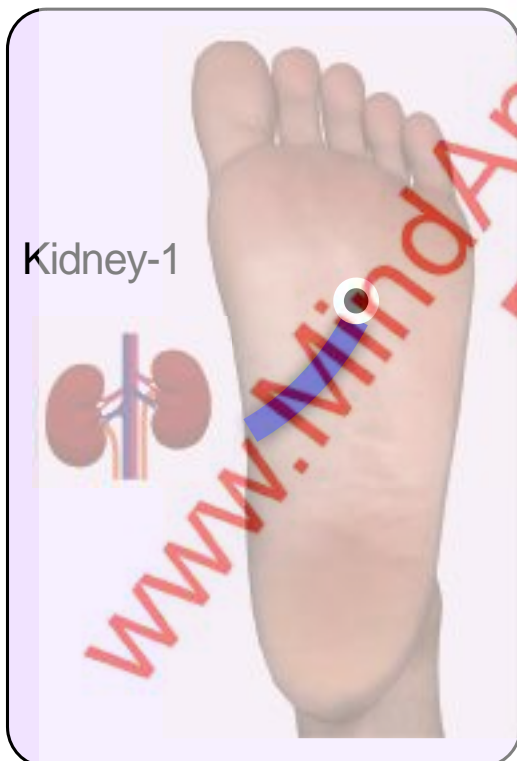
Citation: Tseng YJ, Chao CY, Hung YC, Hsu SF, Hung IL, et al. (2015) Efficacy of Stimulation at the Jing-Well Points of Meridians. Int J Nurs Clin Pract 2: 121. doi: <http://dx.doi.org/10.15344/2394-4978/2015/121>

Copyright: © 2015 Tseng. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.





© Copyright 2022 - CAD Graphics, Inc.



Jing Well Acupressure - set 1

www.MindAndBodyExercises.com

This series of hand massage, acupressure or reflexology stimulates and balance out the energy (Qi) flow within the energy meridians and consequently the organs of the human body. These types of exercises are known to help with many chronic issues and other more serious issues from stroke and heart conditions. One can also practice these exercises as a form of preventive maintenance.



1. Clap and rub hands (50 times)



5. Finger nail, push point end of thumb (3x)



2. Slide down the sides of thumbs (3x)



6. Circle main knuckles of hand (5 knuckles) (3x)



9. Upside down wrist stretch towards face (10x)



10. Open wrist stretch away from face (10x)



13. Clap and rub hands (50 times)



14. Hit finger tips (10x)



3. Slide down top & bottom of thumb (3x)



7. Push center point of palm (3 times)



11. Clamp around all fingers & thumb circle message cuticle (3x) and pop.



15. Hit whole hand (10x)



4. Use thumb & index finger, massage middle knuckle of each finger (15x)



8. Massage wrist joint 3x each direction.



12. Crab fingers (hold for approx. 30 seconds), shake hands.

A Better Option:

- 1) Massage Dit Da Jow liniment (medicinal herbs) into the hands and wrists
- 2) Then perform acupressure of the pressure points

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 such 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-

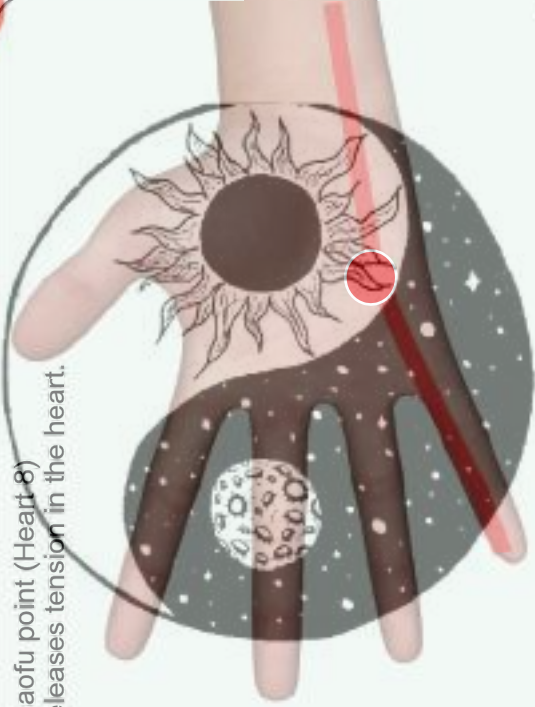
Hegu point (Large Intestine 4)

Releases tension in the stomach by activating the large intestine.



Shaofu point (Heart 8)

Releases tension in the heart.



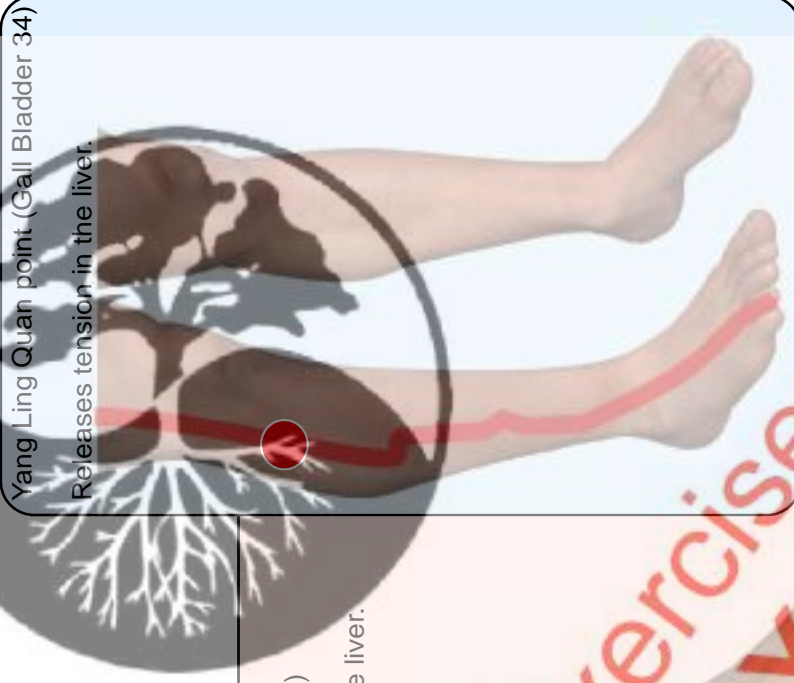
Taichong point (Liver 3)

Releases tension in the liver.



Yang Ling Quan point (Gall Bladder 34)

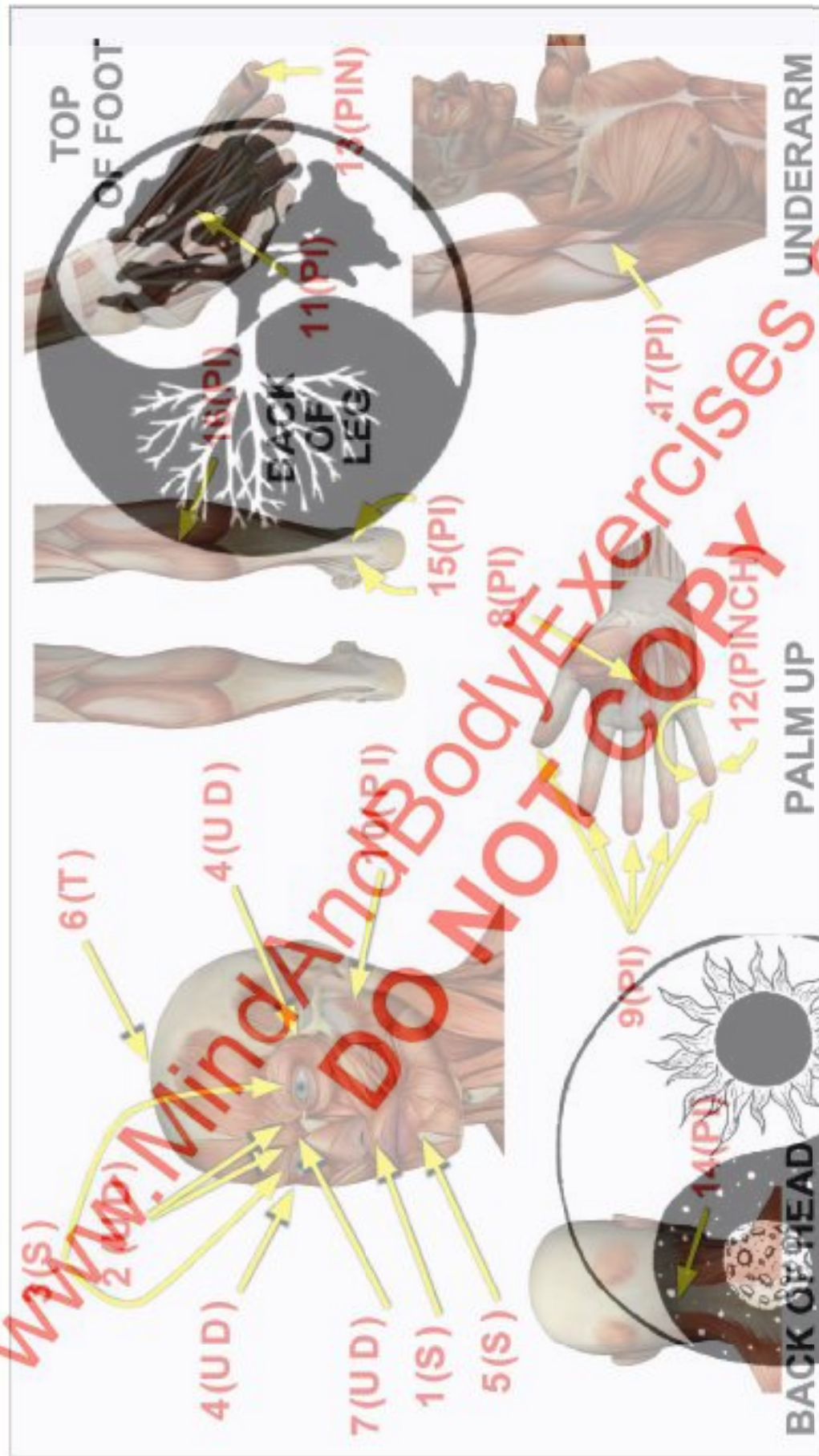
Releases tension in the liver.



Headache & Stress Acupoints

www.MindAndBodyExercises.com

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.



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. 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.



Exercise 1

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.



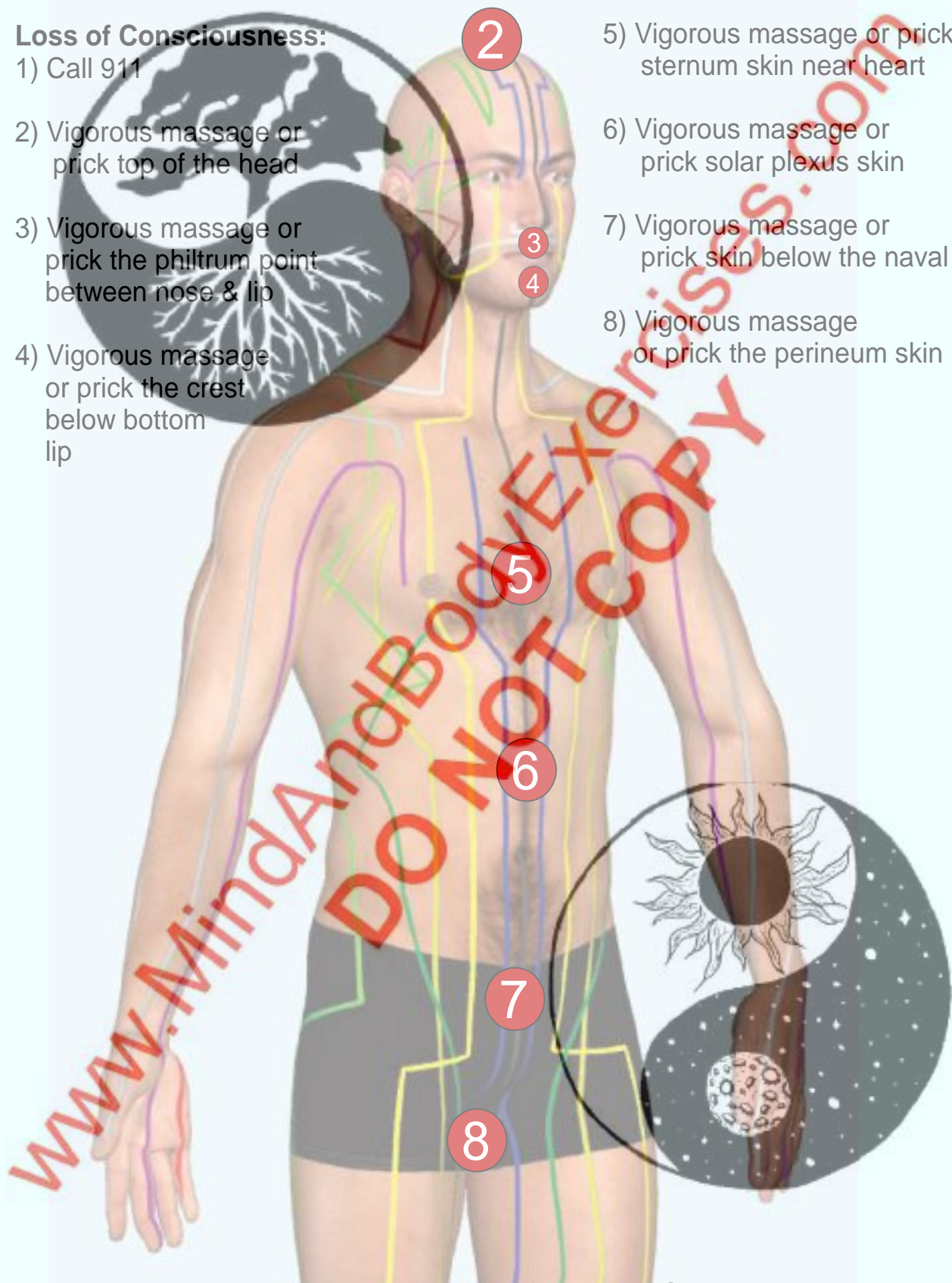
Exercise 2

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

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.

Loss of Consciousness:

- 1) Call 911
- 2) Vigorous massage or prick top of the head
- 3) Vigorous massage or prick the philtrum point between nose & lip
- 4) Vigorous massage or prick the crest below bottom lip
- 5) Vigorous massage or prick sternum skin near heart
- 6) Vigorous massage or prick solar plexus skin
- 7) Vigorous massage or prick skin below the naval
- 8) Vigorous massage or prick the perineum skin



© Copyright 2018 - CAD Graphics, Inc.

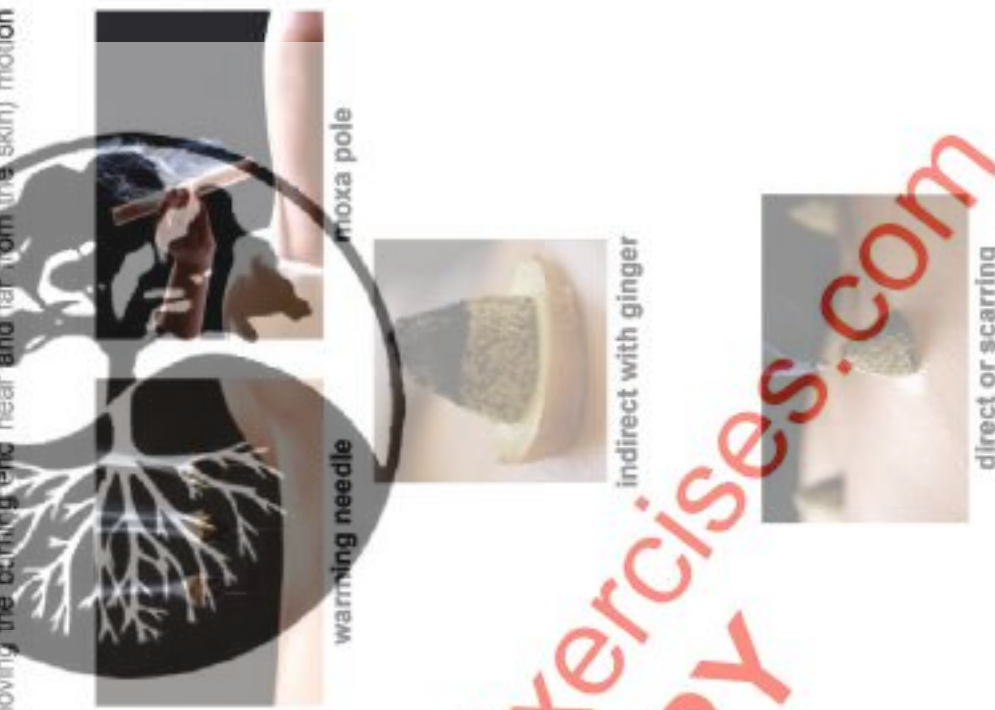
Moxibustion is the method of burning Mugwort (Ai Ye) or other herbs on, around, or above Acupuncture points. The leaves of the Moxa plant, as Mugwort is sometimes called, are usually dried in the sun, finely ground to a texture like wool or cotton, and then sifted until a fine, soft, and light green consistency is obtained. Moxa holds together well, burns evenly, and is relatively inexpensive. Moxa can be rolled into balls, shaped into cones, or purchased commercially in small or long rolls. The moxa balls and cones can be burned directly on the skin, or indirectly on a medium in between the Moxa and the skin. Small balls can also be used on the end of a needle as in the Warm needle techniques. Tiny pre-rolled Moxa or "Shish" Moxa can be purchased commercially, and is sometimes used at the end of a needle in place of loose Moxa. The longer moxa sticks, eight to ten (8-10) inch are usually used in a circular or "sparrow pecking" (rapidly moving the burning end near and far from the skin) motion around an Acupuncture point.

INDIRECT MOXIBUSTION

Practitioner places burning moxa wool on the top of the acupuncture needle. After the desired effect is achieved, the moxa is extinguished and the needle(s) removed. Indirect moxibustion is the more popular use of moxibustion because there is a much lower risk of pain or burning. Indirect moxa is probably the most commonly used as it can warm a greater area of the body with greater comfort. This too can be further broken down into the two most commonly used forms: warming needle and moxa pole. The moxa pole looks a lot like a cigar. It is lit at one end until it is smoldering hot, and then it is held over an acupuncture point or region of the body to warm it. In warming needle, an acupuncture needle is placed into a point on the body, and then a small ball of moxa is placed on the head of the needle. The moxa is then lit, so that the entire ball of moxa burns and smolders completely, thereby warming not only the surface of the skin below the moxa, but also the needle itself, and in turn the qi deep within the acupuncture point.

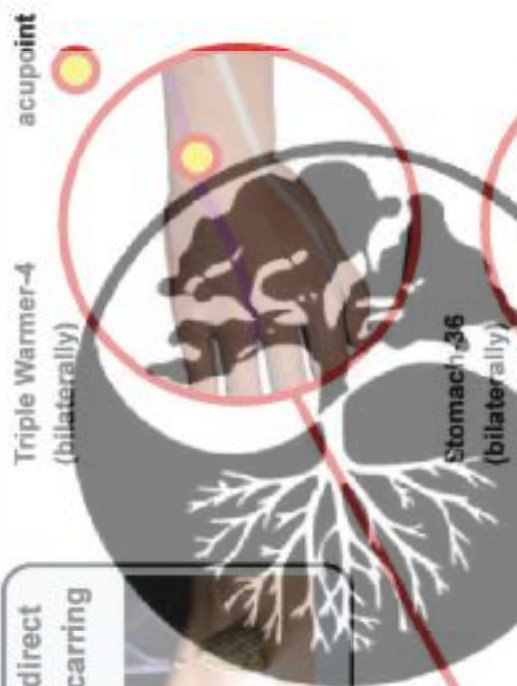
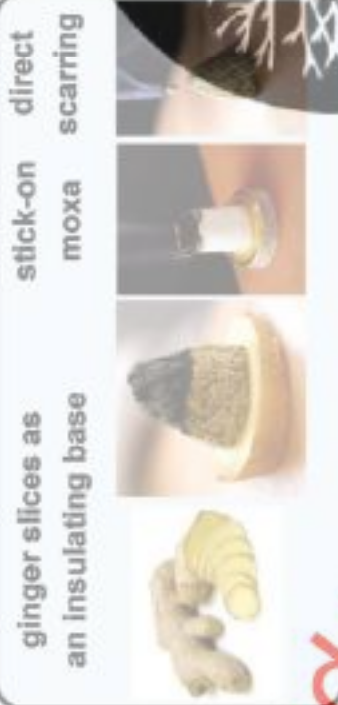
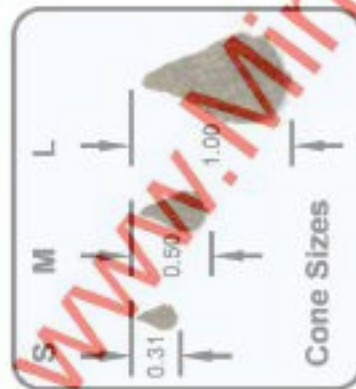
DIRECT MOXIBUSTION

A small, cone-shaped amount of moxa wool is placed on top of an acupuncture point and burned. Then it is extinguished or removed before it burns the skin. With direct moxibustion the patient will experience a pleasant heating sensation that penetrates deep into the skin, but should not experience any pain, blistering or scarring. Direct moxa means the moxa is applied directly onto the body. This is further broken down into what is called the scarring and the non-scarring methods. Most practitioners these days don't perform scarring moxa anymore. It is very strong and quite effective! The non-scarring is the more common direct moxa method, and involves a small bunch of moxa being put onto the body, usually in the shape of cone, and burned down until the warmth is felt by the patient, and then removed. Many rounds of this would be done until a very strong sense of heat was felt at the point.



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

© Copyright 2021 - CAD Graphics, Inc.



Moxibustion Protocol:

Starts: December 21st

Ends: January 21st

Day 1: Burn 3 cones

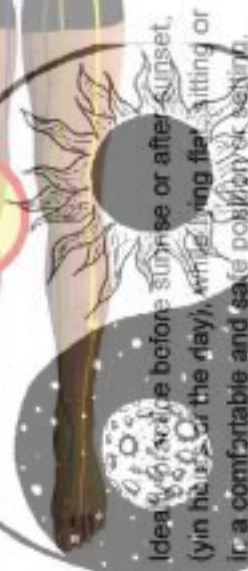
Day 2: 5 cones

Day 3: 7 cones

Day 4: 9 cones

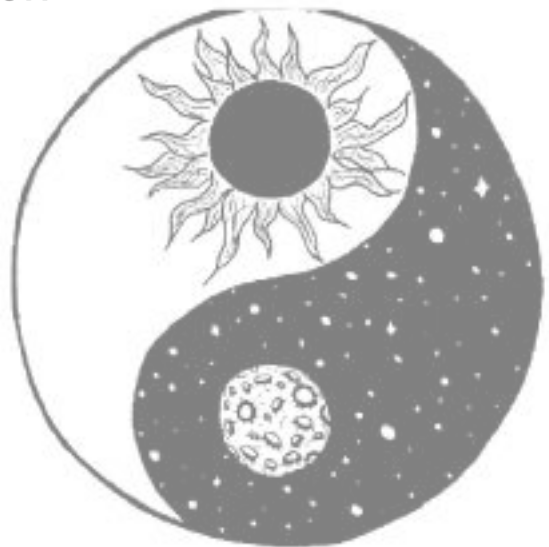
Days 5-21: 9 cones

This protocol coincides with the Winter solstice, where our energy level (qi, chi or prana) is thought to be at its lowest point of the year.



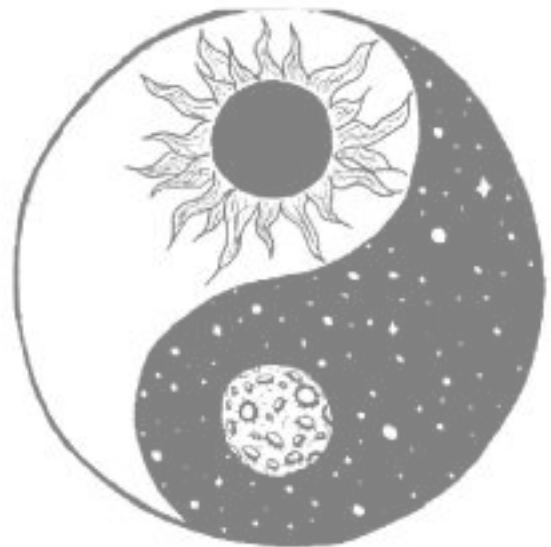


1) Opposition





Restorative, Longevity & Preventative Exercises



Mind & Body Training Return on Investment



Ancient Exercise Methods That Benefit the Mind & Body

Various
Conditioning Methods
Spanning Centuries

BaguaZhang
(origins in 16-19 century AD)

Tai Chi
(origin in 12th century AD)

Asian Martial Arts
(origins in 4-5 century AD)

Benefits:

Balancing of
the emotions

Flexibility

Strength

Change in blood
chemistry

Coordination

Range of motion

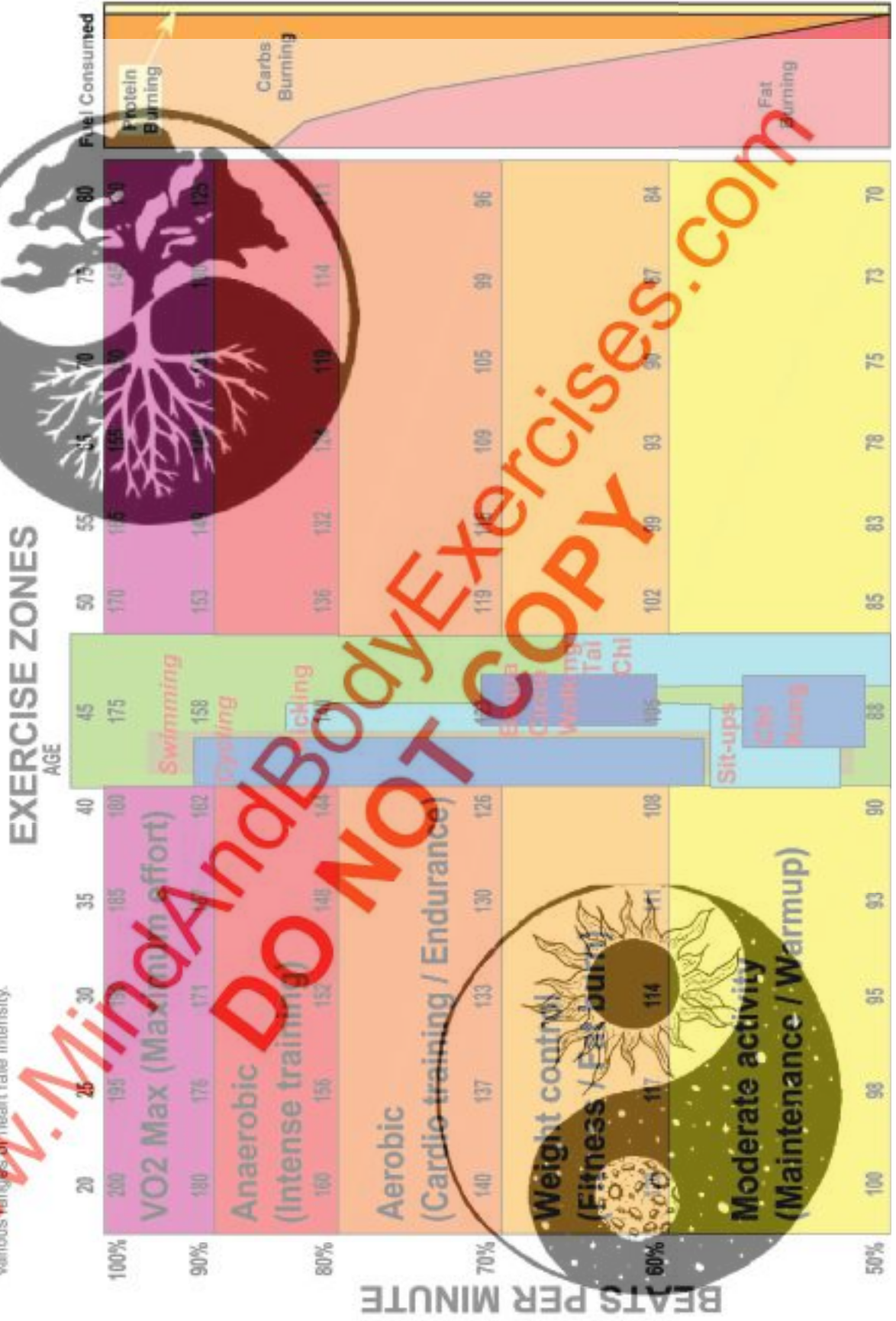
Balance & Stability

Qigong (Yoga)
(origins in 3300-1500 BCE)

www.MindAndBodyExercises.com

Copyright 2018 - CAD Graphics, Inc.

The below chart represents the various levels of physical intensity relative to heart rate. Also shown, are various types of exercise and/or activities known to enhance physical fitness. To the right of the chart is a graph showing that fat burns more so at lower heart rates and gradually decreases as heart rates increase. Consequently, carbohydrate consumption increases as the heart rate increases. Proteins burn at a constant, albeit minimal amount through out the various ranges of heart rate intensity.



NOTE: This study guide is a general reference for the concepts shown.

© Copyright 2008 - CAD Graphics, Inc.

0-10 Exercise Effort Scale

www.MindandBodyExercises.com

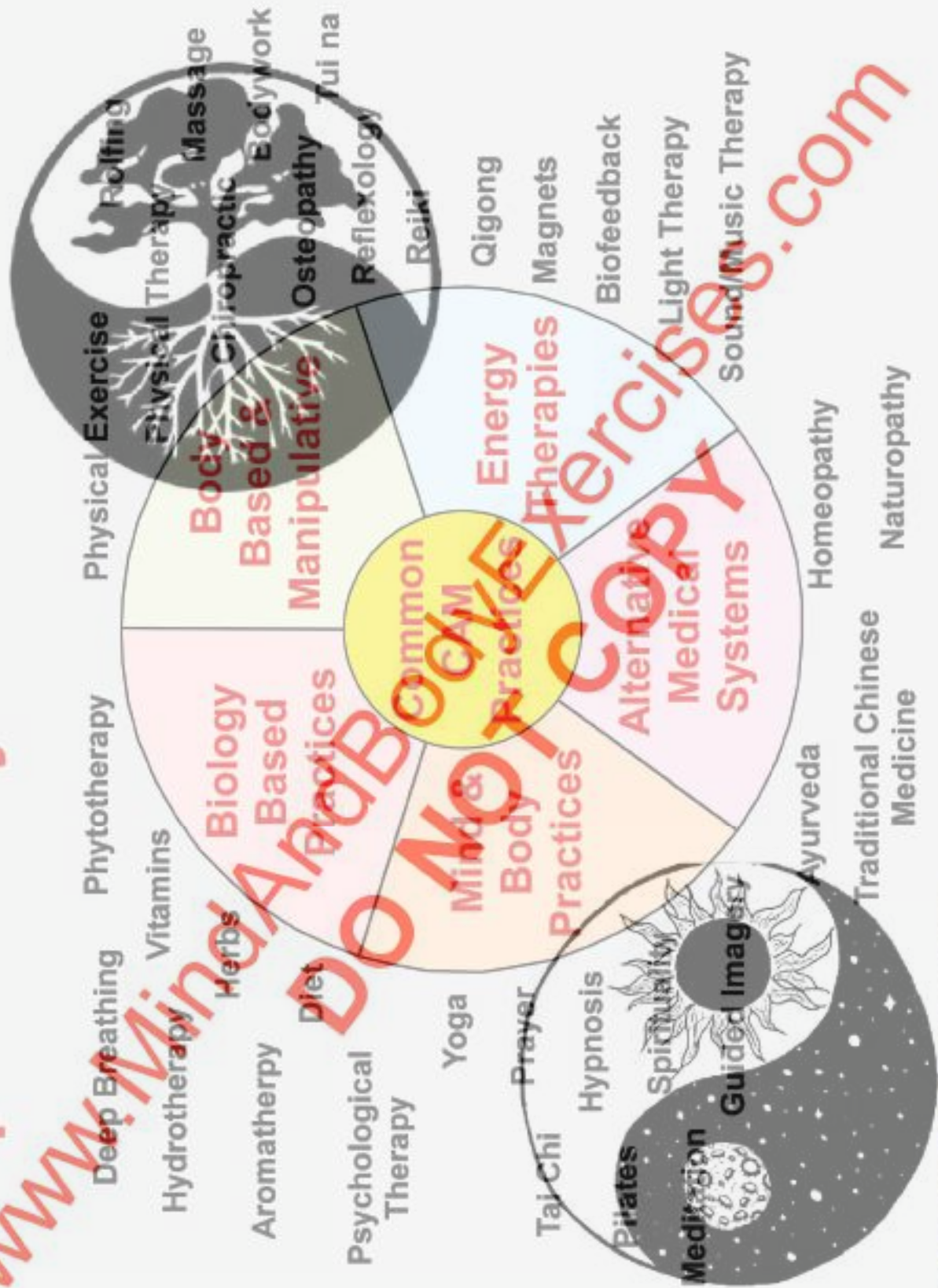


Many types of exercise can be considered as "easy" or "difficult" depending upon the amount of effort required to execute. A well-rounded teacher should be able to navigate within a wide bandwidth in order to accommodate the individuals' goals and needs.

The rate of perceived effort or RPE can vary considerably depending many factors such as:

- presentation by the teacher (general wellness, stress relief, weight-loss, pain relief)
- individual's state of fitness (general wellness, stress relief, weight-loss, pain relief)
- expectation of goals (general wellness, stress relief, weight-loss, pain relief)
- frequency of the exercise routine (daily, weekly, occasionally)
- length and/or distance of exercise session (5 minutes, 30 minutes, 1 hour or more)
- amount of weight and/or resistance implemented (lighter weight or resistance vs. heavy weight and more resistance)
- range of motion trying to achieve (minimal movement vs. full range, for example how much bending or twisting)
- length and/or depth of breathing rhythm (no breath regulation vs. deliberate breathing patterns)

Complementary Alternative Methods



Does your healthcare program

focus on all the systems

of your body?

Tai Chi, Qigong & Yoga do!



Over 200 bones strengthen from engagement with muscles & fascia

Over 600 muscles that can be exercised

Energy Meridians exist throughout the body

Skin is the largest organ in the body providing protection & regulation

Most often, Western culture observes good health as being a mostly a physical condition. Eastern thought and Traditional Chinese Medicine or TCM, recognizes 3 separate entities bodies or treasures.

Qi - Vitality from the breath. Responsible for the blueprint of internal and external functions of the energy force within the body.

Qi
(Energetic Body)

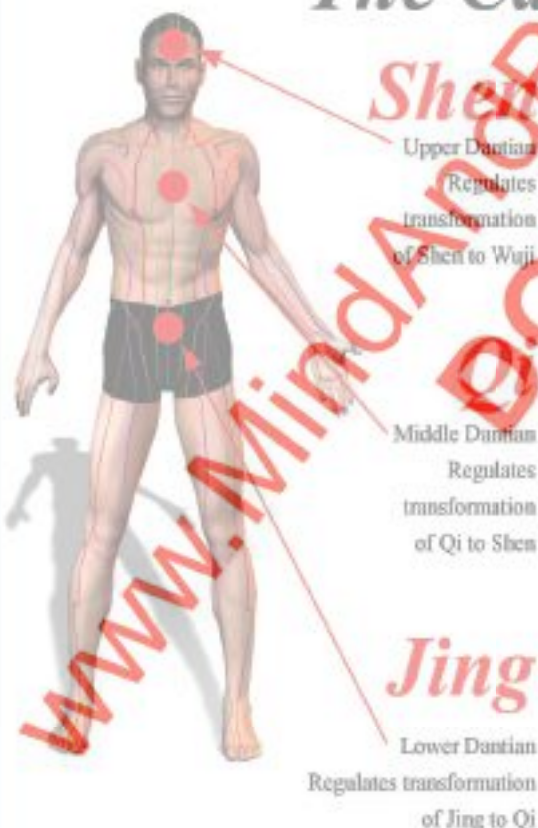
Jing
(Physical Body)

Shen
(Spiritual Body)

Jing - The physical structure of the body's tissue. Responsible for the developmental processes of the body.

Shen - the refined level of the mind and higher consciousness. Consists of the spirit, soul and mind. Responsible for the interaction of destiny & fate. Maintains internal and external functions.

The Candle Analogy

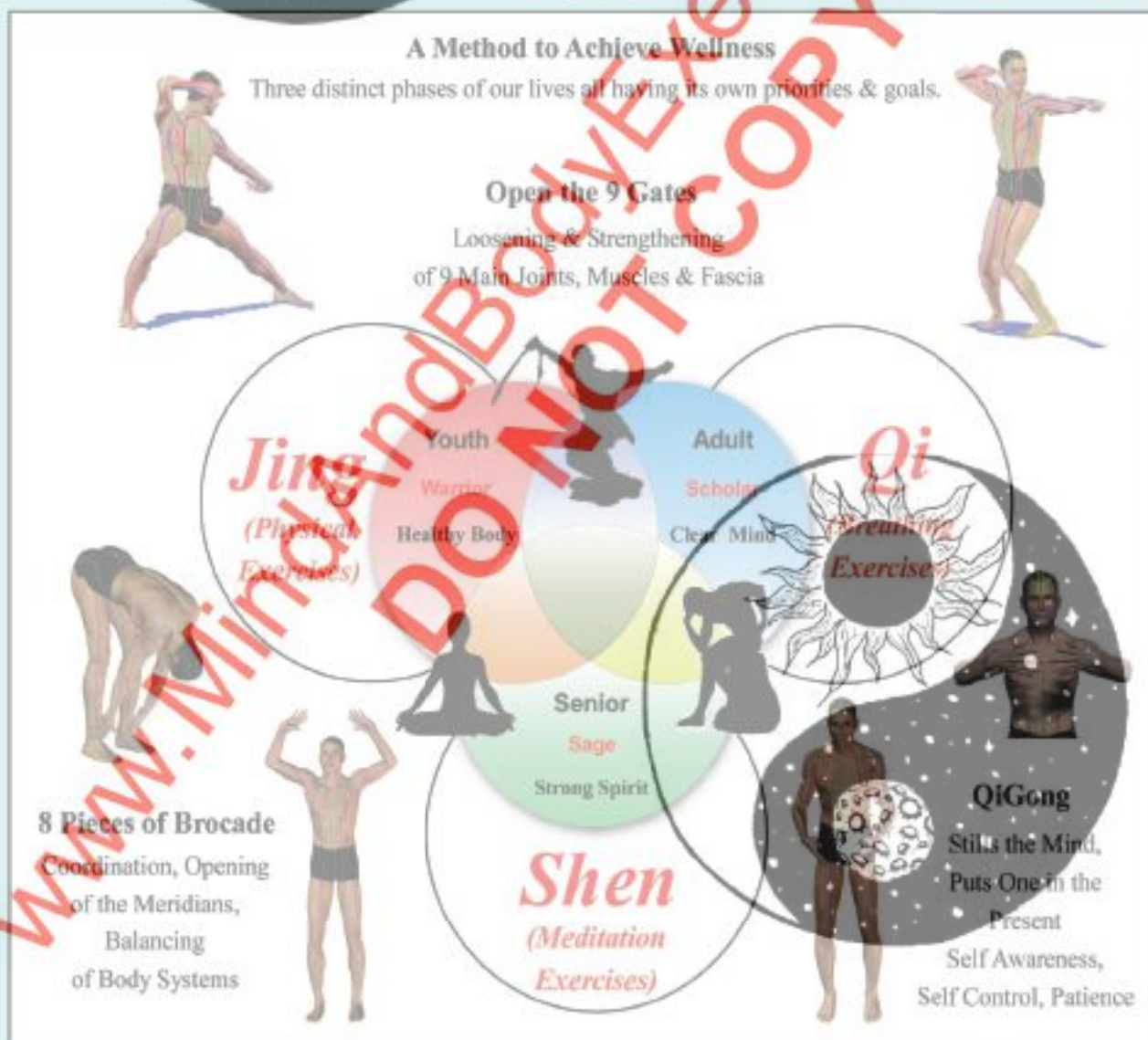


Shen can be equated to the light that illuminates from the candle. A candle's purpose is to light the darkness. One's Shen is the illumination of their spirit. When one's Jing and Qi are abundance, Shen is released.

Qi can be equated to the flame which is the source of the light that illuminates from the candle. The flame eventually consumes the candle. Qi is one's energy or vitality. When Qi is used wisely, one's Jing can last longer. Qi is lost through regular daily activities, but gained back through good habits of diet, exercise, breathing and sleep.

Jing can be equated to the wick and the wax which is the fuel for the source of the flame. Better quality wax determines the longevity of the candle. One's Jing is determined by genetic inheritance. Jing is depleted over one's lifetime and is not easily replenished.

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.







Qi
(energy)

功

Gong
(work or cultivation)

Standing Practices
Increase Qi



www.MindandBodyExercises.com

What is Qi, BaguaZhang, Tai Chi & Qigong

What is Baguazhang



Bagua, Baguazhang, Bagwa, Pakua, Walking Meditation or “walking of the circle” are all names for this style of Kung Fu training. Translated to English is “8 trigram palm”. Bagua is an internal developing style similar to Tai Chi and Hsing-I. Internal practices are known to increase the amount of Qi flow within the human body. Tai Chi is often considered to be the softest, Bagua somewhat harder and Hsing-I the hardest style of the three main internal styles. Hard and soft refer to the control applied to the various movements practiced. Bagua develops stability in motion amongst many other things. Cheng, Chung, Emei and Sun style 8 Animal are various styles of Baguazhang. The philosophical theme of BaguaZhang is that of wind; spiraling and circling using centrifugal force to develop flexibility, speed and strength.

What is Tai Chi?



Tai Chi, Taiji, or T'ai Chi Ch'üan, is an internal Chinese martial art practiced for both its defense training and its health benefits. The term Tai Chi (translates to the “Supreme Ultimate”) refers to a philosophy of the forces of yin and yang, related to the exercises. Though originally conceived as a martial art, it is also typically practiced for a variety of other personal reasons such as stress relief, physical fitness, achieving greater longevity and spiritual cultivation. As a result, many training forms exist, both traditional and modern, which correspond to those aims with differing emphasis. Some training forms of Tai Chi are especially known for being practiced with relatively slow movements. Chen, Yang and Wu are the most practiced styles of Tai among others. The philosophical theme of Tai Chi is that of water; free flowing, smooth and yet very powerful.

What is Qigong?



QiGong or Chi Kung, 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. With deliberate regulated breaths, one is able to relax the deep skeletal muscles working outward, while releasing tension accumulated within the muscles, organs and nerves. Whereas conventional physical exercise can deplete energy, Qigong helps to replenish your natural energy. Tai Chi and BaguaZhang are types of Qigong, however not all Qigong is considered to be Tai Chi or BaguaZhang.

THE MANY BENEFITS OF Tai Chi

& Qigong

Meditation
in Motion for Your
Health & Well Being

Many believe that Tai Chi Holds incredible healing powers. Studies prove that regular practice of Tai Chi improves health.

Low impact exercise is ideal for ALL ages & levels of fitness

Improves balance & hand-eye coordination so one is less likely to fall

Bone and muscle strength is improved

Eases chronic pain, strains, aches, muscles & joints in those with arthritis, osteoporosis and fibromyalgia

Tai Chi combines physical movement with meditative practices that can create a calming effect on the mind & body, lowering stress

Lowers blood pressure & supports heart health

Boosts immunity to shingles

Improves chronic & acute insomnia

Improves balance, walking capabilities & symptoms of Parkinson's disease

Stimulates the abdomen which improves digestion, relieves constipation & other gastrointestinal issues

Enhances the functional capacity of women with breast cancer

Supports respiratory health which helps treat bronchitis, asthma & emphysema

The combination of physical, meditative & breathing techniques balance the mind, body & spirit, which helps to fight mental illnesses such as depression, anxiety and somatic ailments

Lowers the risk of stroke in high risk patients & helps stroke victims regain strength, coordination and feeling after paralysis

Improves coordination, flexibility, balance & general physical fitness

The mind & body connection in Tai Chi calms the mind, allowing one to cope better with their life, letting things go & improve their overall quality of life

BOOSTS GENERAL WELLNESS & WELL BEING



© Copyright 2021 - CAD Graphics, Inc.

The 3 Ingredients in Harmony



Yin & Yang Exercise Sequence

Yin & Yang are relative terms, in relation to content and context. In the concept of Yin & Yang, nothing is permanent nor absolute. Opposites are complementary, often ever changing and transforming from one state to another. The concept of yin and yang are quite relative to physical exercise and development as balance is a key concept in many mind, body and spiritual awareness methods of tai chi, qigong and many various martial arts.



PHYSICAL APPLICATIONS

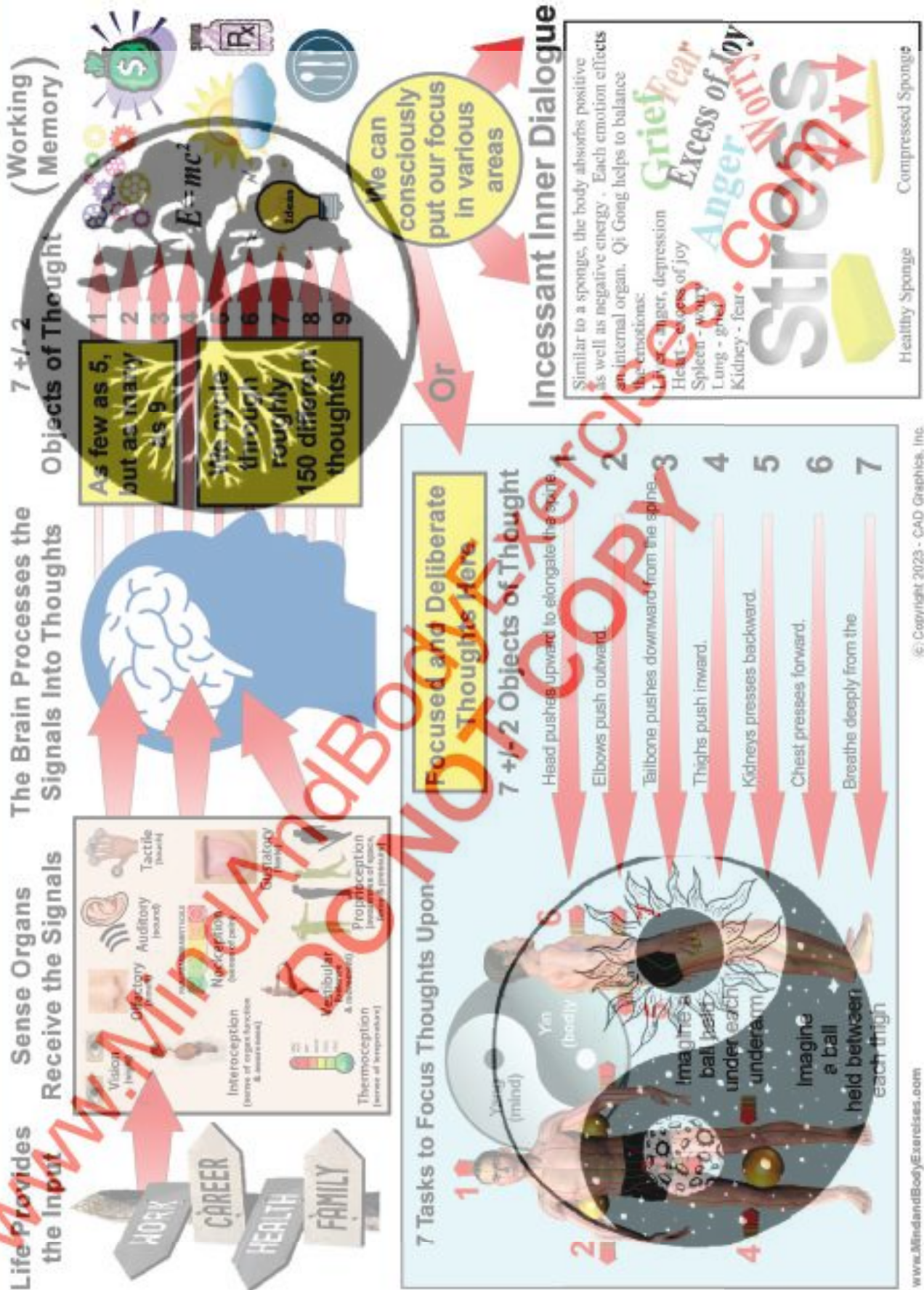


Martial Arts weapons applications



www.MindandBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.



Our emotional state directly influences how we breathe. The emotions reveal themselves in the breathing patterns:

Anger, fear, anxiety - shallow breaths

Grief - spasmodic breathing

Guilt - restricted breathing

Boredom - shallow, lifeless breathing

Sadness/depression - under breathing

Furthermore:

Dwelling in the past - can produce any of the above breathing patterns

Worrying about the future - can produce any of the above breathing patterns

Present in the moment - The goal here is clarity and self awareness to slow and regulate the breath

Becoming present in the moment can happen in various ways such as:

- 1) Immediate trauma - Fear of injury or loss of life can put one into the moment quickly.

2) Practice of mindful exercises such as meditation, yoga, tai chi, qigong and other similar mind and body interactive practices.

3) Engaging in activities such as singing, painting, performing music, dancing, etc.

Qigong exercises can change brainwaves to the Alpha state:

Alpha - relaxed concentration, creative state
Beta - attentive state
Delta - unconscious
Theta - drowsy, focus of mind

Best Times:

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

Best Locations:

- outside and peaceful
- inside and cluttered
- anywhere possible

Neutral or "Wuji" Stance and Alignments

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

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

Use Deliberate Thoughts to Engage and Heal the Body

Mind Body

Use Physical Exercises to Engage Your Thoughts

Benefits of Qigong exercises:

- Boosts the immune system
- Reduces stress, anxiety, depression, mood swings
- Lowers blood pressure
- Increases 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

Basic Qigong exercise:

- 1) Stand, sit or lay in a position as shown to the right.
- 2) Try to align the body as shown on previous page.
- 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, jaw and the jaw close the mouth but don't clench your teeth.
- 5) Close the eyes to take away the distractions of what your eyes see.
- 6) Try to picture your body in your thought as you begin a scan from the top of your head working downward towards the toes.
- 7) As you think of the different parts of the body, try to imagine the deep skeletal muscles releasing from the bones as if they were melting or dissolving away.
- 8) Continue to become more self-aware of where you are holding tension within the body. As you exhale, try to release any tension in those areas by "dissolving" it away.
- 9) Follow your breath from the diaphragm as you fill the lungs from bottom to top.
- 10) Let the stomach muscles pull inward as exhaling and bringing your thought back downward to just below the navel to the "Lower Dan Tien"
- 11) 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.

5 element Chi Kung

The 5 element theory is a major component of thought within TCM or traditional Chinese medicine. 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.



In the creation cycle, as shown above, each organ provides energy for the next in the sequence. The control cycle represents the regulation of energy, relative to excess or lack thereof energy corresponding to the next element in the cycle.

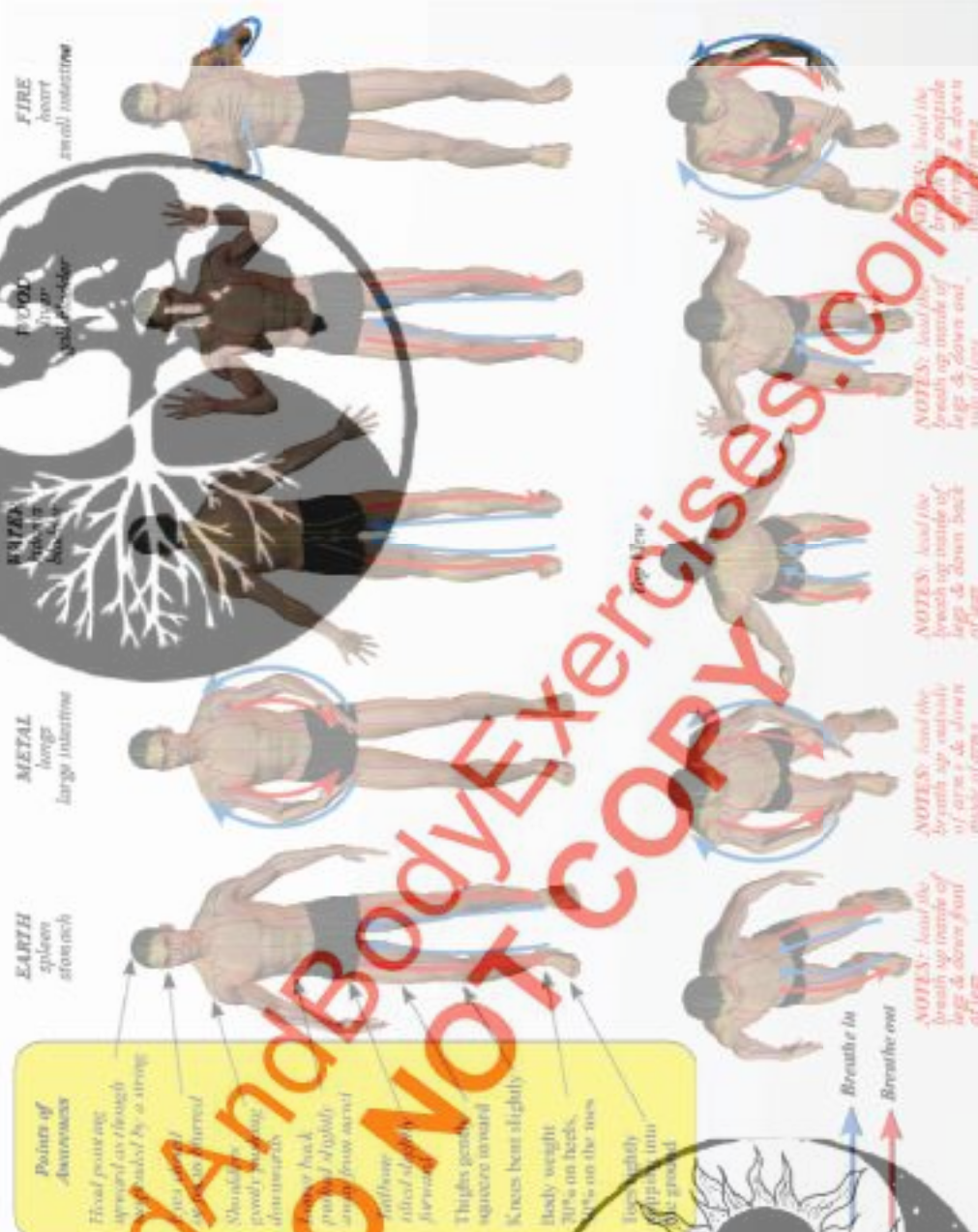
Basically, the organs are not only responsible for providing energy to one another, but also for regulating that energy in order to prevent an excess or deficiency of energy.

These exercises are designed with balancing balance within the organs, dilating the flow of the 5 elements. Try each basic position, breathing pattern for 1 minute before moving on to the next. Gradually add time as you are able working up to 2-10 minutes for each position. These exercises can also be practiced while sitting.

For more information
www.MindandBodyExercises.com

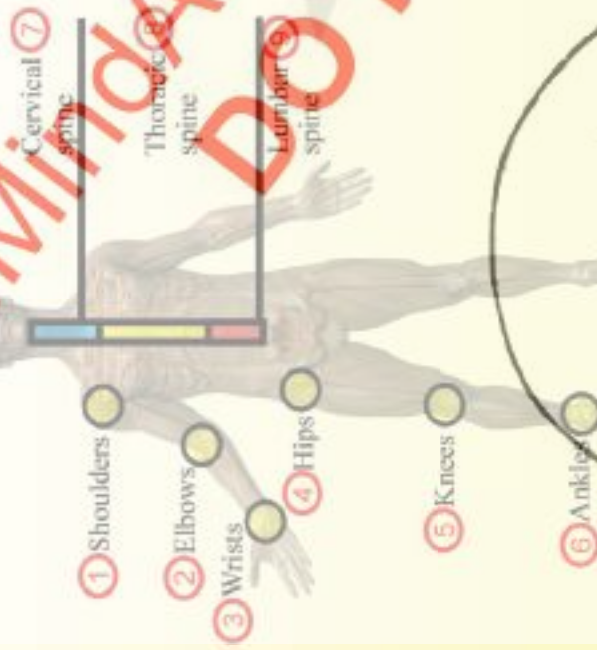
© Copyright 2016 - CAD Graphics, Inc.

There are twelve main meridians and a other special meridians within the human body. Meridians are similar to electrical wires or nerves. 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 energy flow or blockage within the meridians, health problems can arise. Through proper diet, exercises and life style, it is possible to keep the chi (energy or life force) flowing through the meridians. These exercises help to increase the flow in addition to enhancing strength and balance. The illustration to the left represents the accuracy of energy flow from the organ and/or meridian to the next.



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.

The 9 Main Joints (9 gates)



The 3 Anatomical Planes



Exercise Methods that Engage the 9 Gates & The 3 Anatomical Planes



Tai Chi



Qigong



Dao Yin

The three planes of movement should be taken into consideration during exercise, to alleviate injuries and help prevent them. Methods can be practiced to strengthen the whole body, focusing on the mechanics of the movement.

www.MindandBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

A Recipe for Better Health. Tai Chi (a martial art), Yoga, Pilates and other similar methods of exercise and physical fitness, share a similar recipe for improving one's level of wellness. The sum benefits for all of these ingredients is much greater together, than each single aspect alone.

Relaxation increases blood flow and reduces stress. Blood pressure drops as we relax. Blood chemistry changes as the body adjusts levels of endorphins, Adrenalin, Dopamine, etc.

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 and more focus to perform them.

Stretching helps increase the body's range of motion, which in turn increases blood (and energy) circulation. Stretching has been known to reduce adhesions of the connective tissue, which reduces range of motion and impedes circulation. Balance and posture are also affected, if there is an imbalance of flexibility within the muscular and skeletal systems.

Engagement of Thought (or mindfulness) upon something other than the redundant inner dialogue, has been known to reduce stress, which effects all organs. This can be observed as a "fasting" or purging of one's thoughts in order to achieve mental clarity.

Rhythmic Breathing opens blood vessels, increasing blood flow and reducing stress. Deep breaths originating from the diaphragm not only increase lung capacity but also provide a massage of the internal organs. Once a rhythm is established, parasympathetic breathing manifests into a sense of tranquility and healing as if the mind and body are resting.

Aerobic Activities require muscle cells to obtain energy from oxygen. These types of exercises strengthen the lungs and heart. Exercises also increase blood and energy flow, improving circulation and relieving stress.

Engagement of thought

Rhythmic Breathing

Aerobic Activities

Stretching

Neuromuscular Coordination

NOTE: This study guide is a general reference for the concepts shown.

© Copyright 2016 - CAD Graphics, Inc.

The Tourniquet Effect

These anatomy graphics illustrate 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.

These graphics are meant to display the relationship between the connective tissue and the various exercise positions. Often, we get caught up on exercising our muscles for cosmetic reasons as opposed to exercising our organs, our body systems and most importantly our mind. Martial arts and its various styles, such as Tai Chi, Baguazhang, Longfist, etc. provide health benefits inside of the body as well as externally while challenging our mind to focus upon the task at hand.

Overcoming stiffness of the mind and body is often difficult to achieve. Most people find it challenging to not move the body while trying to focus ones thoughts on deep breathing and body alignment. However, once achieved for minutes at a time, great benefits can be gained. Stress relief and mental clarity being only a few.

The Yin/Yang or "infinity" symbol symbolizes balance. Equal parts have a small portion of the opposite existing in each. The intersection between black and white represents a "grey" area to symbolize not everything can be labeled as absolute, one way or another. Tai Chi has relevance to the Yin/Yang symbol in some of the following attributes:

- Inner and lower body conditioning
- Internal and external health benefits
- Left and right coordination
- Aerobic and anaerobic exercise
- Mental and physical discipline
- Hard and soft body control

Gentle twisting of the spine along the horizontal axis, promotes circulation similar to how squeezing a wet sponge would produce liquid.



NOTE: This study guide is a general reference for the concepts shown.

© Copyright 2018 - CAD Graphics, Inc.

Qigong, Chi Kung or Gi Gong

www.MindAndBodyExercises.com

“Qi” or “chi” means air, breath or energy. “gong” or “kung” means work. Qigong therefore translates to “energy work”. This *work* or type of exercise has origins dating back thousands of years with origins in China and India. Within qigong are two categories. “Wai Dan” refers to external exercises that increase energy flow throughout the energy meridians and limbs of the body by regulating ones breath. “Nei Dan” refers to internal exercises which the energy is guided by thought and self awareness. Different types of Qigong can be practiced for intentions and goals. Medical qigong emphasizes treating illness and disease. Taoist qigong focuses on physical preservation in order to achieve higher moral understanding. Buddhist qigong is said to open the mind as a path to higher spiritual levels. Confucian qigong focuses toward developing higher moral character and insight. Martial Art qigong trains the body for protection against physical and mental challenges. All types have overlapping benefits which achieved by practicing more than one type or variation of qigong. Worldwide, tens of millions of people practice these types of exercises regularly as a means to maintaining good health.

Wai Dan External Exercises

Qigong/Chi Kung

Nei Dan Internal Exercises

Qigong marital arts can benefit

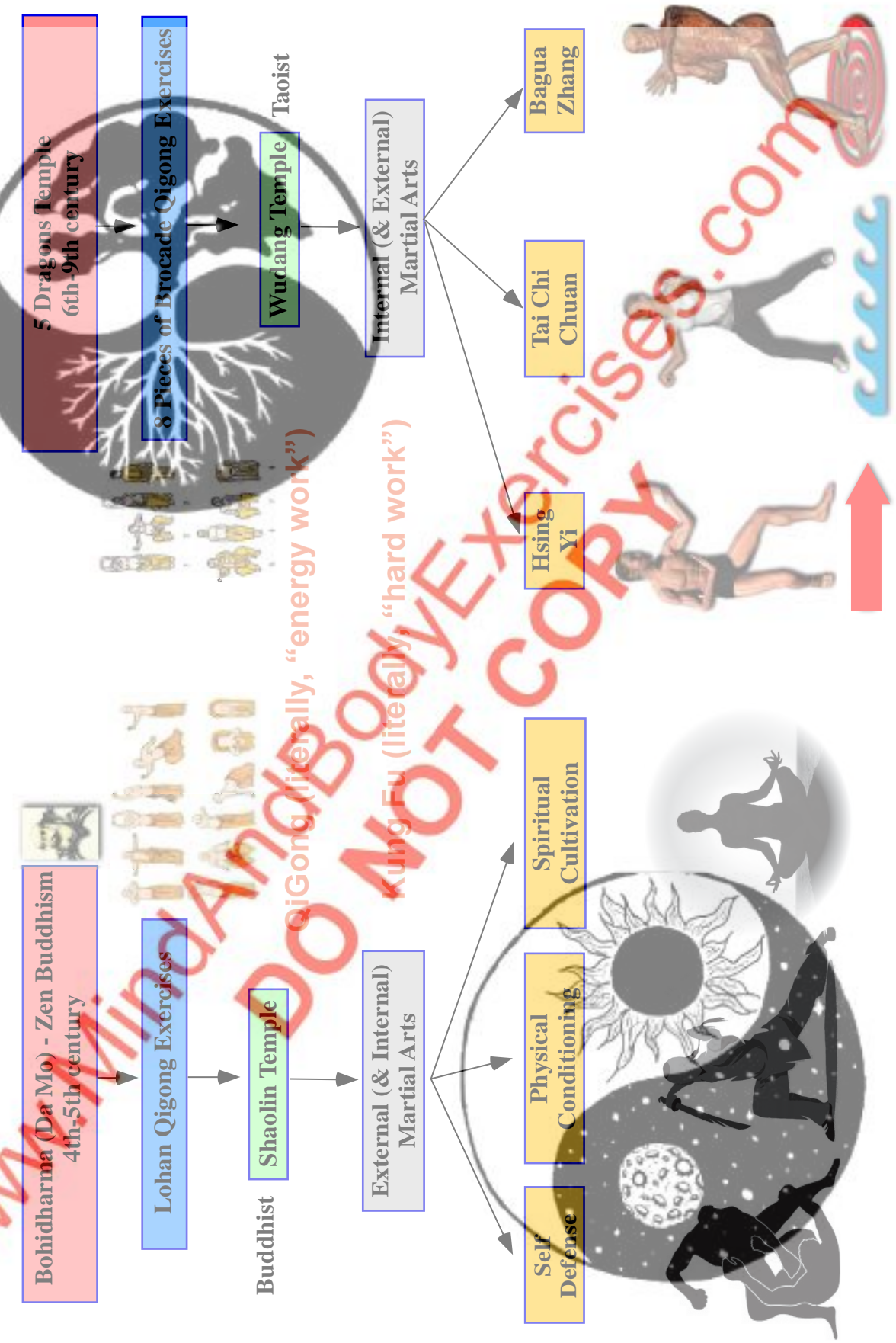


NOTE: This study guide is a general reference for the concepts shown. Consult with your physician if you are uncertain of your physical condition. © Copyright 2016 - CAD Graphics, Inc.

Flow Chart of Kung Fu & Qigong

www.MindAndBodyExercises.com

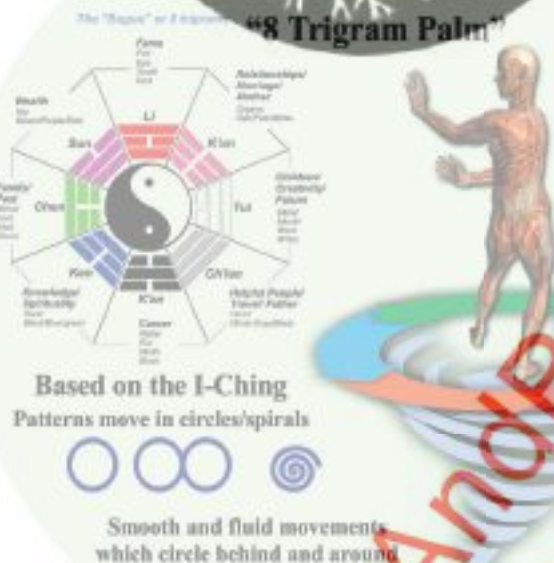
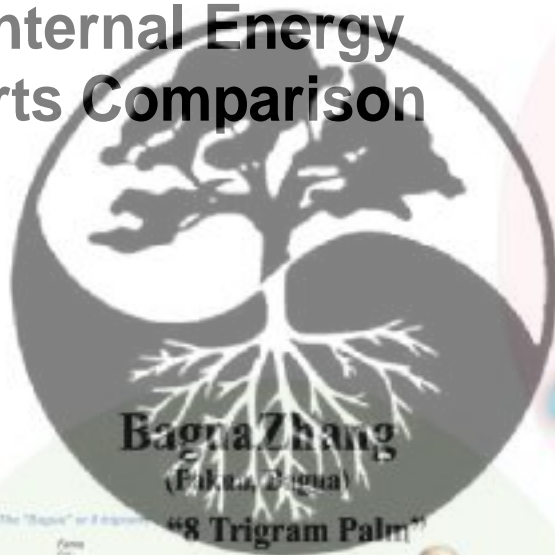
Martial arts can be categorized in various types and styles. Hard versus soft, internal and external, philosophical, families, geographical, empty hand and weapons. Often times, the categorizing can be more relative to the individual masters or teachers and their preference to what they put focus towards. All martial arts can have complementary aspects of these labels. Shaolin training can be labeled as external, while having extensive internal elements at the same time. Hysing Yi, Tai Chi Chuan and BaguaZhang can also share many similarities whether through technique, theory or spiritual cultivation. This graphic is by no means complete as there were/are other temples and many different styles throughout Asia.



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

©Copyright 2016 - CAD Graphics, Inc.

Internal Energy Arts Comparison

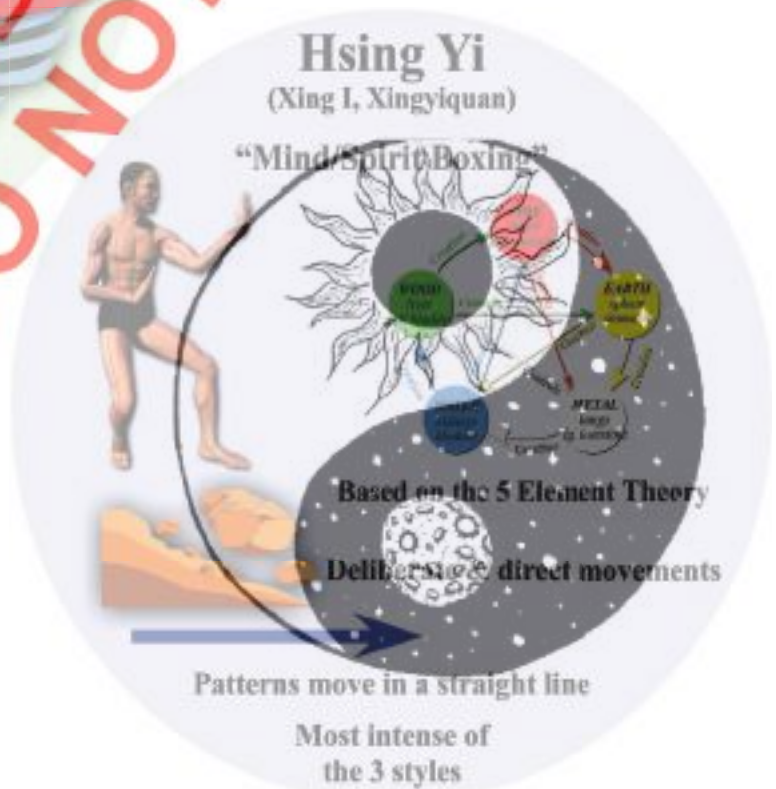


Medium intensity of the 3 styles

© Copyright 2020 - CAD Graphics, Inc.



© Copyright 2020 - CAD Graphics, Inc.



© Copyright 2020 - CAD Graphics, Inc.

Tai Chi

(Tai Ji, Tai Chi Ch'uan)

“Supreme Ultimate Fist”

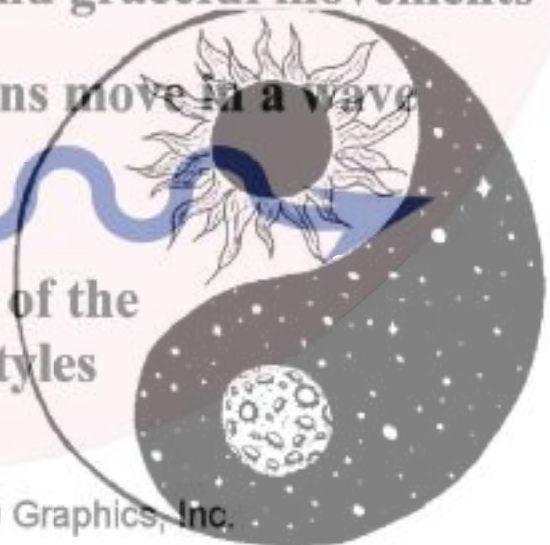


Based on Yin & Yang

Light and graceful movements

Patterns move in a wave

Least intense of the
3 internal styles



© Copyright 2020 - CAD Graphics, Inc.

What are “forms” or “sets” of Tai Chi Exercises?

Tai Chi is a powerful art of immense depth consisting of exercise, self-defense and philosophy. The “sets” or “forms” are the structure or the foundation. Forms are individual exercises linked together to form a long flowing series of movements. According to Yang Chan Fu (who is known as the modern father of Tai Chi) “to start learning Tai Chi you have to start with the forms”. There are many styles of Tai Chi, and within each style, each has its different Forms. Even with one well-known form, there are many versions. Students might feel confused facing so many options, or one could take it as an advantage to have so many choices available.

It is helpful and interesting to understand the structure and background history of the forms. Similar to an artist playing a musical composition, it is possible to play music well. To play it as a piece of art, it becomes necessary to understand the inner meaning, intention and structure of the piece.

The Origin of the 24 Forms

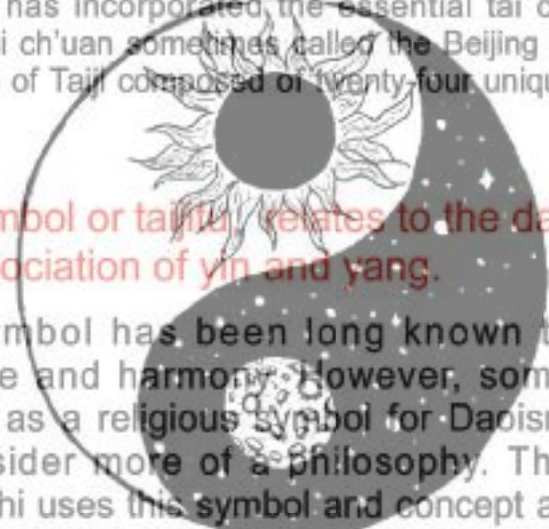
The Chinese National Sports Committee authorized the country’s four most renowned Tai Chi experts to compose the 24 Forms in order to popularize Tai Chi; . Based on the Yang style, and by eliminating many repetitions and retaining the essential principles of Tai Chi, the 88 Forms was condensed to only 24 Forms. The 24 Forms is easier to learn, remember and practice taking about five minutes to practice. Anyone can do four times through the form in about 20 minutes. The 24 Forms has become the most popular tai chi form in the world.

The Structure of the 24 Forms

The 24 Forms is divided into five sections. The first section consists of moderate stretching of the upper and lower limbs, which works as warming up for the later exercises. The second section is more challenging with further stretching and turning of the body. The third section contains the most challenging parts with balance exercise and a few kicking movements. The fourth section contains the most technically difficult movements. Lastly, slower movements work as winding down exercises. The 24 Forms has incorporated the essential tai chi principles. The 24-posture Simplified Form of tai chi ch’uan sometimes called the Beijing or Peking form for its place of origin, is a short version of Taiji composed of twenty-four unique movements.

The yin and yang symbol or taijitu, relates to the day and night association of yin and yang.

The yin-yang symbol has been long known to represent balance and harmony. However, some choose to label it as a religious symbol for Daoism which many consider more of a philosophy. The martial arts of tai chi uses this symbol and concept as a foundation to understanding of the flow of energy within the human body.



Section 1

1



1. Commencing Form



2. Part the Horse's Flank (3x)



3. White Crane Spreads Its Wings



4. Brush Knee (3x)



5. Play the Lute



6. Repulse Monkey (4x)

7 & 8.
Grasp Sparrow's
Tail:
(Left & Right)



a. Ward Off (Peng)



a. Kick Back (Lu)



c. Press (Chai)



d. Pull (Tai)



e. Push (An)

Section 3

3



9. Single Whip



10. Cloud Hands (4x)



11. Single Whip



12. High Pat on Horse



13. Right Heel Kick



14. Double Ear Punch



15. Turn Body and Left Heel Kick

Section 4

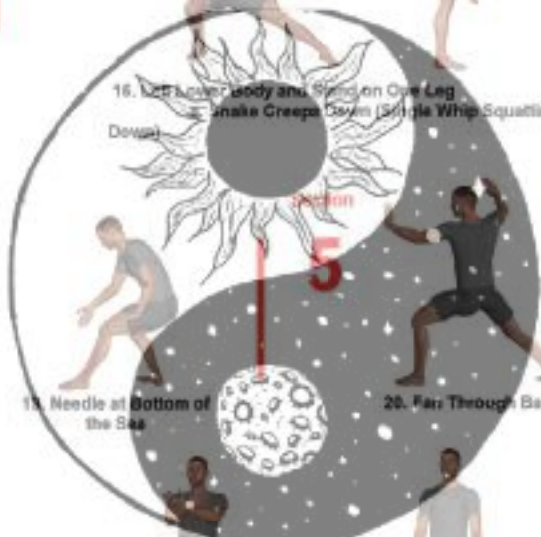
4



17. Right Lower Body and Stand on One Leg
a. Snake Creeps Down (Single Whip Squatting)
b. Golden Rooster Stands on One Leg



18. Fair Lady Works the Shuttles (left & right)



19. Needle at the Bottom of the Sea



20. Fist Through Back



21. Deflect, Parry & Punch



22. Apparent Closure



23. Cross Hands



24. Closing Form

The 5 Root Powers of Tai Chi

The fundamental practices of Tai Chi are based upon 13 postures. These 13 postures consist of 8 forces, or "expressions of energy" and 5 steps, root powers or directions of movement.

5 Elements - Wu Xing



www.MindAndBodyExercises.com

© Copyright 2020 - CAD Graphics, Inc.

The 8 Expressions, 8 Energies, 8 Principles of Tai Chi



www.MindAndBodyExercises.com

© Copyright 2020 - CAD Graphics, Inc.

3 External Harmonies (san wai he) (relationships of the limbs)

- 1) The hands harmonize with the feet.
- 2) The hips harmonize with the shoulders.
- 3) The elbows harmonize with the knees.



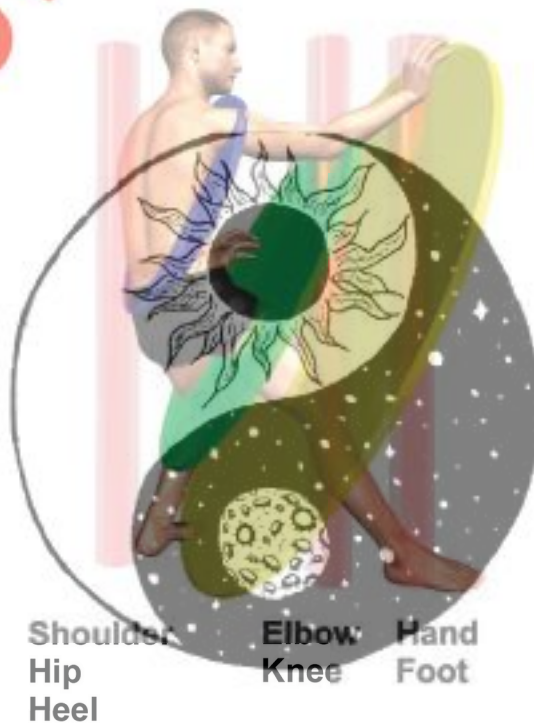
3 Pillars

3 Internal Harmonies (san nei he)

- 1) The heart harmonizes with the intention.
- 2) The intention harmonizes with the Chi.
- 3) The Chi harmonizes with the movement.



3 Pillars & 3 Harmonies



Six Harmonies include harmonizing the body and heart/mind, heart/mind and intent, intent and Qi/energy, Qi/energy and spirit, spirit and movement, and movement and emptiness. Here, emptiness means wu-ji, that is, void state. It is a quiet, motionless state achieved when one's movement follows the body's automatic reaction to a specific circumstance.

Eight Methods refer to (1) Qi (energy), circulating Qi to concentrate Shen (spirit); (2) Gu (bones), collecting energy inside the bones; (3) Xing (form), incorporating animal forms from nature; (4) Sui (to follow), circular and smooth motion responding to the situation; (5) Ti (lifting), lifting from the crown of one's head to have a floating feeling; (6) Huan (returning), coming and going in a cycle; (7) Le (suspending), being motionless and calm while waiting; and (8) Fu (concealing), looking for an opening while concealing yourself.



Tai Chi



Hsing Yi



BaguaZhang

The 6 Harmonies:

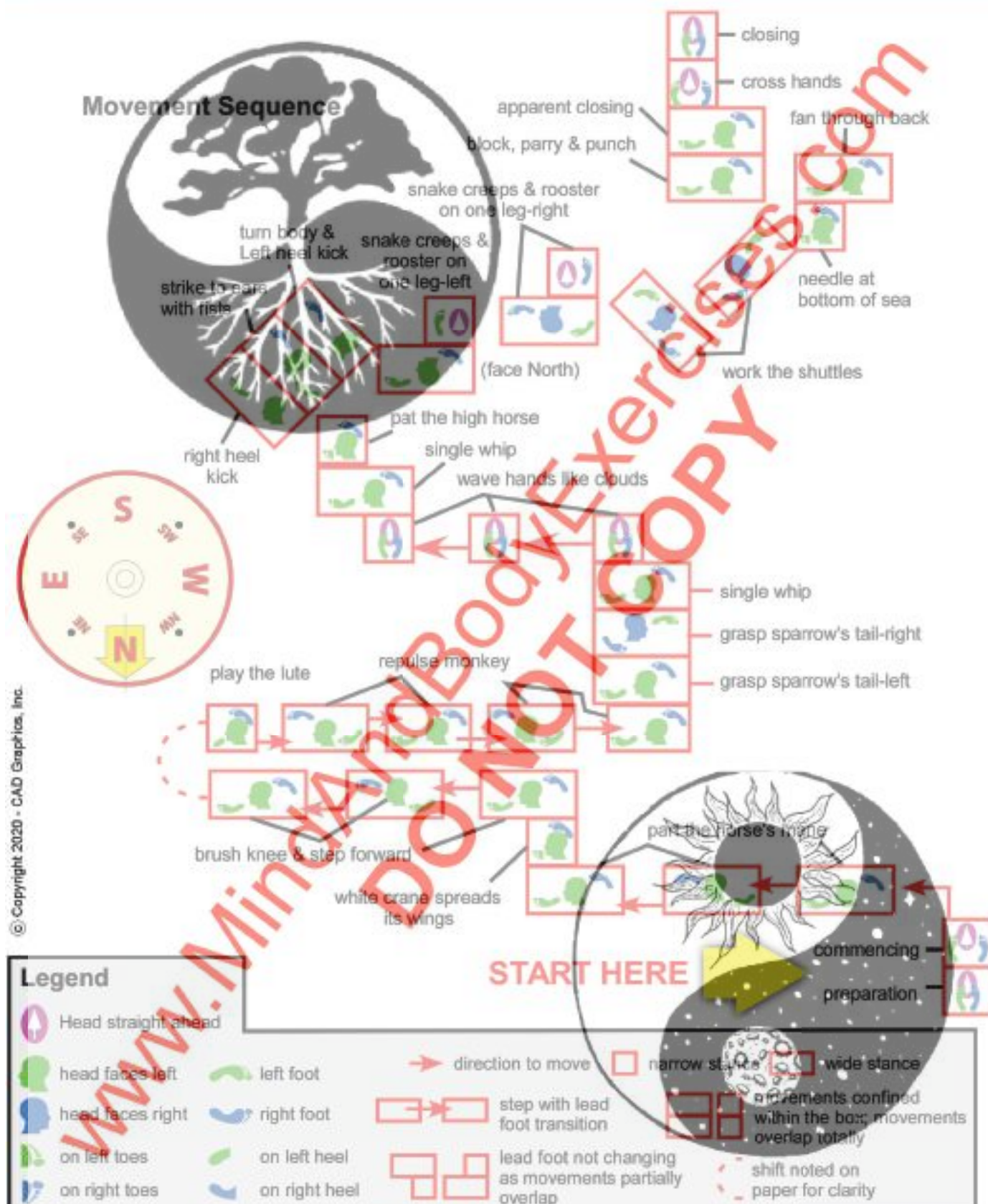
3 External Harmonies (san wai he)

- 1) The hands harmonize with the feet.
- 2) The hips harmonize with the shoulders.
- 3) The elbows harmonize with the knees.

3 Internal Harmonies (san nei he)

- 1) The heart harmonizes with the intention.
- 2) The intention harmonizes with the Chi.
- 3) The Chi harmonizes with the movement.

24 Yang Style Tai Chi - Sequence Map



BaguaZhang
(Pakua, Bagua)

The "Bagua" or 8 Trigrams

"8 Trigram Palm"

Wealth
Hip
Green/Purple/Red

Family/
Past
Wood
Foot
East
Green

Knowledge/
Spirituality
Hand
Back/Blue/green

Career
Water
Ear
North
Black

Children/
Creativity/
Future
Mouth
West
White

Helpful People/
Travel/ Father
Head
White/Grey/Black

Relationships/
Marriage/
Mother
Organs
Red/Pink/White

Based on the I-Ching
Patterns move in circles/spirals

Smooth and fluid movements
which circle behind and around

Medium intensity of the 3 styles

© Copyright 2020 - CAD Graphics, Inc.

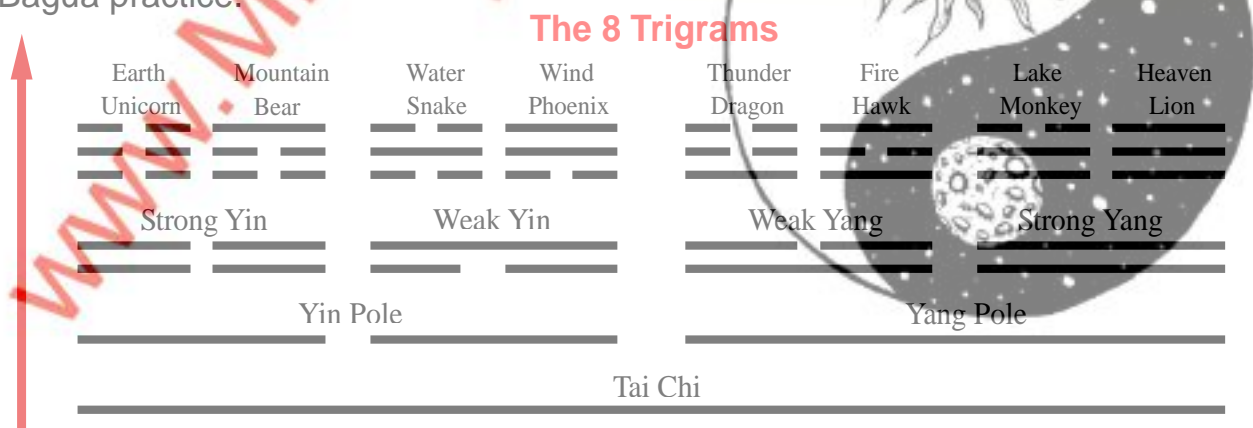
BaguaZhang (Introduction)

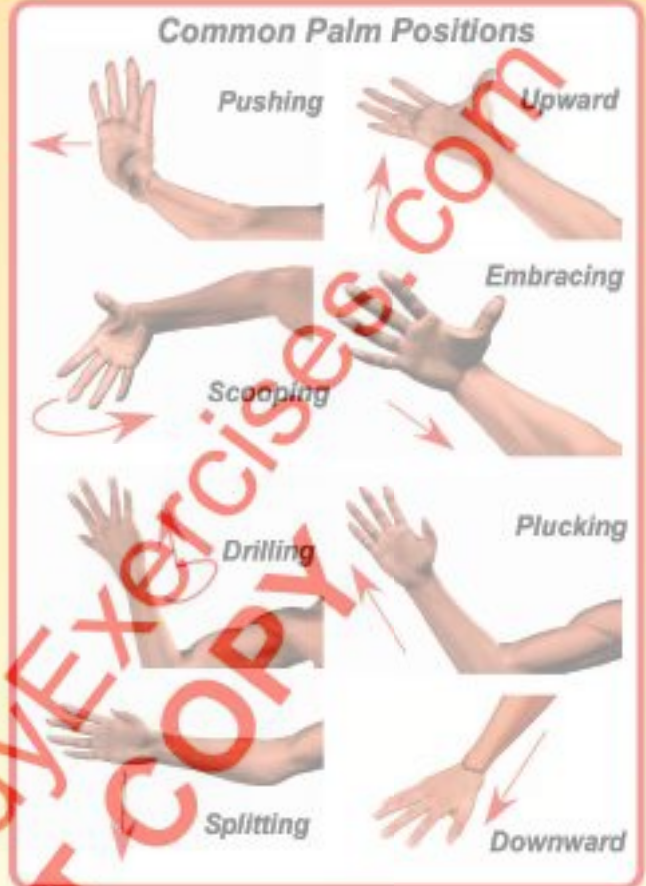
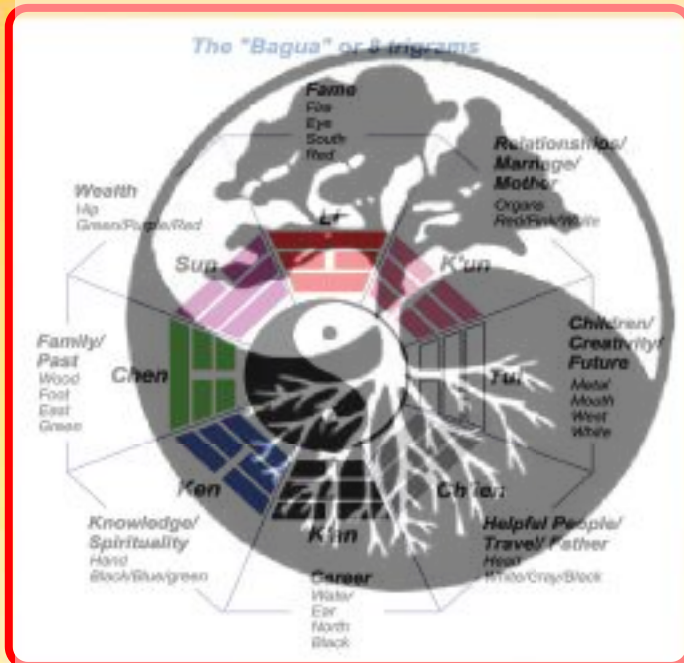
“Ba Gua” means eight trigrams in Chinese. Trigrams are the symbols depicting natural phenomenon as described in the “I Ching” (Book of Changes), a classic book of Chinese philosophy. Balance and harmony are reoccurring themes in the “I Ching” and in BaguaZhang practice. Zhang translates to “palm” which the open palm is emphasized with this type of training. In theory, one could affect their health or self-defense based upon the knowledge of continuous changes as applied to different situations.

BaguaZhang, Bagwa, Pakua, Walking Meditation or “walking of the circle” are all names for this style of Kung Fu training. Bagua is an internal developing style similar to Tai Chi and Hsing-I. Tai Chi is often considered to be the softest, Bagua somewhat harder and Hsing-I the hardest style of the three main internal styles. Hard and soft refer to the control applied to the various movements practiced. Bagua develops stability in motion amongst many other things. Cheng, Chung, Emei and Sun are various styles of BaguaZhang.

Practicing BaguaZhang walking positions, body postures and changes (transitional movements) enables you to move your body like a spring, being flexible and light but having a lot of strength and power behind your movement. This would be similar to moving as light and smooth as a feather but having the strength and speed of a bear. Attaining certain postures, holding that position and moving from one to another, is essential for the body to develop. Proper deep breathing is important in the development of internal strength and has to be in tune with each movement.

BaguaZhang is the epitome of stability while in constant motion. Generating vital energy within the human body for health or self-defense benefits. This is achieved through correct posture, technique and meditation (focused thought). After consistent practice, an individual might be able to adjust different body functions, such as breathing, digestion, blood pressure and heart rate. All aspects of self-defense skills can be enhanced from understanding of the philosophy and the physical movements of Bagua practice.





Walking is usually done in a circle or figure "8" pattern, keeping the knees bent throughout the exercise. Various hand, foot and walking positions can be practiced in order to achieve different health or self-defense benefits.

Gentle twisting of the acupuncture meridians along the body's vertical axis, stimulates increased circulation of blood and Chi (energy flow) within.



BaguaZhang (Fundamental Concepts)

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

© Copyright 2016 - CAD Graphics, Inc.

The Yin/Yang or "infinity" symbol symbolizes balance. Equal parts have a small portion of the opposite existing in each. The intersection between black and white represents a "grey" area to symbolize not everything can be labeled as absolute, one way or another. Baguazhang has relevance to the Yin/Yang symbol in some of the following attributes:

- Upper and lower body conditioning
- Internal and external health benefits
- Left and right coordination
- Aerobic and anaerobic exercise
- Mental and physical discipline
- Hard and soft body control



Walking Methods



Bagua stance (Flat footed)



Heel to Toe (Rolling/Lion stepping)

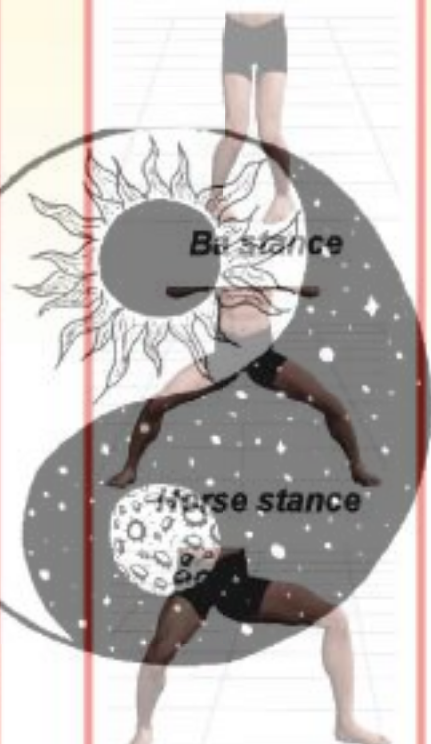


Toe to Heel (Mud/Snake stepping)

Lower Body Positions



Bagua stance



Horse stance

Half-horse stance

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

© Copyright 2016 - CAD Graphics, Inc.

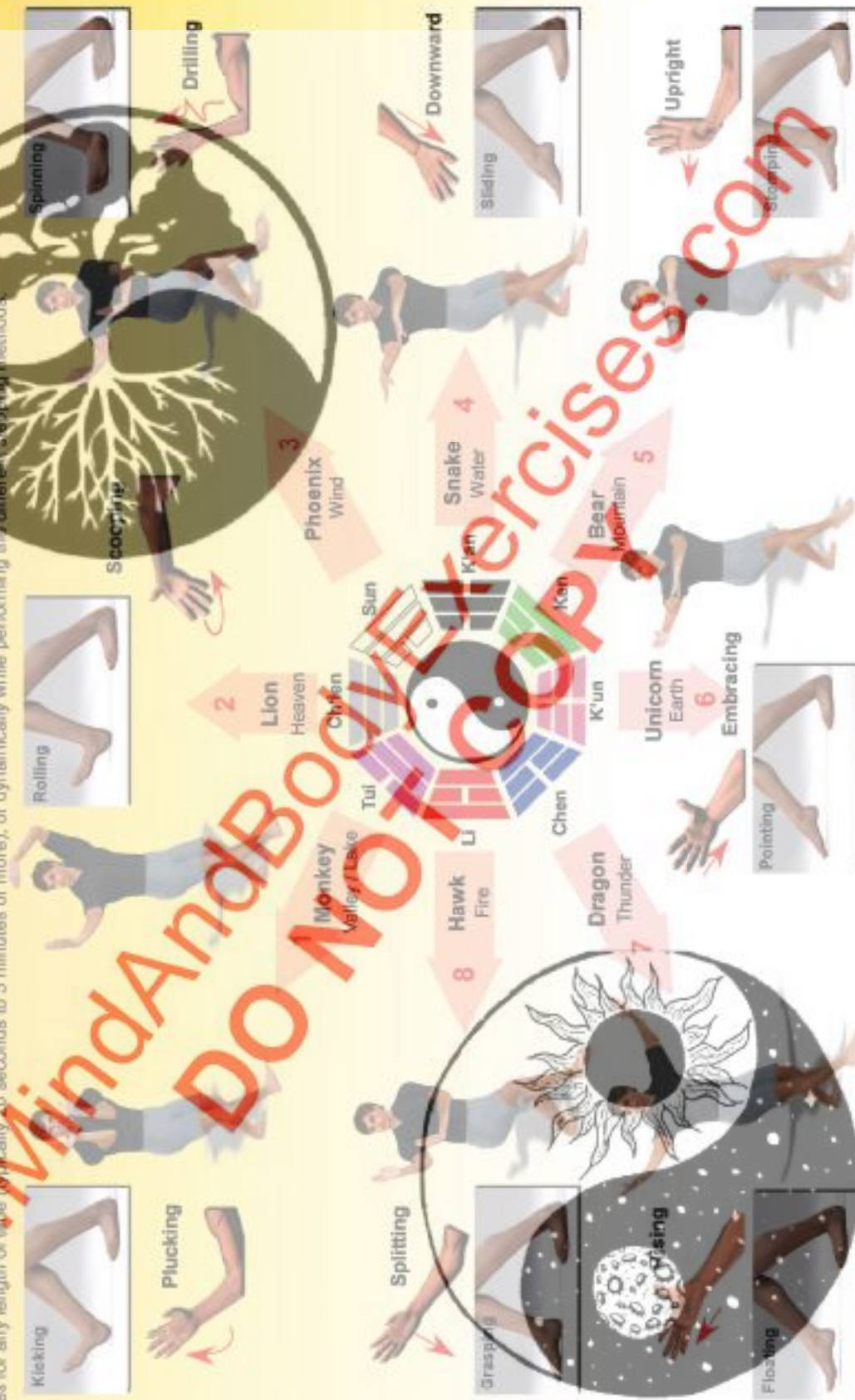


8 Animal Characteristics

Deep mindful breathing, specific muscle stretching and deliberate walking techniques are the basis of BaguaZhang exercises. Practicing BaguaZhang or Bagua, stepping positions, body postures and changes (transitional stretching movements) enables one to move your body like a spring, being flexible and light but having a lot of strength and power behind the movement. This would be similar to moving as light and smooth as a feather but having the strength and speed of a bear. Attaining certain body alignments within postures, holding that position and moving from one to another is essential to develop overall strength, coordination, balance and increases of energy flow throughout the body. Proper breathing is important in the development of internal strength and has to be in tune with each movement. These postures can be practiced as static exercises for any length of time (typically 20 seconds to 5 minutes or more), or dynamically while performing the different stepping methods.

8 Fundamental Palms

8 Stepping Methods



The Eight Fundamental Palms are the foundation of the striking, seizing and takedown techniques of BaguaZhang. One must truly practice and master the principles of each palm technique in order to obtain the full benefits of BaguaZhang training. This is a basic explanation of the Eight Fundamental Palms of BaguaZhang. Traditionally, a practitioner would execute these palm techniques in this sequence, every day for at least one hundred times per palm for 4 years.



Upward

The Upward Palm faces upward, with all the fingers open and extended, and the thumb is raised slightly. When done correctly, the center of the palm will be slightly concave.



Downward

The Downward Palm faces downward, with all the fingers open and extended, and the thumb lowered slightly. When done correctly, the center of the palm will also be slightly concave.



Drilling

When executing a Drilling Palm all five fingers are open. They first point forward and then turn upward. Rotate the arm as you raise it in a screwing motion.



Pushing

The Upright (or pushing) Palm faces either forward, sideways or inward. The four fingers are all extended upward and the thumb is fully extended so that the skin between the thumb and index finger is stretched taught.



Embracing

The Embracing Palm faces toward the body and all five fingers are extended. The thumb extends upward and the elbow is bent forward as if you were embracing someone.



Scooping

When executing a Scooping Palm, the palm faces inward, the thumb points upward while the other four fingers are downward as if you were using your palm to scoop up something. This palm scoops inward and then turns forward.



Plucking

The Plucking Palm faces sideways. The fingers are first open and point forward. They then turn to point upward, as if you were picking up something.



Splitting

The last is the Splitting Palm. This palm faces sideways, the fingers are pointing forward, and the thumb is pointing slightly upward. The edge of the palm is downward as if you were using it to chop or split a log.

BaguaZhang (Turning-Spinning Qigong)

www.MindandBodyExercises.com

The BaguaZhang Turning-Spinning Qigong set consists of eight patterns of movements, including stationary, moving and stepping. This Qigong set stimulates the nervous system as well as engaging the muscles, joints and bones with turning and spinning movements. These exercises work the areas of the body that are not normally exercised, so that the more of the entire body is developed. Acupressure points are also stimulated by compressing and relaxing the muscles around the points. This stimulation loosens stagnant energy and allows the Qi circulation in the meridians to flow more efficiently throughout the body. The movements engage the entire body as they integrate the internal Yi (mind), Qi (energy) and Jing (essence) with the external tendons, bones and muscles. This is a very important part of training, as you must build up a solid foundation for your further BaguaZhang training.

The 4 Activities

1. Eyes barely open, but looking upward
2. Tongue to the roof of the mouth
3. Pull in the navel as exhaling
4. Pull up the Hui Yin point

1. Standing Wu Chi Posture



2. Holding a Pearl



3. Push a Millstone



4. Combat Postures



Burning the "Chong Mai"

The Chong Mai is commonly known as the thrusting vessel. "Burning of the Chong Mai" refers to putting the body in very precise positions and alignments in order to somewhat "trick" the body's internal systems into adjusting for a specific goal. The goal in this case, is to activate the Qi flow in the body, but more specifically the Qi in the spine up to the brain. With these proper alignments, the Qi is activated in the anatomical planes of sagittal, coronal and transverse. With any of the above combat postures, holding the postures as short as 30 seconds on both sides to more intense training of 10-15 minute per posture.

8. Closing Qigong Posture

[illegible][illegible][illegible][illegible]

Bagua Nei Gong

(internal and external stance training)

www.MindAndBodyExercises.com

"Ba Gua" means eight trigrams in Chinese. Trigrams are the symbols depicting natural phenomenon as described in the "I Ching" (Book of Changes), a classic book of Chinese philosophy. Balance and harmony are reoccurring themes in the "I Ching" and in Bagua practice. In theory, one could affect their health or self-defense based upon the knowledge of continuous changes as applied to different situations. Zhang translates to "palm" which the open palm is emphasized with this type of training. Bagua is performed with QiGong breathing while walking a circular or figure 8 pattern. As one walks, the body twists and rotates the muscles, ligaments and meridians. The mind is self-aware as well as observant of the spatial environment of the practitioner. Walking the circle in practice is not simply walking. Nei Gong is the process of guiding the chi with thought to cultivate the advanced benefits of chi circulation.



Set #1 - San Ti Shi (The Old Monk Offers the Alms Bowl)

1) Spin the large ball counter-clockwise. 2) Feet shoulder width as pivot feet 45 degrees to the left as arms cross in front of face. 3) Feet still wider as 70% weight on the right leg. 4) Left arm extends away from the face as right hand covers in front of navel. Hips sink downward. Repeat on opposite side reversing left for right.



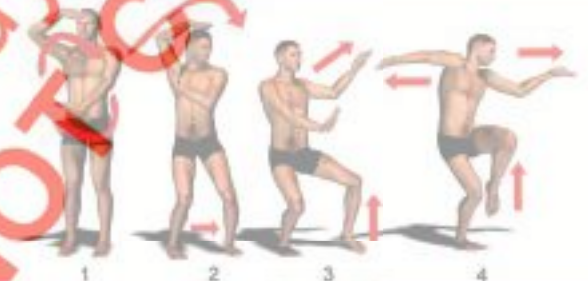
Set #2 - Hook Step (Hide Flower Under Leaf)

1) Feet, knees and hips point inward as hips sink downward. Left arm extends out to left side, right hand to left underarm. 2) Left arm sweeps under right arm to space behind. 3) Left arm pivots upwards as right hand drops to left underarm. 4) Left hand lines up with eyes.



Set #3 - Swing Step (Green Dragon Turns Its Head)

1) Scoop left hand below waist. 2) Left foot slides right as left hand to right shoulder. 3) Left arm extends left as right hand on right hip. 4) Bend at the wrists, elbows shoulders, knees and ankles. Sink from the hips.



Set #4 - Hawk Step (Hawk Overturns Its Body)

1) Spin the large ball counter-clockwise. 2) Pivot feet 45 degrees to the left. 3) Shift 70% of the weight to the right leg. 4) Left arm extends forward; right arm extends behind. Lift left leg as high as possible.



Set #5 - Sitting Step (Black Dragon Searches the Sea)

1) Spin the large ball counter-clockwise. 2) Pivot feet 45 degrees to the left. 3) Straight kick right leg & then drop foot softly. 4) Bend at waist as twisting torso. Reach left hand towards right foot; right arm upward.



Set #6 - Resting Step (Yin Yang Coiling Dragon)

1) Spin the large ball counter-clockwise. 2) Bend knees then step right leg behind left. 3) Right hand in front of forehead; left hand behind waist. 4) Sink weight by dropping from the hips.

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

© Copyright 2019 - CAD Graphics, Inc.

Bagua Nei Gong

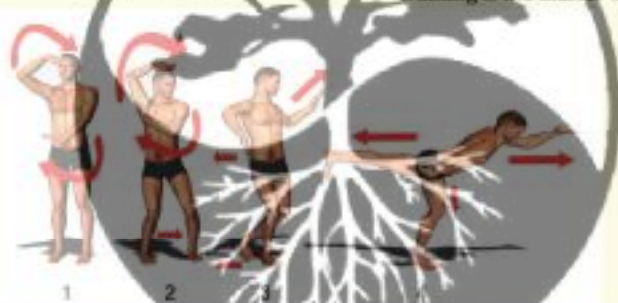
(internal and external stance training)

www.MindAndBodyExercises.com

Bagua walking exercises combines the benefits of walking, stretching and deep breathing or in this practice QiGong meditation. This also develops inner strength, flexibility and body control that can be employed in martial arts and other physical activities. Turning, twisting and rotating the muscles, fascia and energy meridians are stimulated by spiraling motions that engage the whole body. Deep abdominal breathing combines with the body alignments to connect the lower body to the waist and upper limbs so that the whole body can be engaged. The mind is quiet and observant while physically there is movement and rotation. Li Zi Ming recognized the importance of walking by simply stating:

Hundreds of exercises are not as good as simply walking;

Walking is the master of hundreds of exercises.



Set #7 - Balance Step (Wing Spreading Flying Palm)

1) Spin the large ball counter-clockwise. 2) Feet shoulder width as pivot feet 45 degrees to the left as arms cross in front of face. 3) 100% of weight on right leg. 4) Left arm extends away from the face as right arm extends back as does left leg. Hips sink downward. Repeat on opposite side reversing left for right.



Set #8 - Single Standing Step (White Ape Offers Peach)

1) Spin the large ball counter-clockwise. 2) Pivot feet 45 degrees to the left. 3) Shift 70% of the weight to the right leg as elbows come together in front of torso. 4) Left leg lifts higher as waist sinks downward.



Set #9 - Crouching Falling Step (Dragon Crouches on Ground)

1) Arms circle above the head. 2) Left foot slides left to horse stance as hands come together over head. 3) Hips sink as hands come downward. 4) Shift 60 % weight to right leg as palms turn upside down and extend outward from the torso.



Set #10 - Bow Step (Embrace the Moon to the Breast)

1) Spin the large ball counter-clockwise. 2) Pivot feet 45 degrees to the left. 3) Shift 60% of the weight to the left leg. 4) Left arm extends forward; palm pulls inward. Right hand covers in front of navel. Hips sink.



Set #11 - Horse Step (Three Plates Fall to the Ground)

1) Arms circle above the head. 2) Left foot slides left to horse stance as hands come together over head. 3) Hips sink as hands come downward. 4) Hands push to the sides.



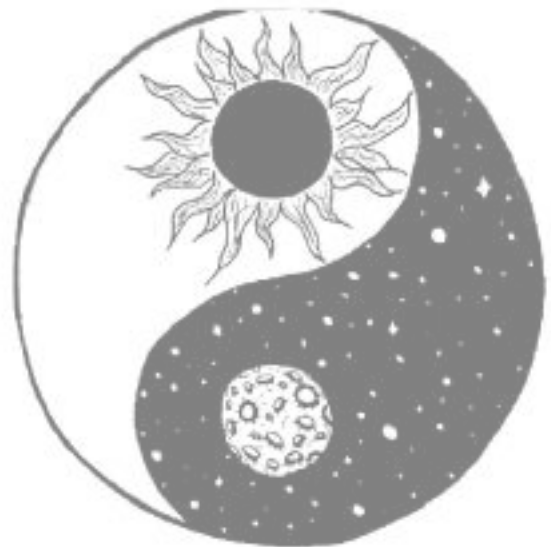
Set #12 - Empty Step (Qi Jin Spins Out of the Book)

1) Spin the large ball clockwise. 2) Pivot feet 45 degrees to the left. 3) Shift 70% of the weight to the right leg. 4) Right arm scoops upward and extends forward; waist twists. Left hand covers in front of navel. Hips sink.

This series of exercises is recommended to be executed on both sides before advancing to the next exercise in the set. Illustrated, are the transition movements that connect the exercises together. The transitions are as important as the static final postures and should be practiced as well.



2) Interdependence





Hsing Yi

(Xing I, Xingyiquan)

“Mind/Spirit Boxing”



Based on the 5 Element Theory

Deliberate & direct movements

Patterns move in a straight line

Most intense of
the 3 styles



© Copyright 2020 - CAD Graphics, Inc.

"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.

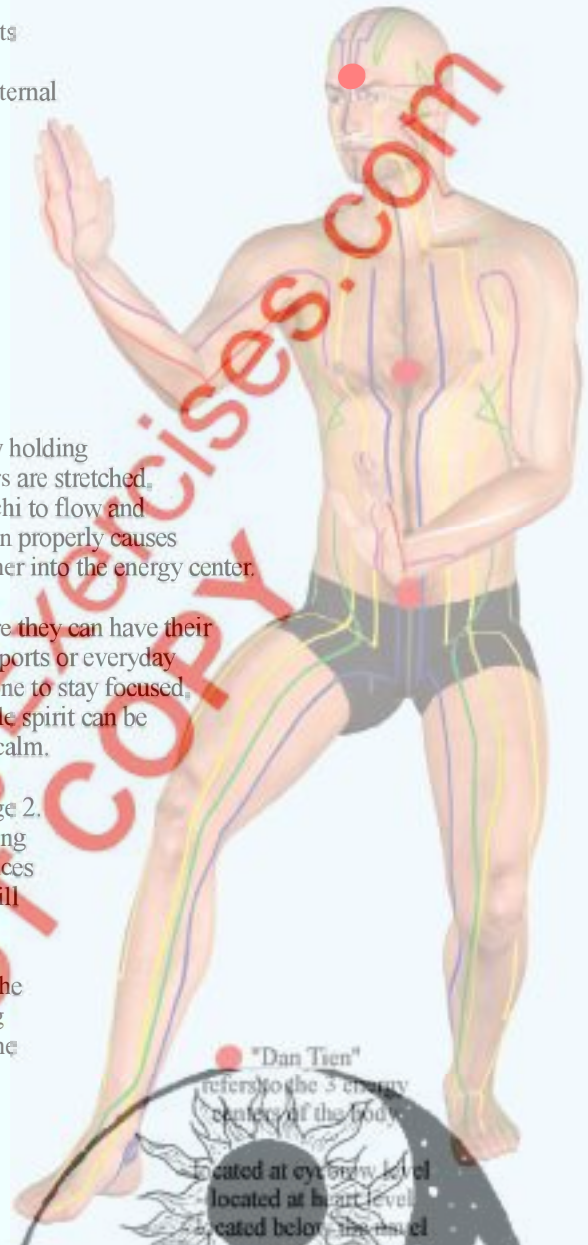
The "three bodies" refers to the three phases all together; heaven-earth-and the human being. It corresponds to the head, hands, and feet in Hsing Yi. These phases are again divided into three sections; spirit-mind-body.

This body posture is the very core of training and develops many of the qualities essential to the building of martial ability. Increased muscle, tendon and bone strength, enhanced balance and development of focused intent. Opening of the energy meridians in the body as well as sinking the "chi" or life force into the lower "Dan Tien" can be achieved by holding this posture over a period of time. As certain areas are relaxed while others are stretched, specific acupuncture points along the meridians are opened allowing the chi to flow and eventually sink down to the Dan Tien. Allowing the body to relax and align properly causes the body to somewhat collapse onto itself prompting the chi to sink and gather into the energy center.

By increasing ones physical durability, anyone can develop a mindset where they can have their mind increase the intent to execute skills whether in martial applications, sports or everyday life. Control of ones mind, breathing rythm and nervous system allows one to stay focused, in a relaxed manner while still under presssure. An individual's indomitable spirit can be sensed by others through body language or even an overwhelming sense of calm.

A basic level of practice is just trying to align the body as instructed on page 2. Controlling the body and regulating the breath, are the first steps to achieving further benefits from this stance training. By re-aligning the body, imbalances are highlighted and over time brought to a higher level of development. Still practice later moves on to moving practice.

More advanced levels of training involve releasing of tension held within the 3 "Dan Tien" or energy centers. Holding static postures works on releasing tension held deep within the muscular system. By tweaking and refining the body, the mind develops a more keen sense of awareness making the mind and body connection as one. Increased strength as well as internal power (chi) are side benefits from the health benefits achieved over a longer period of accumulated practice.



"Dan Tien" refers to the 3 energy centers of the body.
 Located at eyebrow level
 located at heart level
 located below the navel and inward

Upper Dan Tien

Located near the forehead, corresponds to mental conflicts and the inner dialogue of the mind.

Middle Dan Tien

Located near the center of the chest, corresponds to emotional strife.

Lower Dan Tien

Located just below the navel, corresponds to control and primitive desires.

- Stand with your feet together, slightly bend both knees forward.
- Gently tuck the tailbone forward allowing the lower back to take out the lumbar curve.
- Sink your weight into the heels of your feet .
- Turn your right foot out 45 degrees to the right while shifting your weight onto your right leg - then slide forward your left leg.
- Weight is 70% on your rear right leg and 30% on your left leg.
- Keep your center of gravity mid-way between your feet.
- Hips and shoulders should face 45 degrees to the right.
- Eyes and head point straight ahead.
- Relax the shoulders
- The left arm is in line with your left leg, with arm straight forward and elbow relaxed and above your left knee.
- Right arm in front of you (forearm covering the ribs, wrist is waist high as 1st knuckle of right thumb rests just below the navel (Dan Tien)
- The chin is tucked under, to take the curve from the neck and hold the head upright, as if your head is suspended by a balloon on a thread
- Gently touch your tongue to the roof of the mouth.
- Breathe deeply in and out through the nose.
- Release all the muscle tension in the body trying to be aware of your breathing and body alignments.
- Relax the eyes and blur the focus.

Benefits of Stance Training:

1. Physical strength and stamina improves
2. Relaxation of the mind and body
3. Rooting or awareness of ones center of gravity
4. Lower Abdominal Breathing activating the parasympathetic reflex
5. Opening of the energy gates and meridians of the body
6. Cultivation of intrinsic energy

Six Harmonies:

External

- 1-Shoulder & Hip
- 2-Elbow & Knee
- 3-Hand & Foot

Internal

- 1-Mind & Intent
- 2-Intent & Vital Energy
- 3-Vital Energy & Power

The red columns represents the relationship between the body alignments.



The Internal Energy Arts (a comparison)

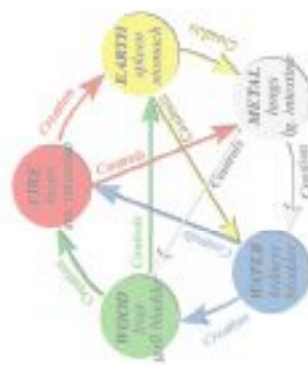
www.MindandBodyExercises.com

Hsing I (Xing Yi Quan), Pa Kua (BaGuaZhang) and Tai Chi Ch'uan (Taiji, Tai Chi Ch'uan) are considered the 3 main Taoist Internal Martial Arts. They incorporate many types of trainings including exercises, forms (sets), breathing exercises (Chi Kung or QiGong), meditation, self-defense and weapons skills. Many of the same benefits derived from qigong can be realized from regular practice of these exercise methods.

Hsing Yi (Xingyiquan)

(Xing I, Xingyiquan)

Based on the 5 Element Theory



Tai Chi

(Taiji, Tai Chi Ch'uan)

"Supreme Ultimate Fist" Based on Yin & Yang

Patterns move in a wave

Light and graceful movements

Least intense of the 3 internal styles

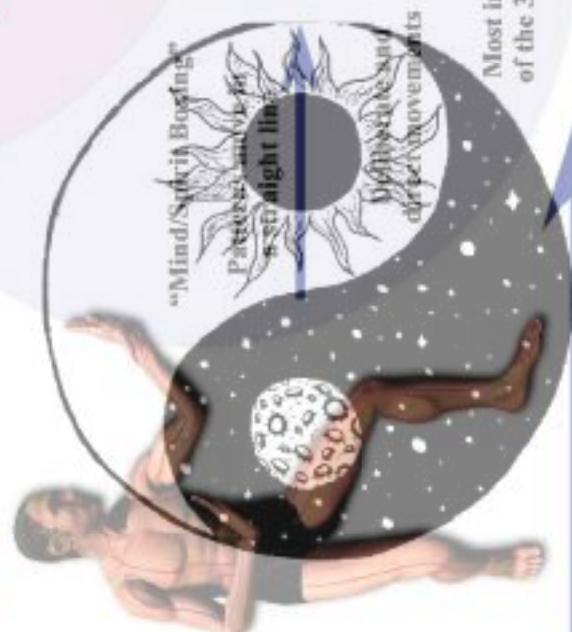


"8 Trigram Palm"

Patterns move in circles/spirals

Smooth and fluid movements which circle behind and around

Medium intensity of the 3 styles



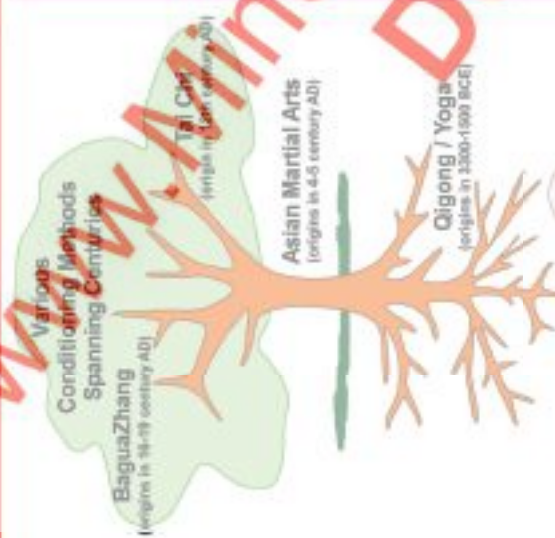
"Mind/Spirit Boxing"

Patterns move in straight lines

Most intense of the 3 styles

© Copyright 2018 - CAD Graphics, Inc.

What is Qigong, Tai Chi & BaguaZhang?



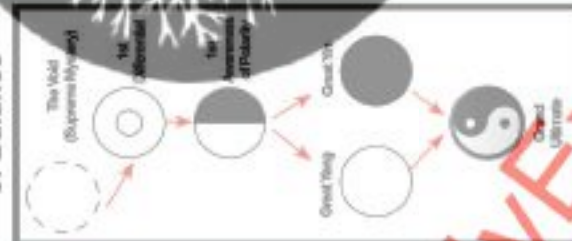
Ancient Eastern Exercise Methods

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

Chi
Slow moving yoga-like exercises with rhythmic twisting and self-massage of mind & body.

BaguaZhang
Walking meditation or "walking gongxi" are the names for the style of long walking. An internal-developing style similar to Tai Chi. Bagua develops stability in motion amongst many other things.

Ancient Eastern Philosophies of Balance



3 Planes of Movement



Tourniquet Effect

- 1) Sit
- 2) Stand
- 3) Move

- 1) Physical Movement
- 2) Breath Control
- 3) Focus of Thought

Wolff's law, developed by a biologist & surgeon, Julius Wolff, in the 19th century states that "bone is a healthy person or animal will adapt to the loads under which it's placed."

Benefits:

- Balancing of the emotions
- Balance & Stability
- Change in blood chemistry
- Coordination
- Flexibility
- Range of motion
- Strength

Root Causes of Pain & Suffering

- Congenital
- Attitude
- Lifestyle
- Acquired

ROOT PROBLEM:
Breathing is too fast & too shallow which can:
Affect Thoughts
Affect Emotions
Affect Blood Chemistry
Affect Organs & Functions

OVERALL HEALTH

A ROOT SOLUTION:

Activate the Parasympathetic Nervous System (PSNS)

12-18 breaths per minute average keeps us in the Sympathetic Nervous System of "Fight or Flight"

10 BPM or less activates PSNS Fight or flight response transitions to restore and regenerate

Quieting, Tai Chi & BaguaZhang can bring BPM to 7 BPM (or slower) activating:
DO SE (happy) chemicals & hormones released
Inhibit of Cortisol (stress hormone)
Dopamine
Oxytocin
Serotonin
Endorphins

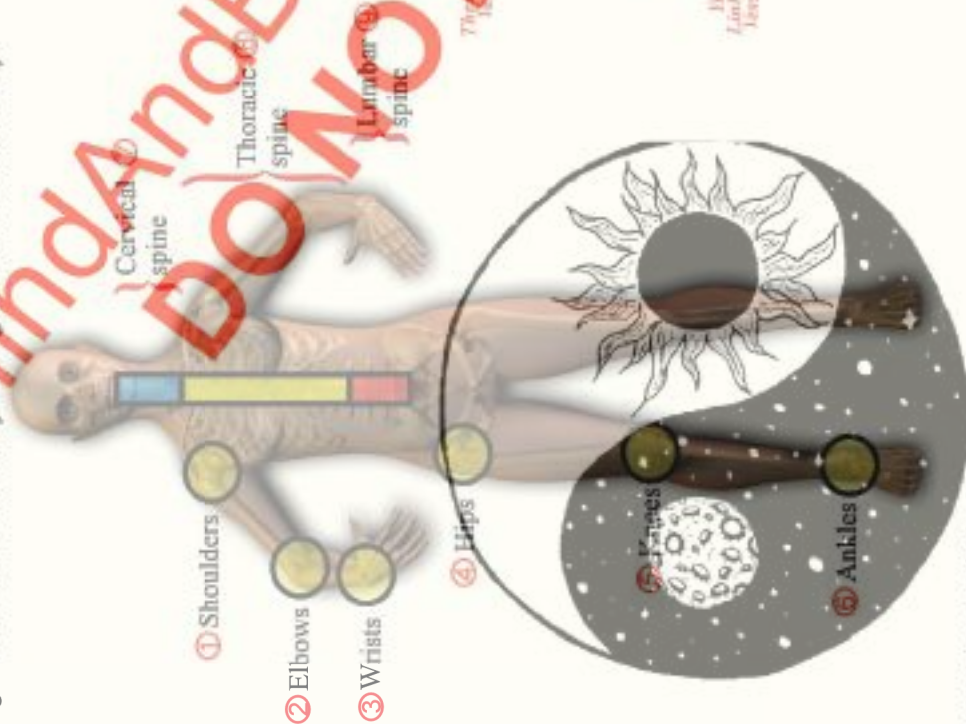
BPM (breaths per minute)

4 sec. inhale / 4 sec. exhale = 7.5 bpm
4 (in) / 4 (hold) / 4 (out) = 5 bpm
4 (in) / 4 (hold) / 4 (out) / 4 (hold) = 3.75

The 9 Gates & The 8 Vessels

9 Gates

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.



8 Vessels

The 8 Extraordinary Vessels are part of the body's meridian energy system. These vessels serve as reservoirs for the 12 Regular meridians. Above all else, they regulate the excess and lack of energy within the other meridians. These vessels are located in close proximity to the other meridians, often-times intersecting or running parallel with them.

12 Meridians

- Lung
- Heart
- Pericardium
- Large Intestine
- Small Intestine
- Triple Burner
- Spleen
- Kidney
- Liver
- Heart
- Stomach
- Bladder
- Gall Bladder

- 8 Vessels
- Conception
- Governing
- Thrusting
- Belt
- Yin Linking
- Yang Linking
- Yin Heel
- Yang Heel



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.

One method of opening the 9 Gates & Filling of the 8 Vessels, is with the practice of **SHIP PAL GYE** or **Ship Par Gay**, 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 to be 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, Baguazhang, 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.

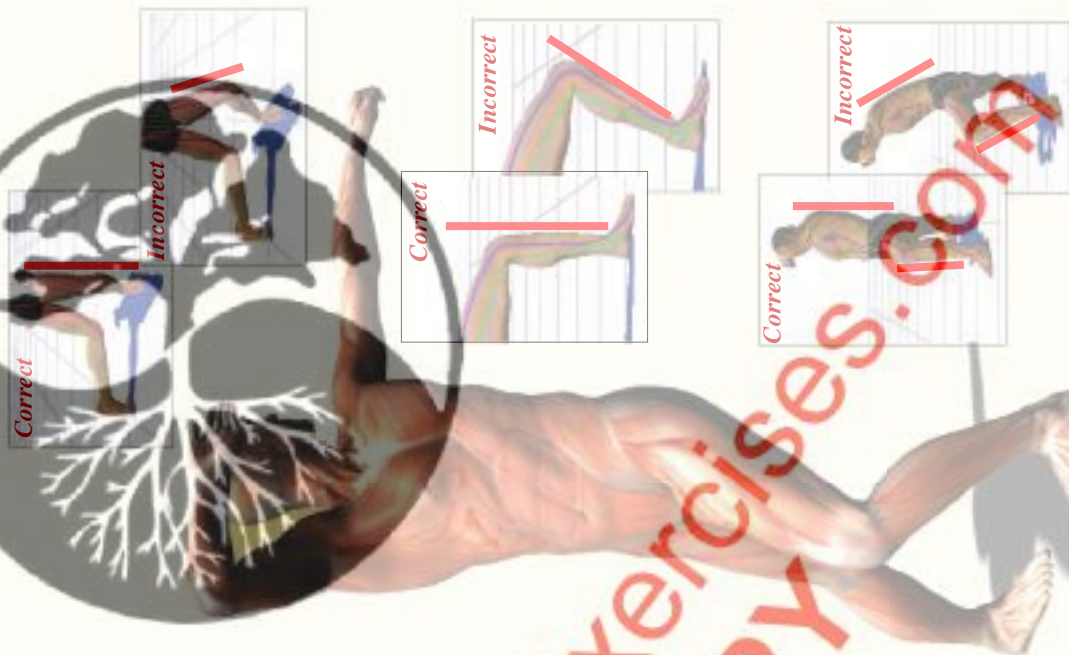
Legend has it that Bodhidharma spent nine years in meditation in a cave. During years of meditation he discovered that the lack of movement of his body and limbs over a long period of time, plus the bitter cold and wind around his mountain retreat caused fatigue, body aches and pains. His disciples also 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 Qi (chi), or vital energy.

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 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.

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



6 Forces of Opposition

www.MindAndBodyexercises.com

Nature consists of opposing forces called yin and yang. Humans and our bodies are part of nature. Good health results when the forces of yin and yang are in balance, within the human body. One can practice Tai Chi or Qigong movements as a method to help restore the body's balance of yin and yang. Traditional Chinese Medicine (TCM) focuses on correcting disharmony within one's qi, in terms of deficiency and excess. Using the complementary and opposing forces of yin and yang suggests that two forces are always interacting, opposing, and influencing each other to achieve harmony. This graphic depicts 6 sets of opposition and in this case, balance of those forces.

1 Head extends upward to elongate the spine.

2 Elbows push outward.

3 Tailbone pushes downward to elongate the spine.

4 Thighs push inward.

The colored lines on the body graphic depict the 12 energy meridians.

6 Chest presses forward.

Kidneys press backward.

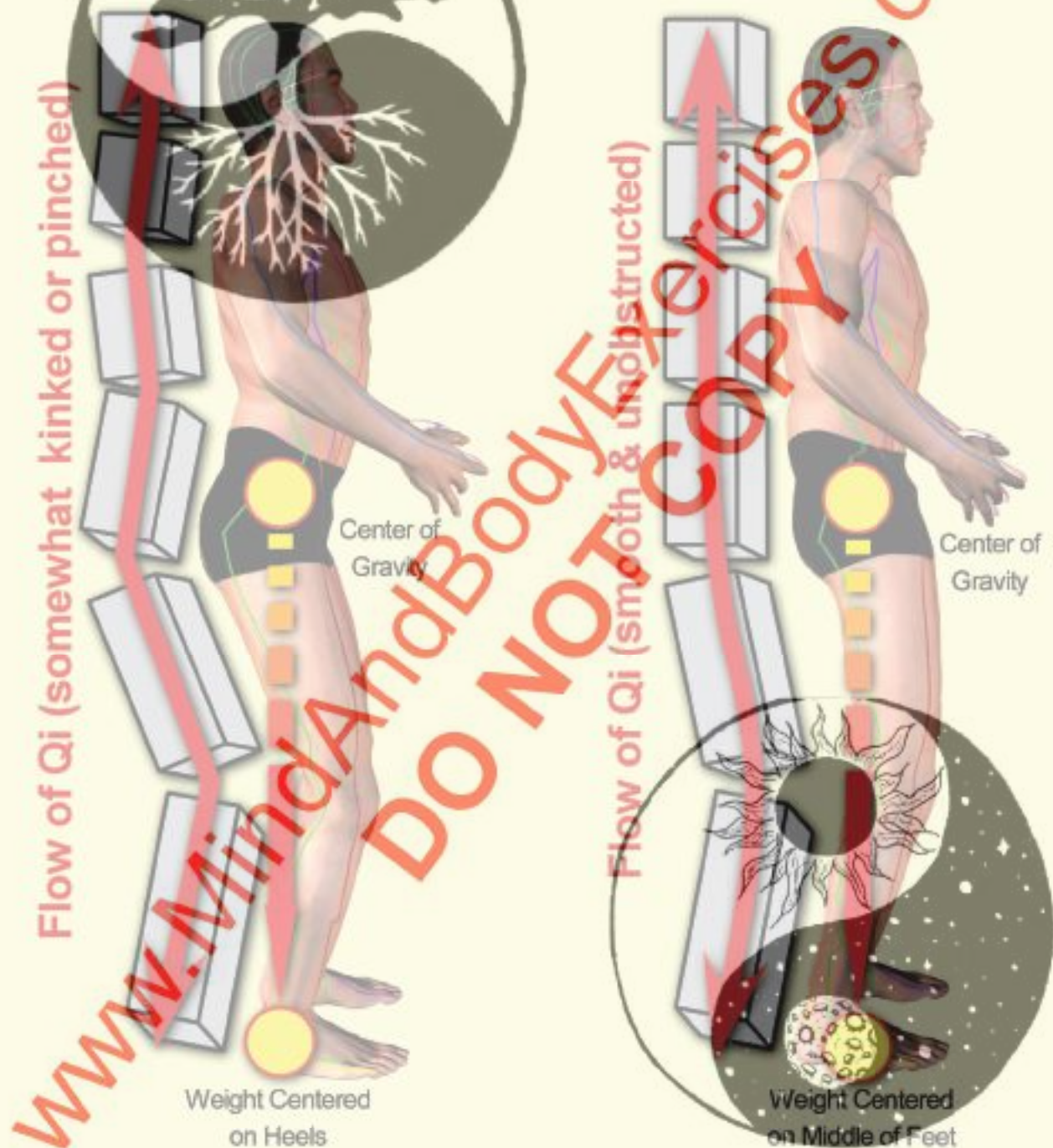
Imagine a small ball held between each finger & thumb, index finger is biggest.

Imagine a ball held between each thigh.

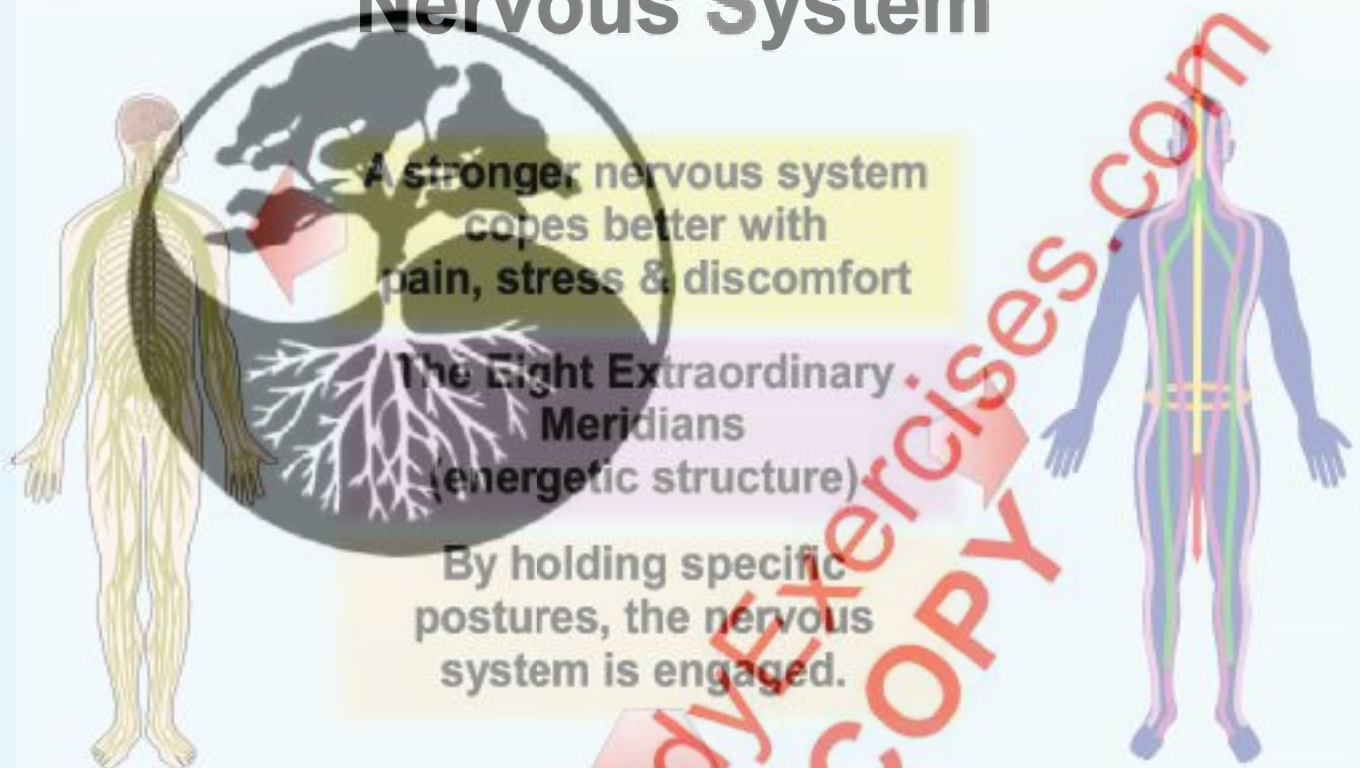
Imagine a ball held under each underarm.

© Copyright 2017 - CAD Graphics, Inc.

Stacking of the bones, is a method for insuring qi (energy) flow throughout the body through a specific alignment of the bones, limbs and overall posture of the human body. By self-awareness of how the bones are stacked on top of each other, the number of bends in the body are reduced and thereby facilitating the free flow of qi. An important benefit of unobstructed qi flow, is the effect of releasing tension. In order to hold the below alignments, the muscles must relax and allow the bones to hold themselves in place using a minimal amount of effort. To relax the muscles, an active command from the mind is necessary to release tension. The release of muscular tension also facilitates letting go of emotional and mental tension. When the entire body is relaxed, the true nature of an individual is allowed to present themselves.



Increase the Capacity of Your Nervous System

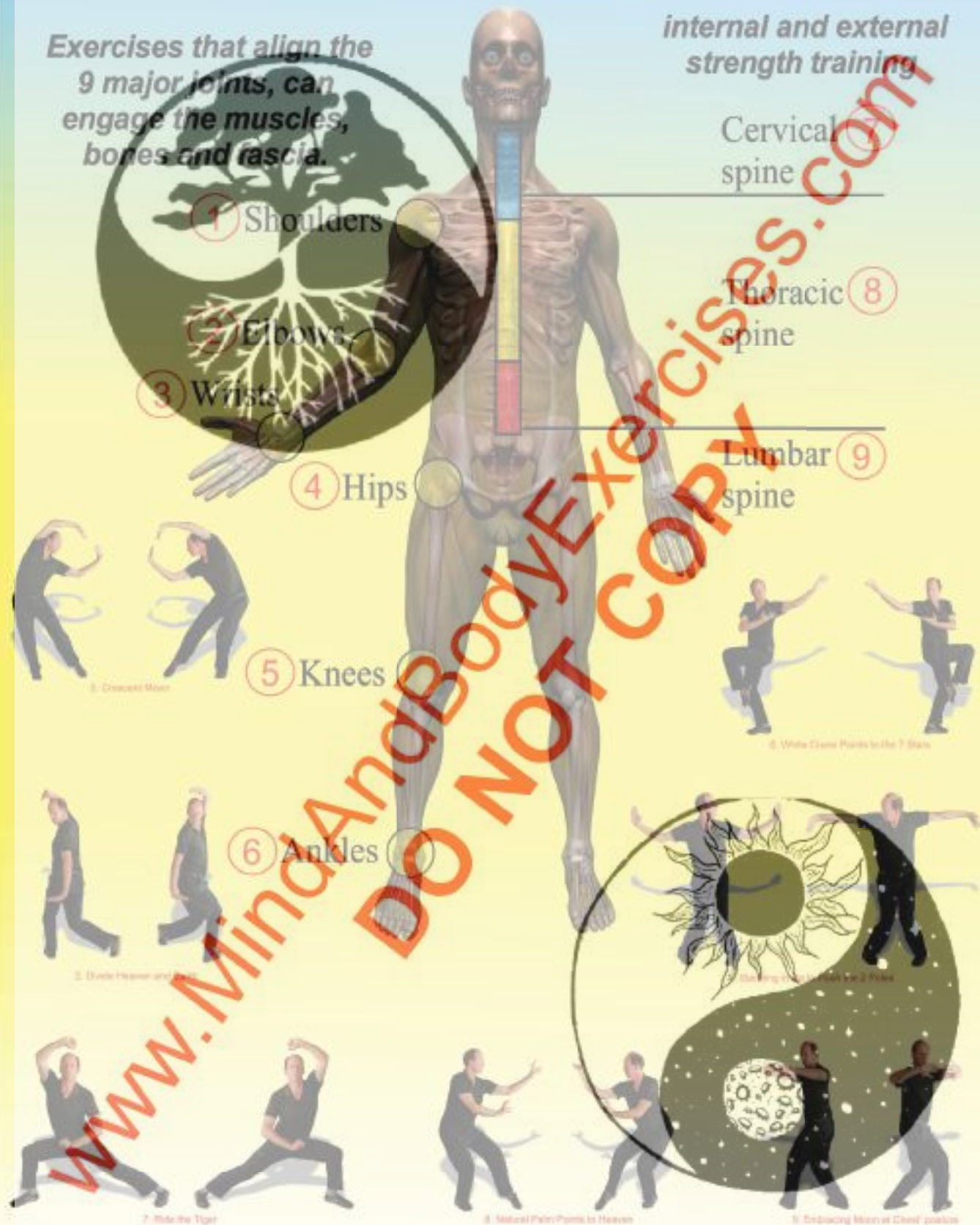


www.MindandBodyExercises.com

Taoist Yoga / Taoist Qigong / Ship Pal Gye

Exercises that align the 9 major joints, can engage the muscles, bones and fascia.

internal and external strength training

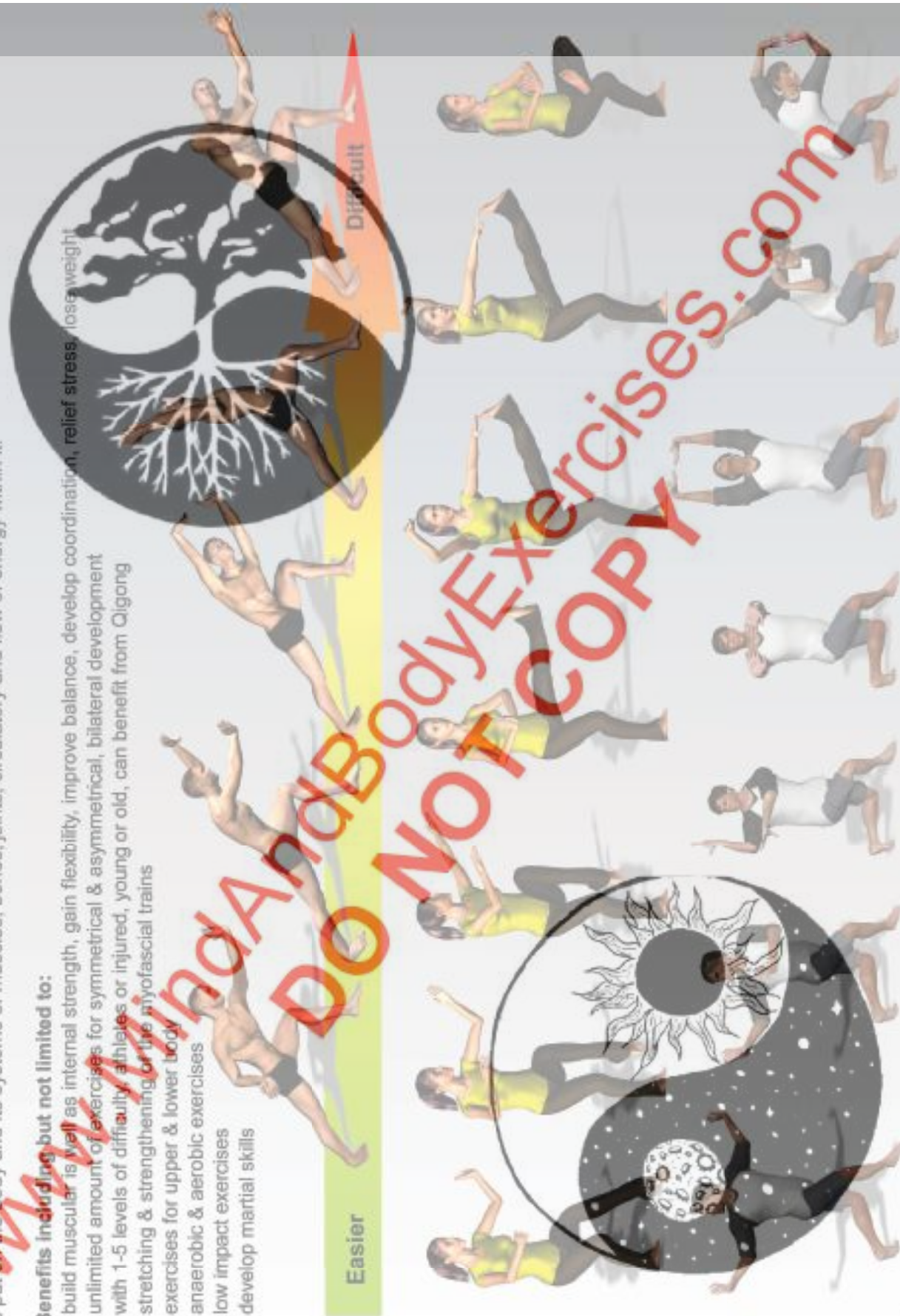


www.MindAndBodyExercises.com

Qigong, whether hard or soft refers to deep breathing exercises performed with little or no movement. Hard or soft is relative to how much tension is put on the body and its systems of muscles, bones, joints, circulatory and flow of energy within it.

Benefits including but not limited to:

- build muscular as well as internal strength, gain flexibility, improve balance, develop coordination, relief stress, lose weight
- unlimited amount of exercises for symmetrical & asymmetrical, bilateral development
- with 1-5 levels of difficulty, athletes or injured, young or old, can benefit from Qigong
- stretching & strengthening of the myofascial trains
- exercises for upper & lower body
- anaerobic & aerobic exercises
- low impact exercises
- develop martial skills



Posture Variations for Taoist Yoga (Hard Qigong)

Qigong, whether hard or soft refers to deep breathing exercises performed with little or no movement. Hard or soft is relative to how much tension is put on the body and its systems of muscles, bones, joints, circulatory and flow of energy within it.

Benefits including but not limited to:

- build muscular as well as internal strength, gain flexibility, improve balance, develop coordination, relief stress, lose weight
- unlimited amount of exercises for symmetrical & asymmetrical, bilateral development
- unlimited different core training sets (forms) with 1-5 levels of difficulty
- stretching & strengthening of the fascial trains
- exercises for upper & lower body
- anaerobic & aerobic exercises
- low impact exercises
- develop martial skills



The 8 Extra Vessels

The 8 Extraordinary Vessels are part of the body's meridian energy system. These vessels serve as reservoirs for the 12 Regular meridians. Above all else, they regulate the excess and lack of energy within the other meridians. These vessels are located in close proximity to the other meridians, often-times intersecting or running parallel with them. Some practices of these exercises fill and pressurize the 8 Vessels and is considered as "hard Qigong" and is somewhat advanced or challenging training.



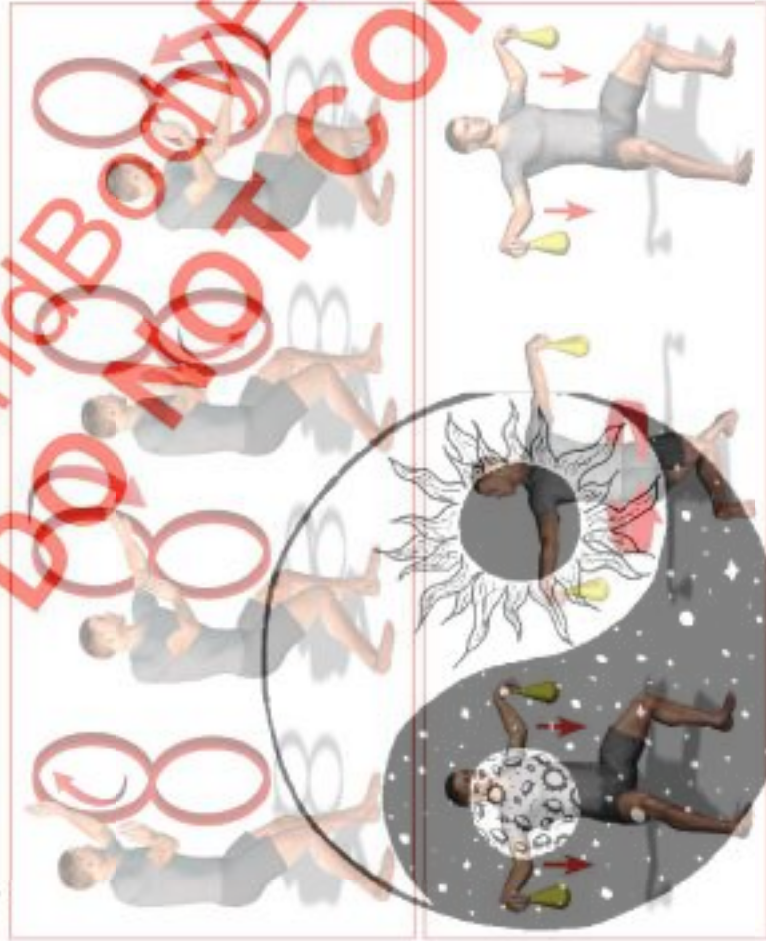
Burning the "Chong Mai"

The Chong Mai is commonly known as the thrusting vessel. "Burning of the Chong Mai" refers to putting the body in very precise positions and alignments in order to somewhat "trick" the body's internal systems into adjusting for a specific goal. The goal in this case, is to activate the Qi flow in the body, but more specifically the Qi in the spine up to the brain. With these proper alignments, the Qi is activated in the anatomical planes of sagittal, coronal and transverse.

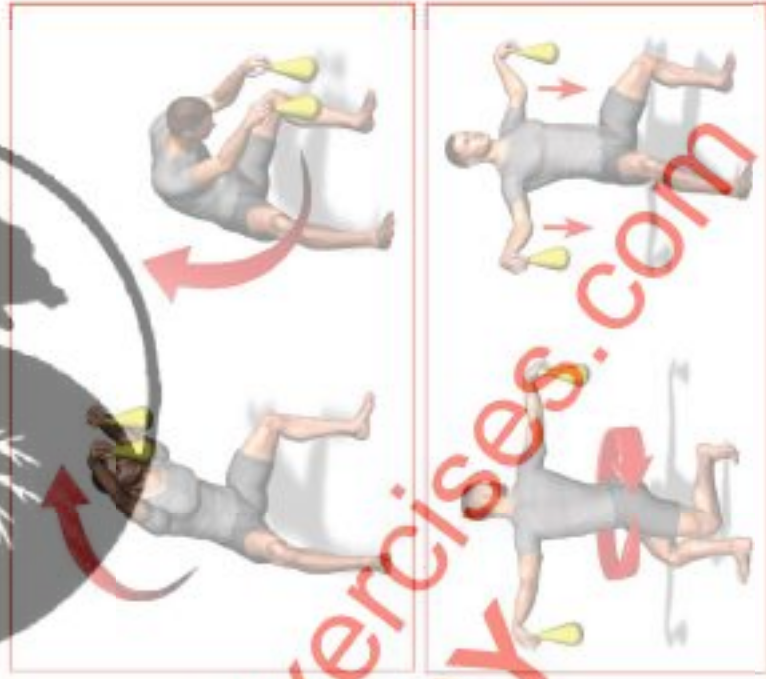
Fascia Stretching - with little or no resistance

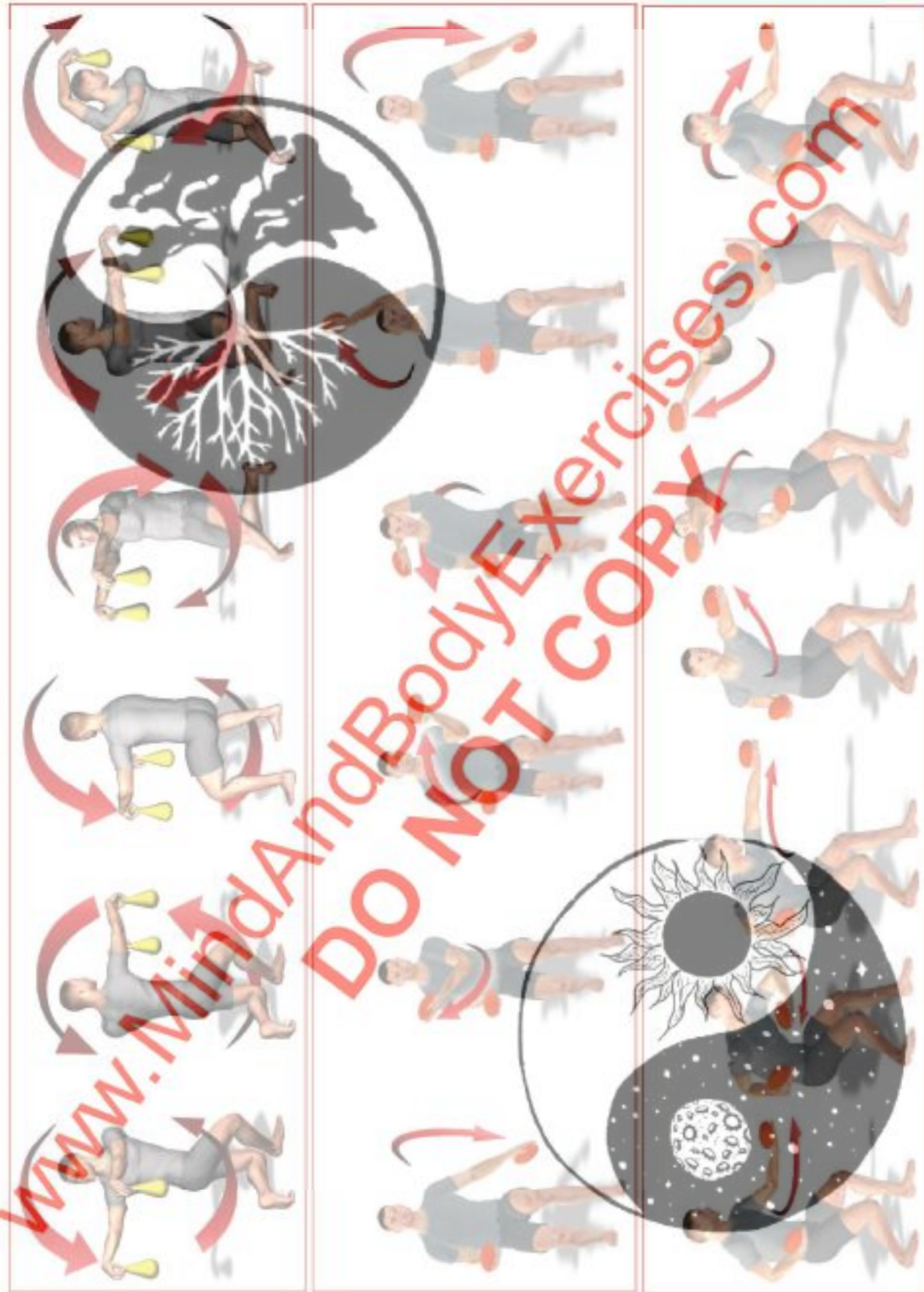
1. Little or no tension through out each exercise, especially in the neck and shoulders
2. Breathing rhythm is very deep but comfortable
 - a. Breathe in and out through nose in morning
 - b. Breathing in through nose and out through mouth in evening
3. Try to become be very aware, relaxed and meditative as executing each exercise.
 - a. Feet push into the ground, the hips direct the torso, the torso moves the arms
 - b. Eyes relaxed or closed, following the lead hand
4. Outdoors is good for practices, but shouldn't be too cold, especially don't get a chill after practicing, no cold showers after practicing
5. Apply Dit Da Jow to hands, arms and shoulders as well as sore areas throughout the body

6. Tap the arms and shoulders with the bags between each level of the set as well as sore areas. Try 3 levels for each set - high, medium height and low as comfortable
8. Arms stay relaxed, usually shoulder high as shoulders should relax and drop
9. Let wrist's drop, don't try to hold straight
10. Upon twisting torso, stay relaxed throughout the whole body
11. Elbows remain mostly slightly bent in most exercises
12. Most exercises should take approximately about 25 seconds in executing one repetition



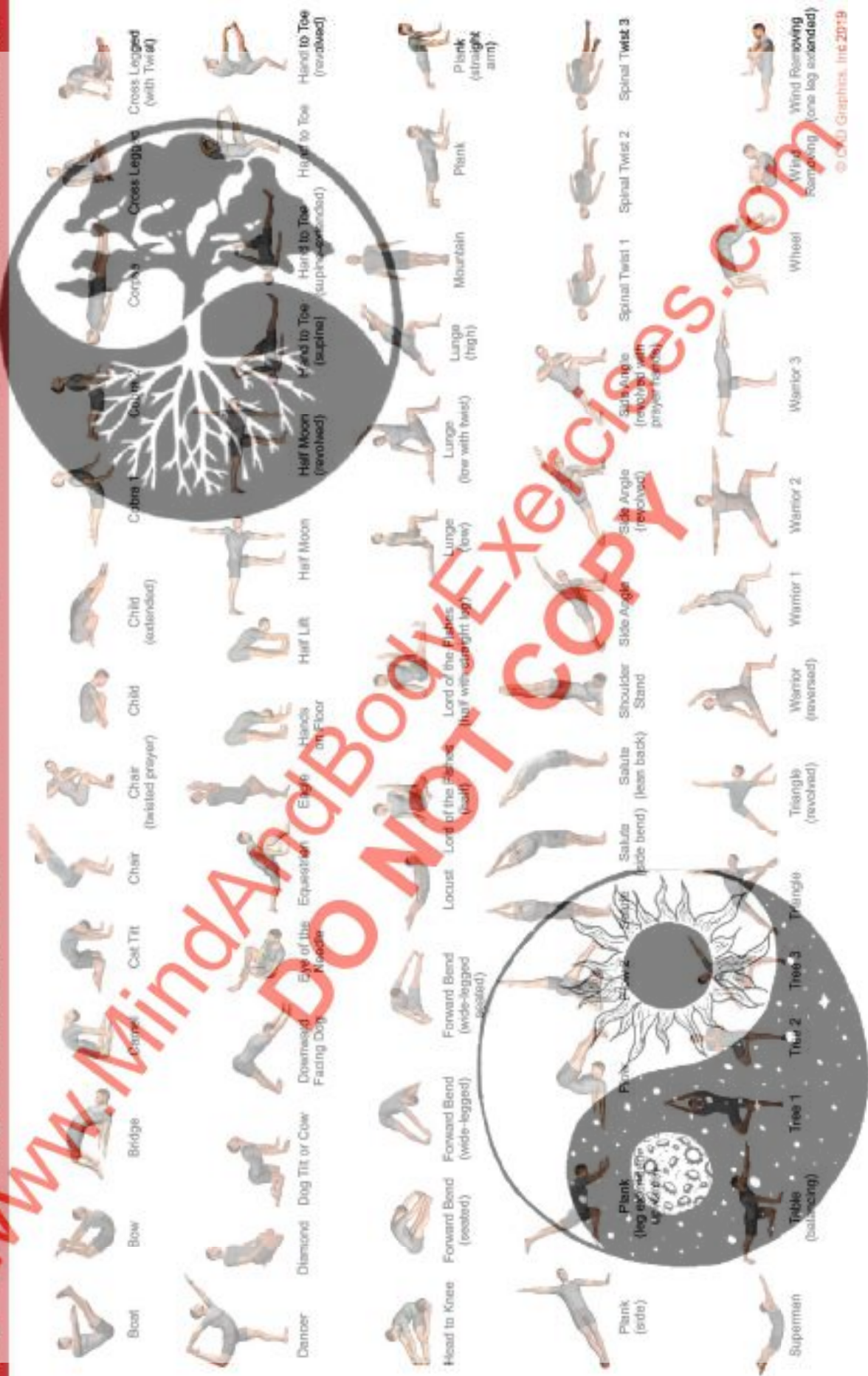
© 2019 - CAD Graphics, Inc. - All Rights Reserved

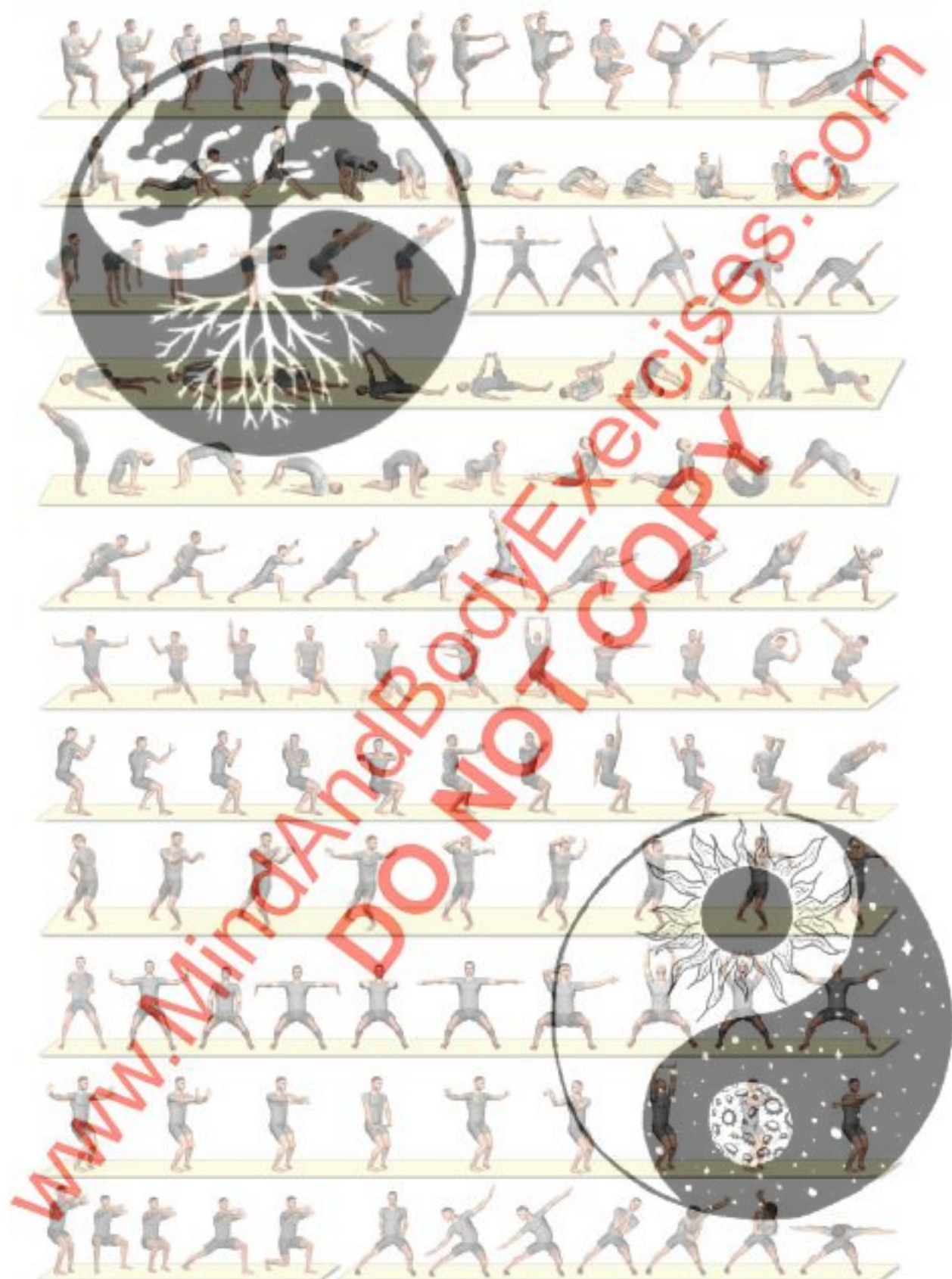












Martial arts have their roots in Yoga going back to Bodhidharma teaching the Shaolin monks hundreds of years ago. When one is in the proper body alignments, the individual disciplines the mind, discover ones spirit, as well as cultivates internal energy. Physical benefits such as strength, flexibility and increased range of motion can be achieved from consistent practice. The "tourniquet effect" of restricting and releasing blood and energy flow, helps to flush toxins from deep within the human body. Attempt the best posture possible, being careful not to become discouraged if you are unable to perform the exact positions. Hold the postures from 20 seconds to longer intervals such as 1-2 minutes, to achieve advanced levels of development. Relax the body into the positions in spite of any tension in the muscles. Deep and relaxed breathing is essential while performing these exercises.

Set #1



Bridge - basic



Top View



Front View

Lay flat on the back, push hips upward as keeping shoulders and feet on the ground.



Bridge - advanced

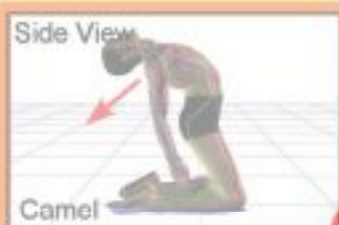


Top View



Front View

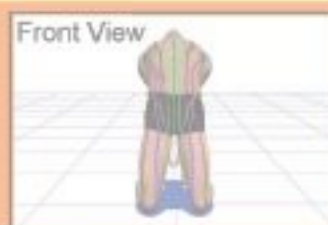
Lay flat on the back, push hips upward as keeping palms and feet on the ground.



Camel



Top View



Front View

Sit upright on shins as arching shoulders and head backwards towards the feet. Arms hang loosely at the sides.



Cat Tilt



Top View



Front View

Rest on hands and knees as pulling stomach and lower back upwards while pulling chin in towards the chest.



Cobra



Top View



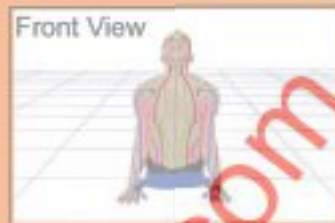
Front View

Lay flat on the stomach while pushing the hands downward and the head and shoulders upward.

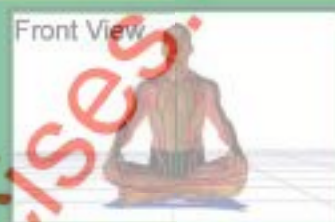
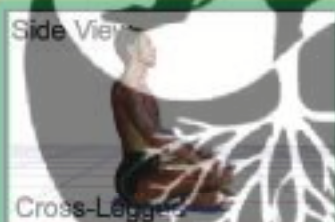
NOTE: This study guide is mainly a general reference for the exercise shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

© Copyright 2007 - CAD Graphics, Inc.

Set #2



Lay flat on the stomach with pushing the hands downward and the head and shoulders upward. Balls of the feet in contact with the ground.



Sit with the legs crossed and knees turned vertical and hands resting on the knees.



Stand upon one leg (slightly bent) while extending one arm up and forward as grabbing the opposite foot with the same hand as the foot.



Rest on hands and knees as pulling stomach and lower back downwards while pulling chin upwards.



Hands and palms flat on ground as pushing the hips upward while the head faces downward.



Hands on both sides of the body as extending one leg forward and one leg backward.

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

© Copyright 2007 - CAD Graphics, Inc.

8 Pieces of Brocade - Opening the 9 Gates www.MindAndBodyExercises.com

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 Heing 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 physical 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. 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 heal injuries, cure illness or disease and improve overall health. This art is possibly the most popular and often practiced chi kung (energy exercises) routines practice throughout the world maybe my millions of people. It is just one of perhaps hundreds of different exercise sets in the vast chi kung category.



Exercise 1

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



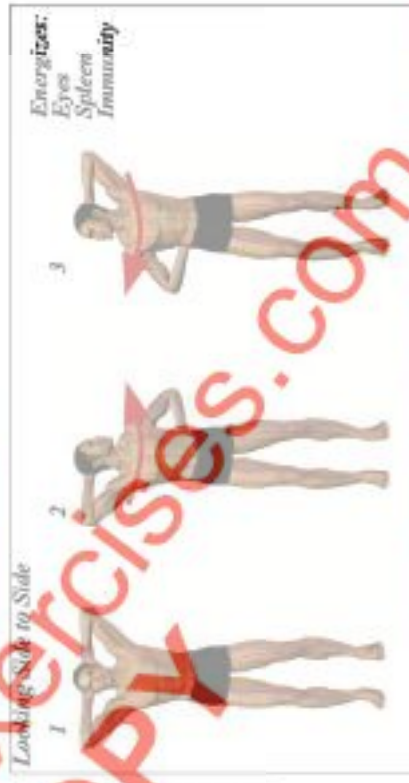
Exercise 3

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.



Exercise 2

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 hip. 3- Exhale as returning the hands to the ball holding position with the hands now opposite. 4- Repeat step 2 with arms opposite as to alternate sides.



Exercise 4

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.

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.

© Copyright 2016 - CAD Graphics, Inc.

To achieve optimal health benefits, these exercises should be practiced every day. Use a pace and amount of repetitions that are appropriate for your overall physical and mental condition. 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 will provide noticeable benefits well beyond the basic benefits of increased strength, flexibility and balance. Cultivating internal wellness requires some consistent effort. 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.



NOTES: 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.



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.



NOTES: 1- Wide horse stance with arms back and fists palm up on hips. 2- Exhale as extending left fist forward as turning fist to have palm facing down-ward. 3- Inhale as pulling left fist back to hip as right fist repeats step 2. Alternate from left to right arms.



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.

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.

© Copyright 2016 - GAD Graphics, Inc.

Tai Chi - Qigong - Dao Yin

These all

deliberately

focus upon

exercising the

organs,

muscles,

bones,

and energy

circulation!



The Tourniquet Effect

Opening the 9 Gates

&
Filling the 8 Vessels

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

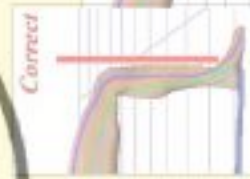
Correct postures allows for increased blood
flow while increasing strength and flexibility
without putting undue stress on the joints.



Correct



Incorrect



Correct



Incorrect



Correct



Incorrect



Proper Body Alignments

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



Summary of Sets 1-8

Set #1 - Introduction to basic stances and hand positions. Focuses on proper body alignments.

Set #2 - More hand positions with emphasis on wrist towards the wrist.

Set #3 - Combination of sets 1 & 2, requiring more thought and coordination.

Set #4 - Increased focus on wrist, elbow & shoulder.

Set #5 - Increased focus on fingers, wrist, elbow, shoulder and the meridians that they effect.

Set #6 - Similar benefits as all previous with more attention to the spine.

Set #7 - Extra attention to the spine and fingers.

Set #8 - Most strenuous with added focus to all joints & muscles.

SHIP PAL GYE or Ship Pal Gye, is a Korean version of Chinese Shaolin Lohan Qigong meaning "18 ch'i movements" or what were supposedly the original 18 drills that Bodhidharma introduced to the Shaolin monks. It is reported to be the basis for the Shaolin Kung Fu, which in turn, greatly influenced the development 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 to be introduced to the West; it is possibly the original "Mue-tsun" for Shaolin Kung Fu, from which the more familiar Karate, Aikido, Judo, Jujitsu, Hapkido, Tai Chi, Hsing I, Pakua, 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 Diao Tian 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, plus 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 8 Pal Gye sets taught within this system, forming a comprehensive system of progressively more advanced techniques towards gaining mastery of ones Qi (ch'i), or "life force".

The Tourniquet Effect
 180-400 AD graphic physician's text of the body and its various systems. One working set effect restricts and then releases the blood and then 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.

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.

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

© Copyright 2016 - CAD Graphics, Inc.

Stance 1

Side Front Top

NOTES: Shoulders square, back straight, tailbone tucked forward, foot, knee and hip in the same vertical plane.

Stance 2

Side Front Top

NOTES: Shoulders square, back straight, tailbone tucked forward, foot, knee and hip in the same vertical plane.

Stance 3

Side Front Top

NOTES: Shoulders square, back straight, tailbone tucked forward, foot & knee in the same vertical plane.

Stance 4

Side Front Top

NOTES: Shoulders square, back straight, tailbone tucked forward, foot & knee in the same vertical plane. Arms slight bent.

Stance 5

Side Front Top

NOTES: Shoulders square, back straight, tailbone tucked forward, foot, knee and hip in the same vertical plane.

Stance 6

Side Front Top

NOTES: Shoulders square, back straight, tailbone tucked forward, foot, knee and hip in the same vertical plane.

Stance 7

Side Front Top

NOTES: Shoulders square, back straight, tailbone tucked forward, foot, knee and hip in the same vertical plane.

Stance 8

Side Front Top

NOTES: Shoulders relaxed, back straight, tailbone tucked forward, foot, knee and hip in the same vertical plane. Stance 8 is executed on both sides as well as facing all 4 directions; this totals 18 stances.



1. Seven Stars Press the Earth

2. Divide Heaven and Earth

3. Standing in Ba to Push the 2 Poles

4. Twist Like a Rope

5. Crescent Moon

6. White Crane Points to the 7 Stars

7. Ride the Tiger

8. Natural Palm Points to Heaven

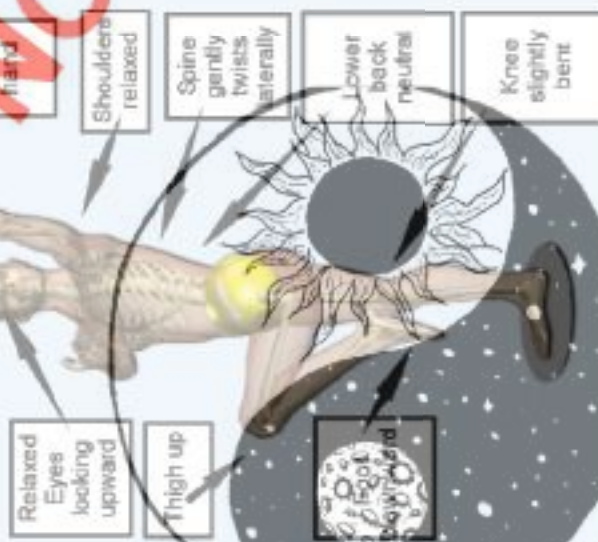
9. Embracing Moon at Chest posture

**Discipline the body
by
disciplining the mind**
(attention to the details
is what trains the mind to
become more self-aware)

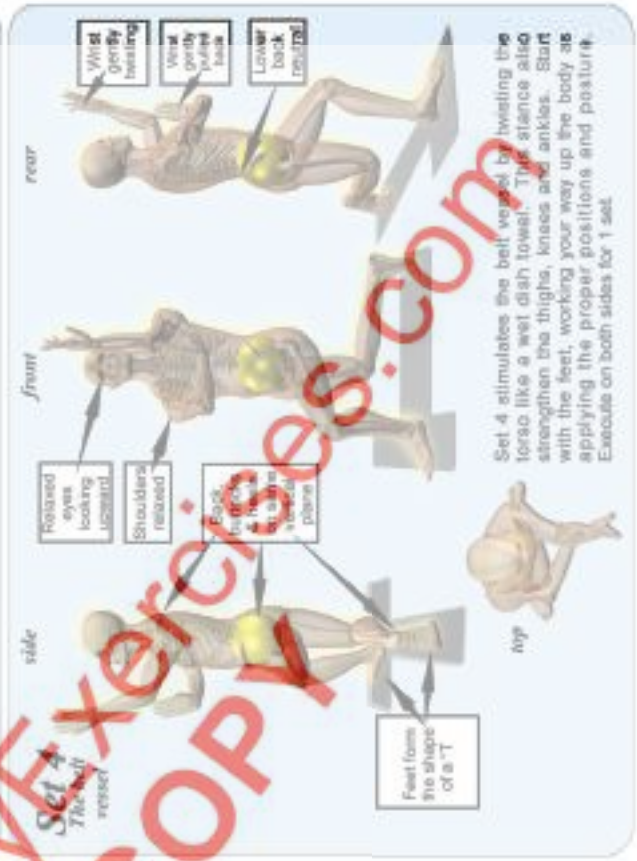
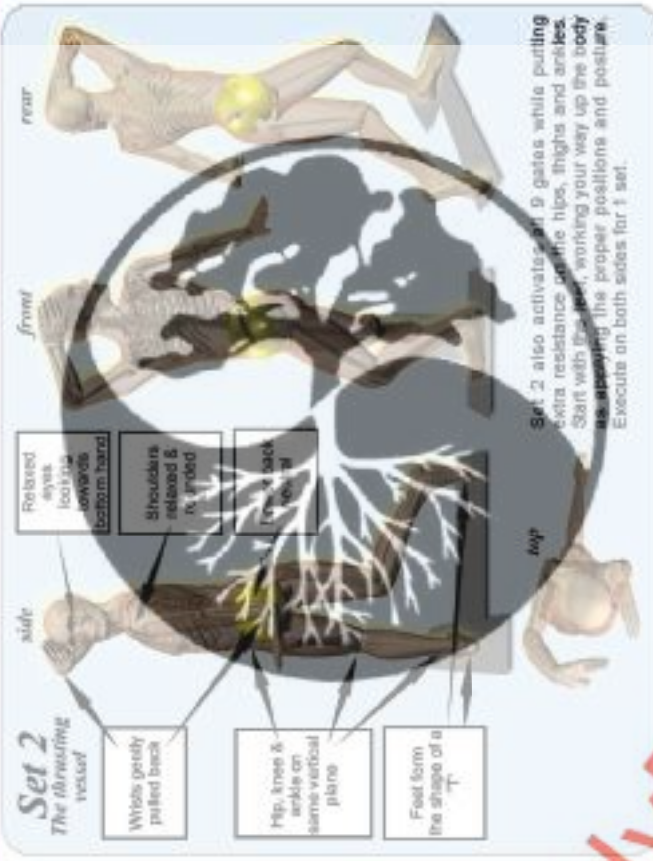
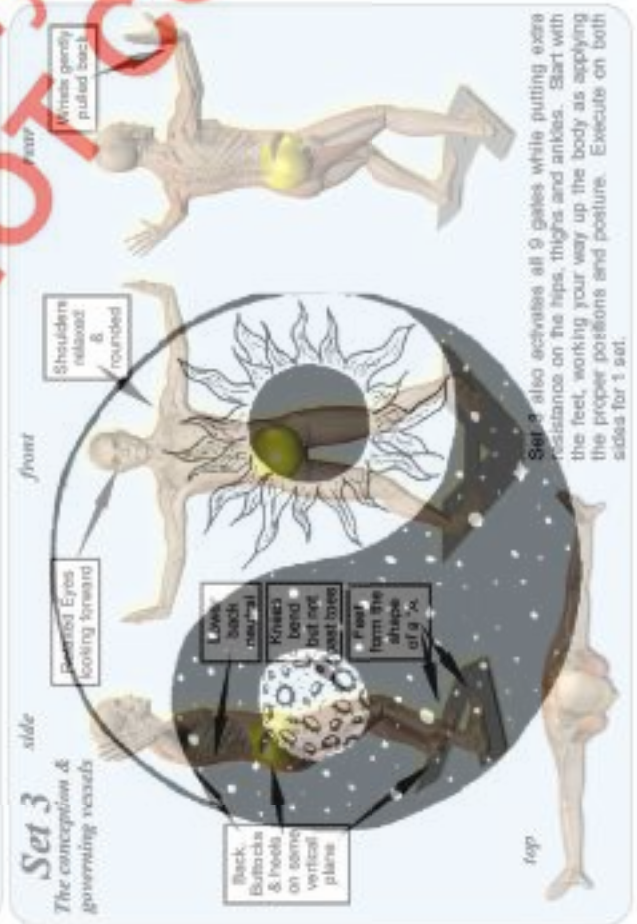
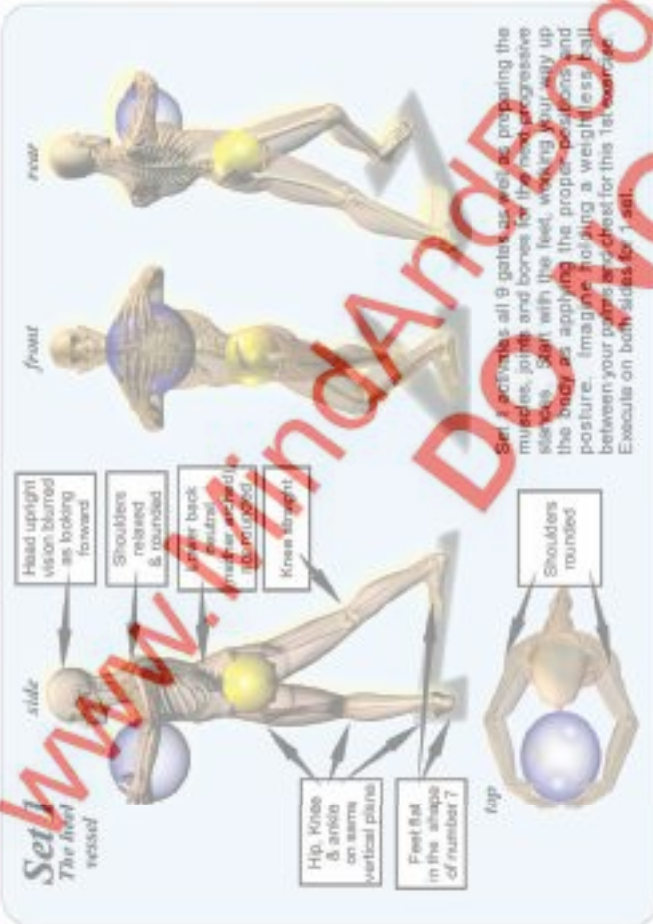


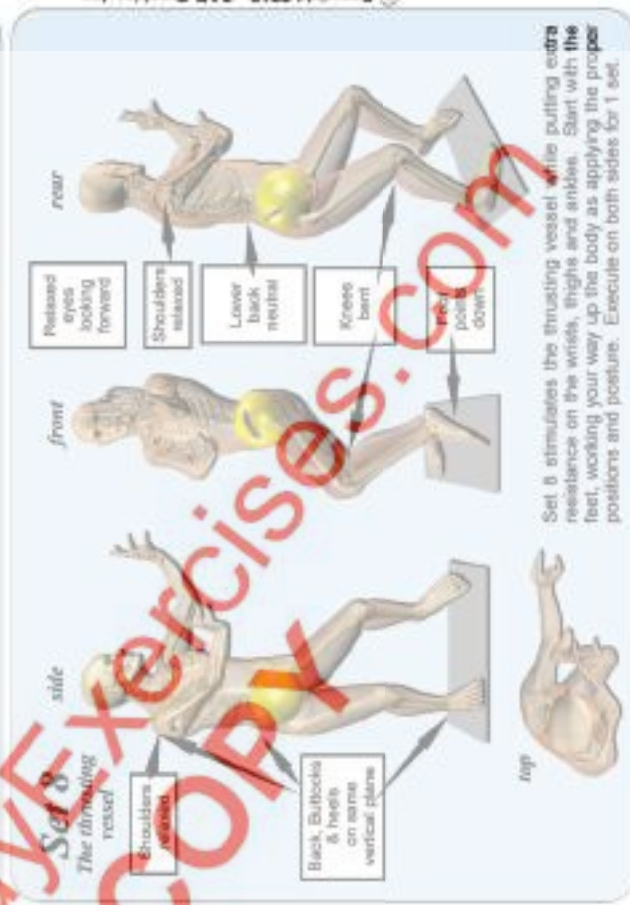
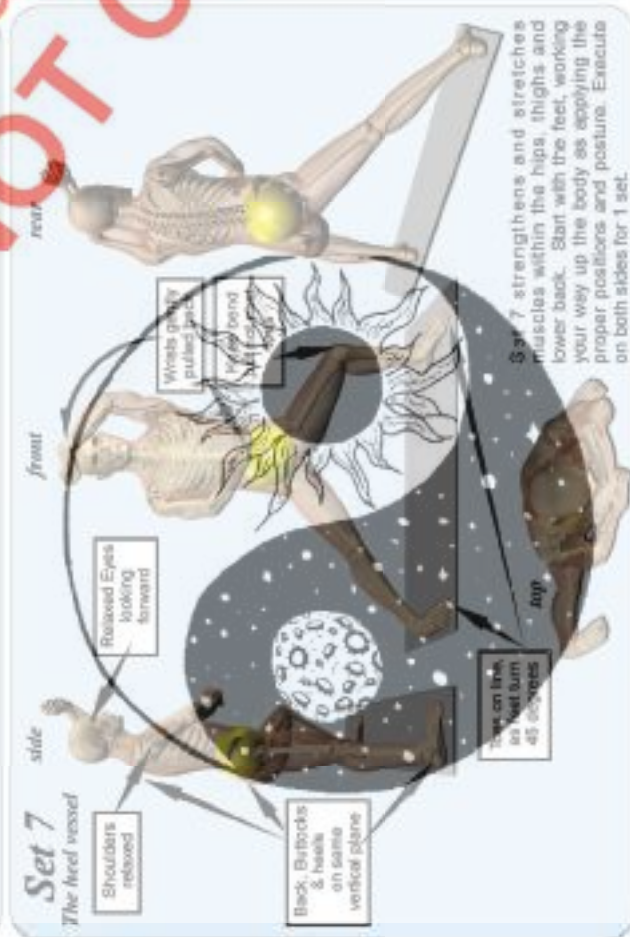
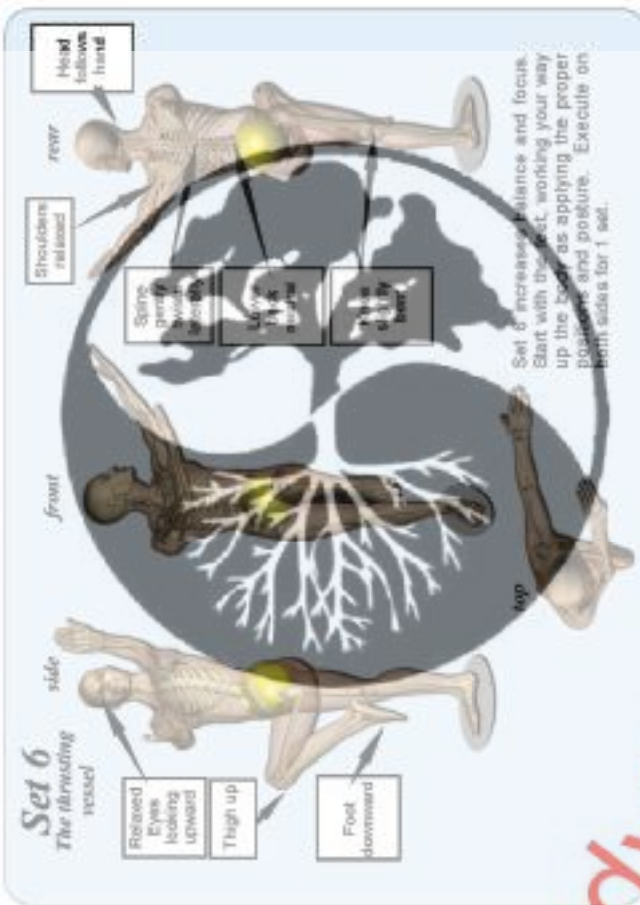
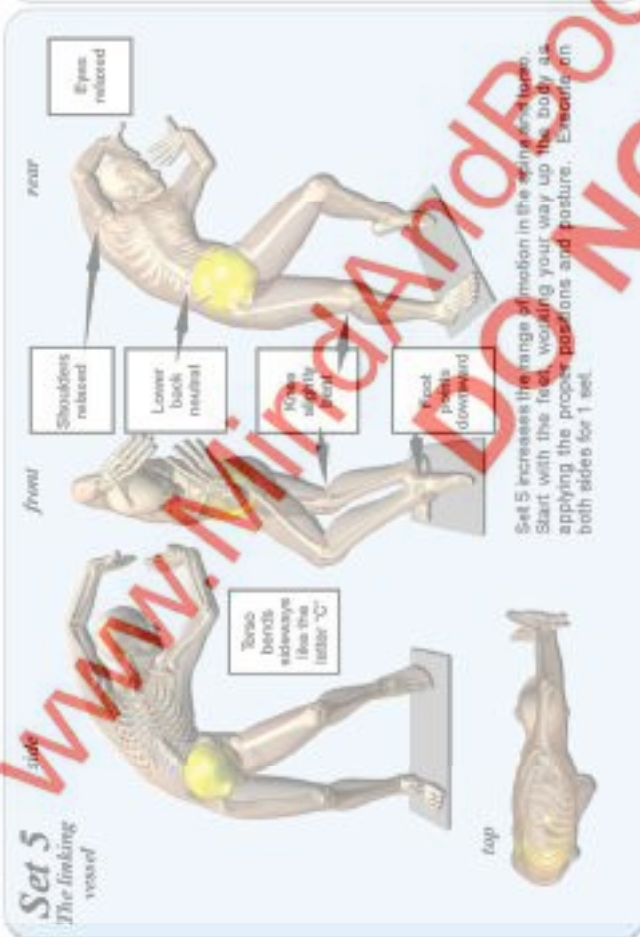
By holding specific postures, the musculoskeletal, nervous and other functional systems are engaged.

Set 6 The thrusting vessel



Hold for:
30 seconds,
1-5 minutes,
longer if advanced

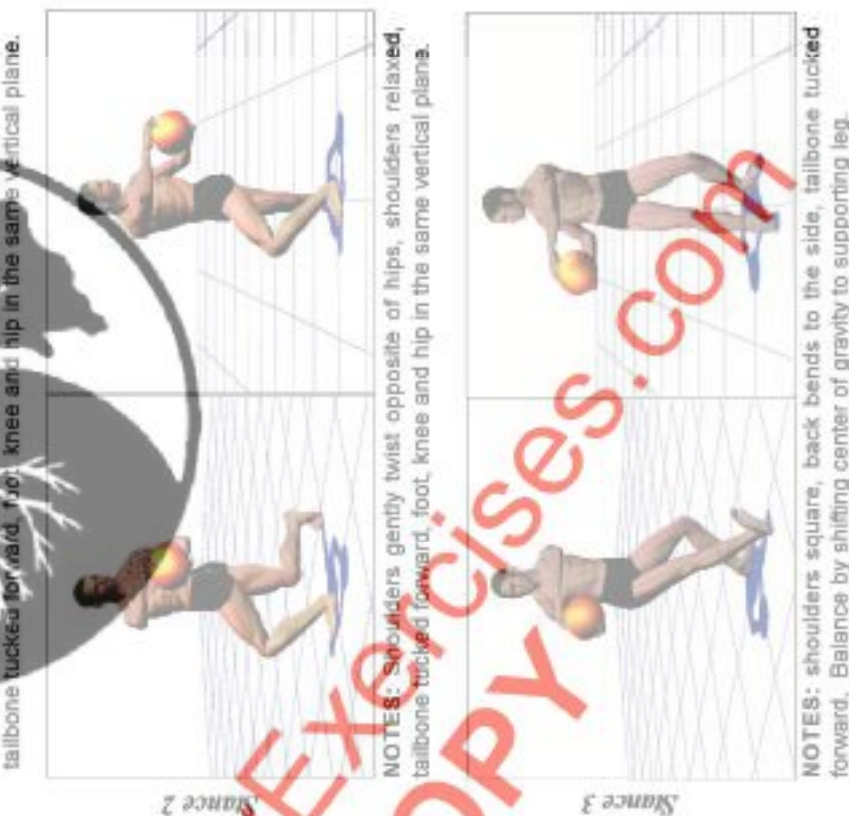




This set differs somewhat from the other Ship Pal Gye sets. The practitioner uses a ball, weighted or not to increase awareness and core body strength. The subtle shifts necessary to maintain ones balance, develop core muscles not normally utilized in other exercises. The weight of the ball is not as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



Side

Front

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.

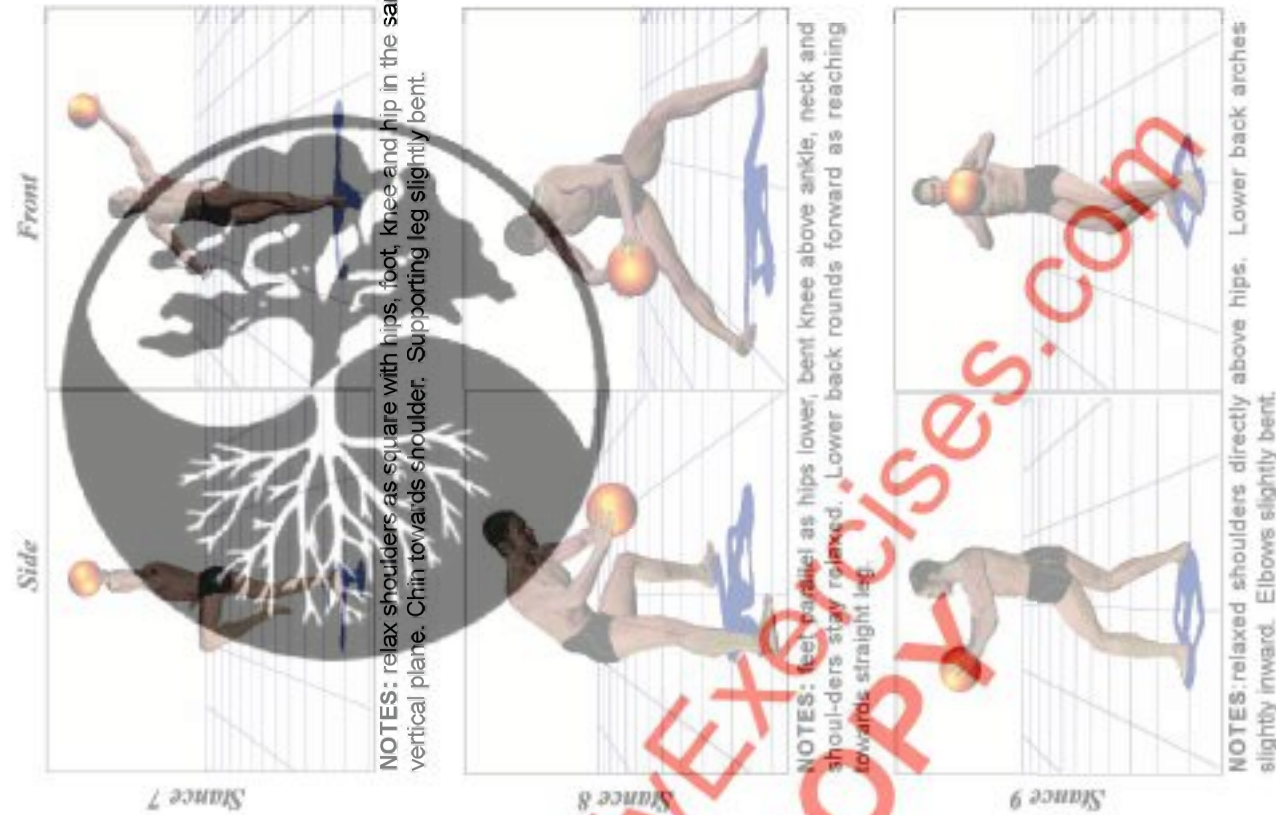
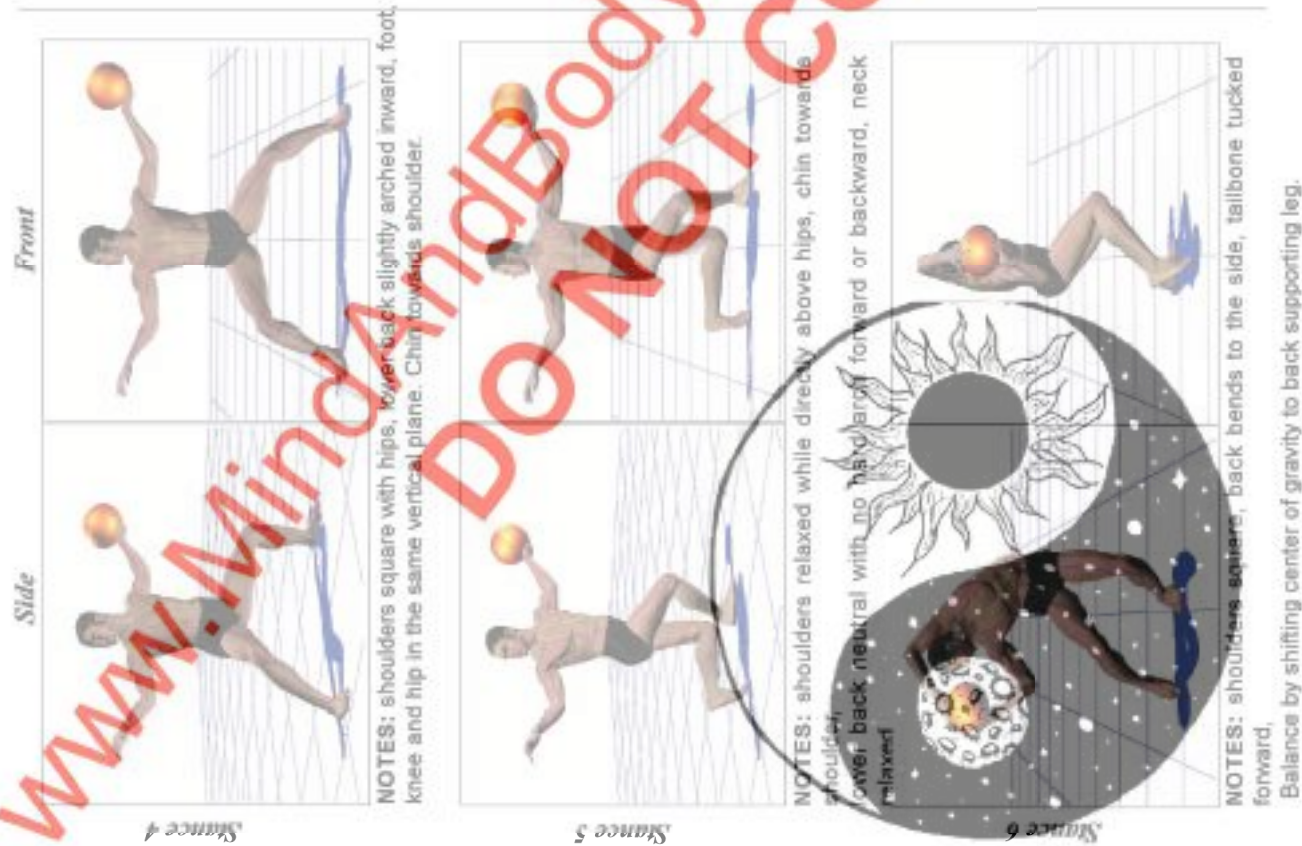


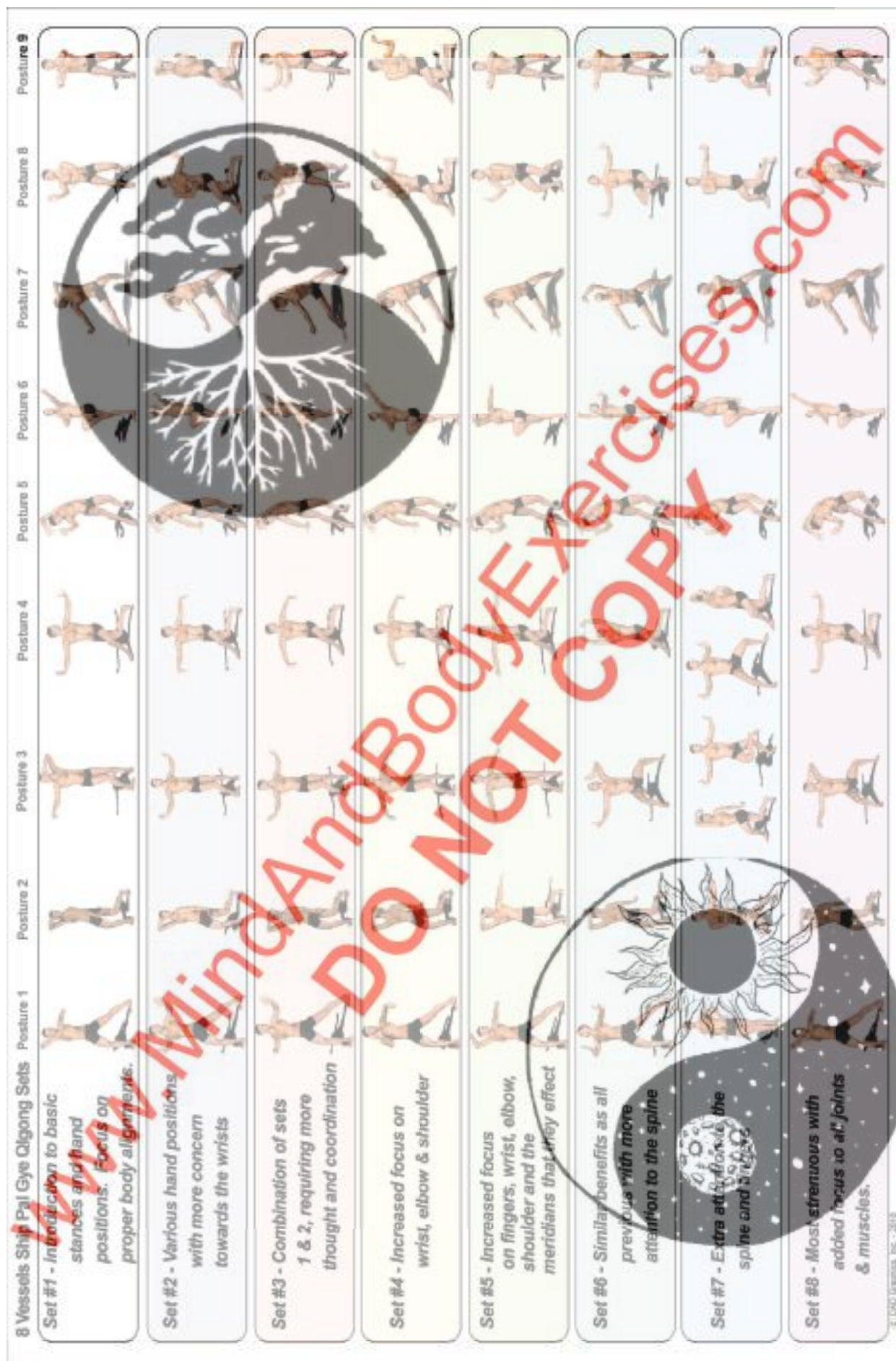
Stance 3

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

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.

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





Basic Shoulder Anatomy

The human shoulder joint is a complex structure consisting of 4 joints and 3 bones:

- 1) Glenohumeral joint
- 2) Acromioclavicular joint
- 3) Scapulothoracic joint
- 4) Sternoclavicular joint

- 1) clavicle (collar bone)
- 2) scapula (shoulder blade)
- 3) humerus, upper arm bone

- 1) muscles
- 2) ligaments
- 3) bones
- 4) individual joints

This structure of joints and bones allows your shoulder to move in various directions. Each movement has a different degree of mobility. The ability of the shoulder to move in a normal range depends on the health of your:

- 1) muscles
- 2) ligaments
- 3) bones
- 4) individual joints



8 Directions of Mobility



Shoulder Exercises Using Dynamic Tension and/or Light Weights

These fairly simple exercises can be performed with or without dumbbells. The main goal is to increase strength within the natural range of motion in the neck, shoulders, arms, spine, hips, thighs and ankles. Light weights can help to tone muscles as well as provide increased strength in lesser used muscle groups. Weight training, even with lighter weights, has been known to help prevent osteoporosis. These exercises take up very little space and a few minutes of time to gain benefits. There should be a deep inhale at the start of each exercise, lasting about 4 seconds, followed by a deep 4 second exhalation as finishing the exercise. The muscles should remain relaxed while moving and flexed at the end position.

Exercise #1



Stand with feet shoulder-width apart. Drop the head, knees and thighs forward while keeping the feet, knees and thighs vertical. Place both hands up on the hips. Bend the head slowly forward to eyes level.

Exercise #3



Exercise #2



From previous position, rotate both wrists forward as turning head as far as possible to the left. Again, drop the head and thigh while keeping foot, knee and thigh within the same vertical plane. Exhale deeply as you bend the head forward while turning the hips.

Exercise #6



Exercise #3



From previous position, rotate both wrists forward your centerline. Rotate wrist upward and upward as raising both arms above the head. Exhale deeply as sinking the hips.

Exercise #4



From previous position, bend forward at the waist as slowly raise arms behind the body and level with the ground. Exhale deeply as sinking the hips. Slowly drop arms to hips as the spine straightens upright.



Meridian Exercises (set 1)

www.MindAndBodyExercises.com

There are twelve main meridians and 8 other special meridians within the human body. Meridians are similar to electrical wires or nerves. 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 energy flow or blockage within the meridians, health problems can arise. Through proper diet, exercises and life style, it is possible to keep the chi (energy or life force) flowing through the meridians. These exercises help to increase this flow in addition to enhancing strength, flexibility, range of motion and balance.

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. Your arteries and organs are cleaned out, flushed with blood and ligaments. The same event affect muscles, 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.

For more information:
www.MindAndBodyExercises.com

There are twelve main meridians and 8 other special meridians within the human body. Meridians are similar to electrical wires or nerves. 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 energy flow or blockage within the meridians, health problems can arise. Through proper diet, exercises and life style, it is possible to keep the chi (energy or life force) flowing through the meridians. These exercises help to increase this flow in addition to enhancing strength, flexibility, range of motion and balance.



Exercise 2

NOTES: 1- bring right hand to opposite shoulder. 2- Bring left hand to lower back and upwards. 3- turn from the hips, then abdomen, then shoulders. 4- then the neck, after several days and weeks, to opposite side.



Exercise 5

NOTES: 1- interlock fingers behind head. 2- drop right elbow towards right hip. 3&4- reverse and alternate on opposite side.



Exercise 1

NOTES: 1- lift left foot, right foot up, 2- extend arms upward together, 3- twist down and up, 4- up the back of legs (feet closer & back up), 5- after more of a challenge, 6- 4- extend the legs (feet closer & back up).

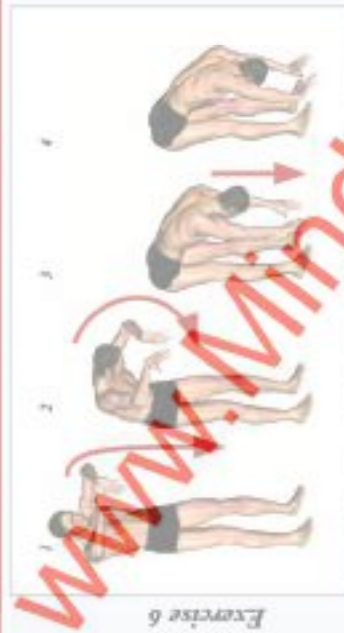


Exercise 3

NOTES: 1- shift weight towards left leg. 2- extend left arm & crosses up & forwards. 3- try to grab the right ankle while maintaining your balance. 4- extend the right leg and left arm in opposite directions.



NOTES: 1- legs apart with toes & hips facing forward. 2- hands together & reaching upward. 3- bring hands and arms downward following the forward leg to the front. 4- raise arms and torso back to start position.



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.

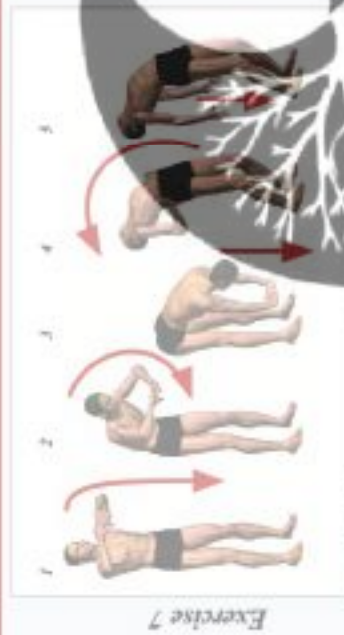
NOTES: 1- hands hang loosely in front of face 2- chin to the chest as bending one vertebra at a time while the other bends downward. 4- Reverse by raising from the lower back, one vertebra at a time.



NOTES: 1- Circle arms to the right and 2- overhead finishing with arms dangling to the side. 3- Reverse & repeat on opposite side. 4- Turn chin forward, down & up for variations of the neck stretch.



NOTES: 1-3- same as exercise 6, (flashes bent) once you are at your lowest point, then 4- gently reaching toward left ankle then lean back to circle torso back to the 3- right ankle. Reverse circle & torso opposite direction to repeat.



NOTES: 1-3- same as exercise 6 but 4- punch fingers together as raising arms to stand up. 4- hands on lower back legs raise, knees, hips, downward. 5- extra challenge in letting arms dangle straight at the knees.



NOTES: 1-3- same as exercise 6 once you are at your lowest point, then 4- gently reaching toward left ankle then back to right ankle. Reverse & do same from the lower back, one vertebra at a time.



NOTES: Combination of exercises 6 & 8. 1-3- execute just as ex. 6. 4- punch fingers together as raising arms to sides. 5- raise back to upright. 6- bend knees as arms make a half shape. 7- right arm pushes up as left arm pushes down. 8- twist torso to left as shifting weight towards left leg. 9- large circle of arm & torso. 10- lean sideways from torso as arms dangle overhead & to the side. 11- right leg behind left as chin points up. Repeat again and start opposite side at step 6.

Tai Chi, Baguazhang and Hsing Yi are types of kung fu, composed of specific exercises to increase ones inner health or "chi" pronounced as key or chee. Chi is a type of energy similar to electricity, which flows throughout the human body. Most would agree that the body has electrical charges, which sustain the heart and also affect the brain. By performing specific exercises, along with regulation of ones breath, the chi within the body can be increased. It is this circulation of chi, along with the flow of blood that can improve ones health. Lack of this flow is what cause disease or dis- "ease" within the human body.

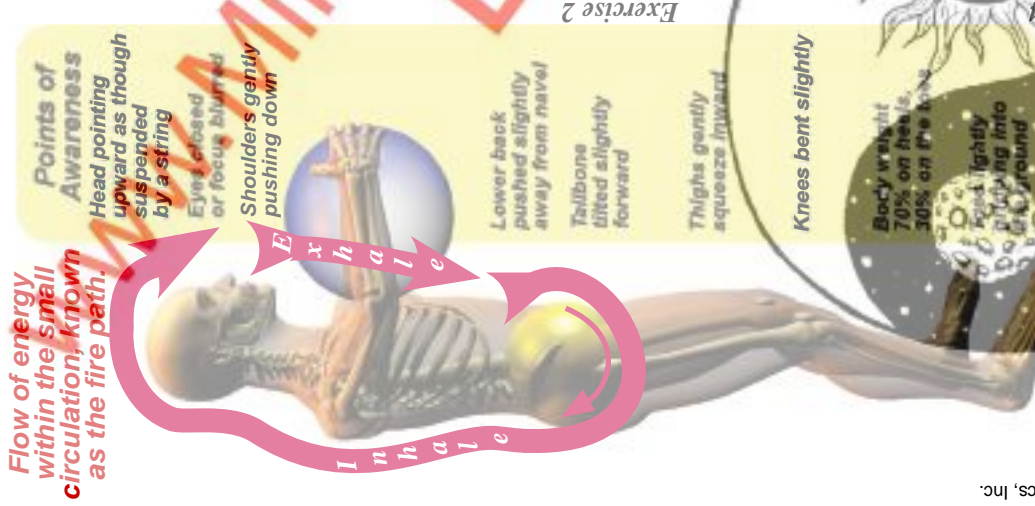
Tai Chi and other types of martial arts exercises stimulate the chi by the gentle relaxing, stretching and twisting of the body. The regulation of the breath is what calms the mind and in turn relaxes the muscles.

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.

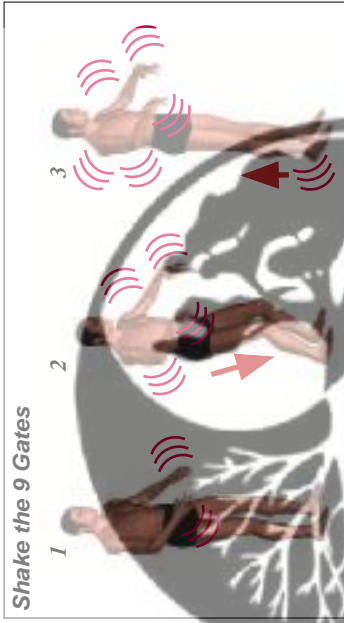
Opening the Small Circulation

Flow of energy within the small circulation, known as the fire path.

The Small Circulation, Small Circle, or the Microcosmic Orbit, is the practice of circulating one's internal energy (Qi or chi), within the human body. The illustration to the left represents the awareness of energy flow throughout the Governing and Conception meridians; in this case, the fire path. These meridians are located on the center line of the body and in turn govern and regulate the other meridians. This practice has been considered to be the foundation of Internal Qigong. It was a fundamental step on the path of meditation training in ancient times. Over time, this practice has gradually been lost from many meditation traditions, and its importance diminished. Though meditation is popular today for relaxation, stress relief and general health, the ultimate goal for some people, is spiritual awareness and enlightenment. Small Circulation Meditation transforms the body from weak to strong while training the mind to be calm and focused.



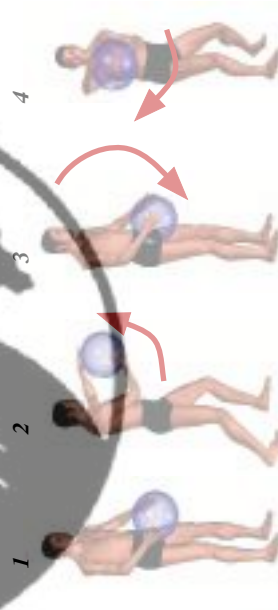
Visualize holding a weightless ball between your palms and chest, another within the pelvis. After conforming to the above body alignments, inhale while focusing just below the navel and following your center line between the legs and up the back, over the head and to the spot between the nose & upper lip. Exhale as following your awareness back to just below the navel.



Exercise 1

NOTES: 1- Loosely shake hands & fingers. 2- Continue shaking hands working your way up to elbows & shoulders. Bend & straighten knees while shaking upper body. 3- Same motion but add gentle bouncing forward on to the balls of the feet.

Embracing the Sun & Moon



Exercise 3

NOTES: 1- Inhale as visualizing holding a weightless ball between the palms. 2- Exhale as shifting weight to left leg as twisting the torso to the left & lifting the arms to shoulder height. 3- Return to center position as inhaling. 4- Repeat as twisting to the right side.



Exercise 5

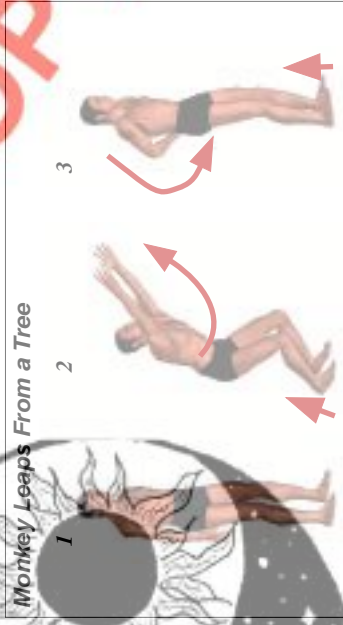
NOTES: 1- Visualize holding a weightless ball between the palm, rock back on the heels of the feet. 2- Inhale as extending arms upward to the sides, as rocking on to the balls of the feet. 3- Exhale as returning arms to start position. 4- Repeat.

Snake Rises Out of the Grass



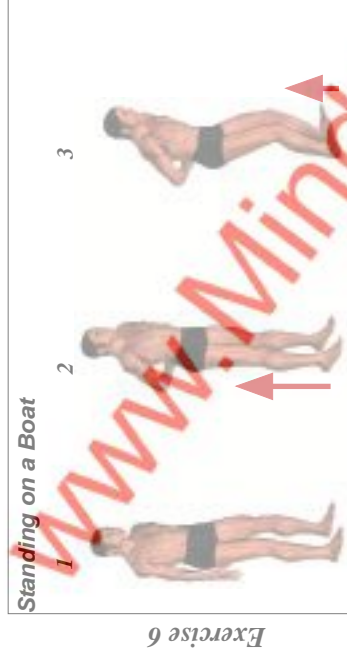
Exercise 2

NOTES: 1- Inhale as bending knees as arching back, chin up. 2- Round back as chin dips forward. 3- exhale as straightening legs, as spine lifts one vertebrae at a time. 4- Inhale, straighten the head and repeat from neutral position.



Exercise 4

NOTES: 1- Start in a neutral position. 2- Inhale as swinging arms forward, rock on to balls of feet. 3- Exhale while bringing hands to lower back, round back & tuck tailbone forward, rock on to heels.



Exercise 6

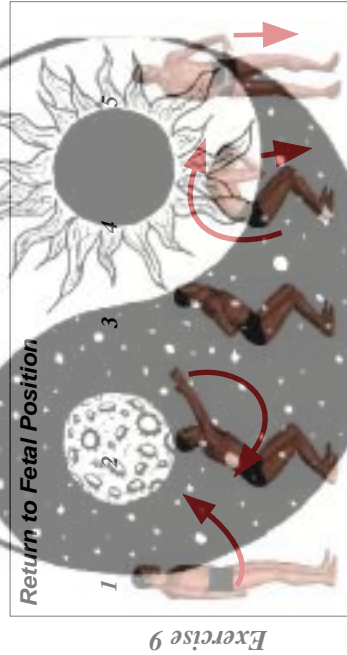
NOTES: 1-Inhale as arching the lower back. 2- Rock forward onto the balls of the feet. 3- Exhale as rocking back onto the heels, while tucking the tailbone slightly forward.

Gather the Clouds to Make a Pillow



Exercise 7

NOTES: 1- Stretch arms above the head as inhaling. 2- Interlock fingers behind the head. 3- Exhale as rounding spine & chin forward as bringing elbows together. 4- Elbows & head up as inhaling. 5- Arms push downward as exhaling.



Exercise 9

NOTES: 1- Stand upright as swinging arms forward. 2&3- Inhale as bending knees and swinging hands back to rest upon lower back. 4- Round spine forward as elbows come together. 5- Straighten spine, legs and arms downward as exhaling.

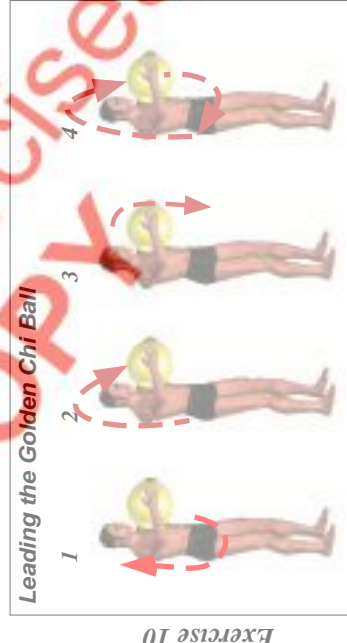
Qigong is one way of strengthening the human body, preventing diseases and prolonging life. It includes two aspects. One being, self-training by performing postures of the human body, regulation of respiration, relaxation of the mind and body, and concentration of one's mind. This aspect is to regulate and strengthen the physical functions of the practitioner's own body. The second aspect is more advanced in that the specialist of Qigong can send out their Qi externally to particular areas of another person in order to treat or prevent illness.

Clearing the Seven Energy Centers



Exercise 8

NOTES: 1- Position hands as if holding a light ball in front of the navel. 2- Inhale as guiding the arms up the front of the body. 3- Exhale as continuing to circle the arms forward & downward. 4- Repeat the arm motion increasing the height of the oval each rep.



Exercise 10

NOTES: All of the previous 9 exercises, lead up to this one. Review left side of previous page for more detail. 1- Inhale as focusing awareness to lower abdomen, through the legs and up the spine. 2- Continue the breath as the awareness moves over the head to the upper lip. 3- Exhale as following the awareness back down to the lower abdomen. 4- Continue the circular breathing pattern.

Basically, the small circulation refers to the practice of regulating and increasing the flow of one's internal energy throughout the conception and governing channels. This increase in energy throughout the body has been known for centuries to promote health and longevity. Beginning meditation training can be started by practicing breathing deeply from the diaphragm or Abdominal Breathing. The Small Circulation can be the next stage of meditation training. Eventually, one can practice the Grand Circulation Meditation, which circulates Qi everywhere in the body. The Grand Circulation, Big Circle or Big Circulation refers to the energy flow through the Twelve Primary Qi channels or meridians. Qigong is interrelated to the energy meridians. When consistent practice reaches a certain level, the individual can feel the Qi and blood flow through the meridians. The paths of the meridians must be somewhat familiar while practicing Qigong so as promote Qi to move along them.

Bo Stance Variations

www.MindandBodyExercises.com

The "bo" stance is one of the most fundamental stances within the Asian martial arts systems. Used to develop a solid foundation for both physical strength and self defense. When one is 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 lower abdomen, is also developed promoting more circulation to the legs and lower torso. Stance training helps to discipline the mind, discover ones spirit, as well as cultivate internal energy, enhances 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, 30 minutes to achieve advanced levels of development. Relax the body into the positions in spite of any tension in the muscles.

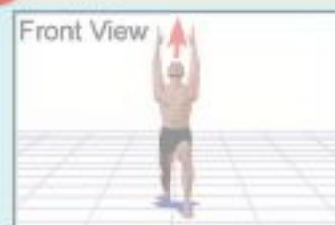
Top View - variation in spacing of the foot



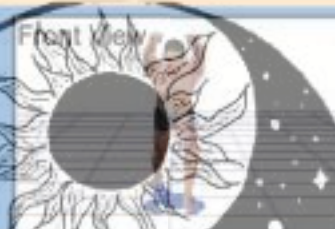
Right Side View - variation in height of the waist



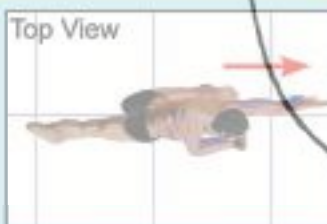
Back foot always turns 45 degrees to front corner, back leg straight, hips sink downward, neck & shoulders relaxed, hands at hips in a fist



Hips sinking downward, neck and shoulders relaxed, arms extend upward to lengthen shoulders and spine, looking upward



Hips sinking downward, neck & shoulders relaxed, arms extend up & forward to lengthen shoulders and spine, looking forward

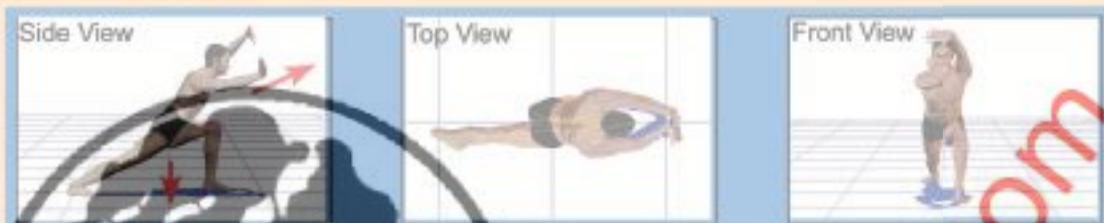


Hips sinking downward, neck & shoulders relaxed, arm extends forward as twisting spine, wrist, elbow and shoulder, looking forward as head tilts

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

© Copyright 2016 - CAD Graphics, Inc.

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



Hips sink downward, neck & shoulders relaxed, arms extends forward and upward to lengthen the spine and shoulders, looking forward.



Neck and shoulders relaxed as spine twists, arms extends forward and upward to lengthen the spine and shoulders, looking forward.



Neck & shoulders relaxed as spine twists, arms bent as extending forward/upward to lengthen the spine & shoulders, looking forward.



Neck & shoulders relaxed, arms crossed & extending forward and upward to lengthen the spine & shoulders, looking forward.



Hips sinking downward, neck & shoulders relaxed, back straight as arms extends forward & to the side, looking forward.



Neck & shoulders relaxed as spine twists, arms bent as extending forward & upward to lengthen the spine & shoulders, looking forward.

Mind & Body Exercises

www.MindAndBodyExercises.com

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 ones 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, 30 minutes to achieve advanced levels of development. Relax the body into the positions in spite of any tension in the muscles.



- 1) Left arm scoops up, as right 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) Hips shift towards left as head turns to look left. Repeat set switching left to right.



- 1) Right arm and right leg lift up together to balance on left leg.
- 2) Right leg lifts higher as left leg bends slightly to lower waist.
- 3) Right arm pushes to right side as right leg slides right.
- 4) Hips shift towards right as head turns to look right. Repeat set switching right to left.



- 1) Legs apart as hips 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 leg lifts higher.
- 4) Step into horse stance as right leg comes to right hip and left hand squeezes into loose fist.



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



- 1) Both arms cross in front of waist.
- 2) Right 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.



- 1) Both arms cross in front of waist.
- 2) Right leg slides to right into horse stance as both arms swing to above the head.
- 3) Left leg steps behind right 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 exercises shown. Consult with your physician if you are uncertain of your physical ability to perform such exercises.

© Copyright 2016 - DASH Coaching, Inc.

Mind & Body Exercises

www.MindAndBodyExercises.com

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 and more focus to perform them. **Engagement of Thought** (or mindfulness) upon something other than the redundant inner dialogue, has been known to reduce stress, which effects all organs. This can be observed as a "fasting" or purging of one's thoughts in order to achieve mental clarity.



- 1) Left leg steps left to left, arms in front 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.



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



- 1) Hands in front of centerline as per graphic. Light weight on left foot.
- 2) Left leg lifts higher as left arm extends outward to the left.
- 3) Left leg lifts highest as torso twists at the waist to bring left arm further behind.
- 4) Torso untwists but then arches to the right side as right arm stretches over the head, left hand reaches towards the ground.



- 1) Hands in front of centerline as per graphic. Light weight on left foot.
- 2) Left leg lifts higher as left arm extends outward to the left.
- 3) Left leg lifts highest as torso twists at the waist to bring left arm further behind.
- 4) Torso untwists but then arches to the left side as right arm stretches over the head, left hand reaches towards the ground.



- 1) Left arm extends forward, right arm in front of navel. Legs parallel and shoulder width apart.
- 2) Twist torso to the left keeping hips and lower body stationary.
- 3) Continue to twist torso further to the left as lower body stays set.
- 4) Both arms form a ball shape at shoulder level.



- 1) Right arm extends forward, left arm in front of navel. Legs parallel and shoulder width apart.
- 2) Twist torso to the right keeping hips and lower body stationary.
- 3) Continue to twist torso further to the right as lower body stays set.
- 4) Both arms form a ball shape at shoulder level.

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 hamstrings, less tension will be placed on the lower back muscles. 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. Relax the body into the positions in spite of any tension in the muscles. Deep and relaxed breathing (qigong) is essential while performing these exercises.

A key concept in relieving pain is to increase flexibility (range of motion) while building strength, to provide stability and support in the injured areas.

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.

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.

Cat Tilt



Rest on hands and knees as pulling stomach and lower back upwards while pulling chin in towards the chest.

Side View



Top View

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.

Seated toe touch



Knee to opposite hand



Bridge (basic)



Side View

Top View

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.

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

Cobra



Side View

Top View

Lay flat on the stomach while pushing the hands downward and the head and shoulders upward.

Dog Tilt



Side View

Top View

Rest on hands and knees as pulling stomach and lower back downwards while pulling chin upwards.



Side View

Top View

Lay flat on the back, push hips upward as keeping shoulders and feet on the ground.



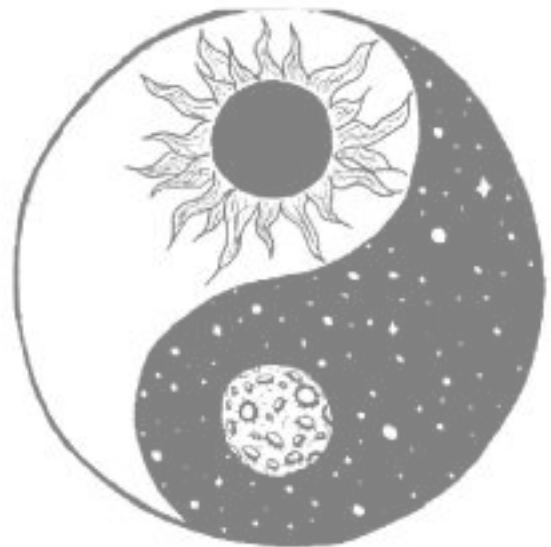
Side View


Angled View

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



Awareness, Reflections & Philosophy





**Self-discipline
begins with the
mastery of your
thoughts.**

**If you don't control
what you think, you
can't control what you
do.**



Karma = Actions, Cause and Effect



© Copyright 2022 - CAD Graphics, Inc.

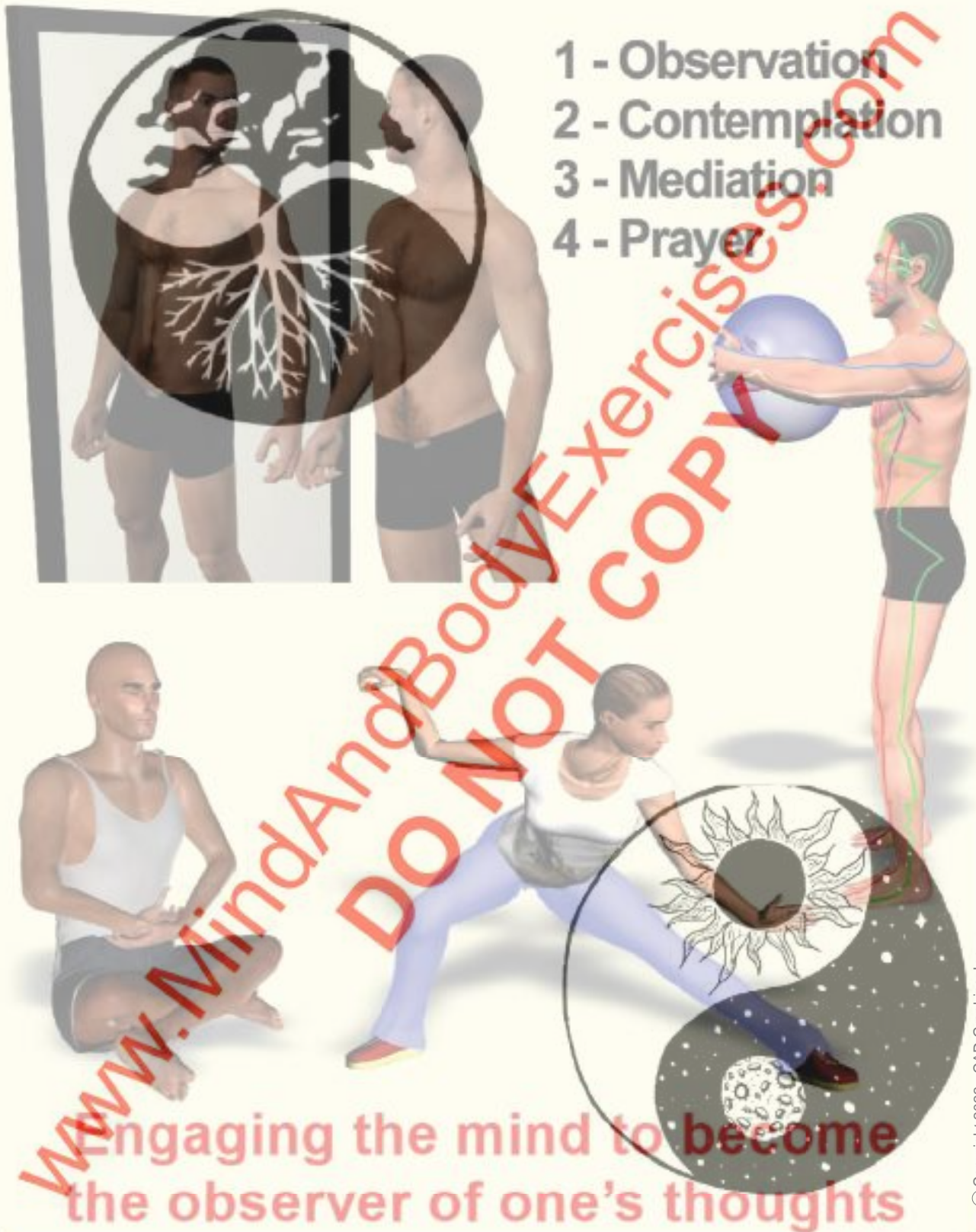


www.MindAndBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

Methods for Self-reflection

- 1 - Observation
- 2 - Contemplation
- 3 - Meditation
- 4 - Prayer



Engaging the mind to become
the observer of one's thoughts

© Copyright 2022 - CAD Graphics, Inc.

Key Concepts to Longevity and a Rewarding Life

www.MindAndBodyExercises.com

Many issues, events and circumstances affect how long and the quality of the time, we as human beings live our lives. Some of the concepts below are derived from various philosophies such as Taoism, Confucianism, and Buddhism. Others have simply become acceptable as common sense as humans evolve within our mental, physical and emotional potential. Many of these ideas present themselves in sets of 3 whether by design or coincidence.

Where You Put Your Focus Determines a Life Direction



How You Start Your Day Can Affect the Outcome



Balance in Structure Builds a Strong Foundation of Wellness



A Path to Follow



Three distinct phases of our lives all having its own outlook, priorities & goals.

A Method to Achieve Wellness



Epiphany, Turning Point, Watershed



An epiphany relative to health and wellness, is a sudden, intuitive perception of or insight into the reality or essential meaning of something, usually initiated by some simple or commonplace occurrence or experience. Turning points are often occurrences that force a direction change in ones life path or viewpoint. A watershed can be a profound life changing event. While these events can often times be traumatic or catastrophic, that is not necessarily the rule. Realizing what these events are, when they occur or shortly thereafter, can save one from years of wasted time, unnecessary pain or suffering.

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

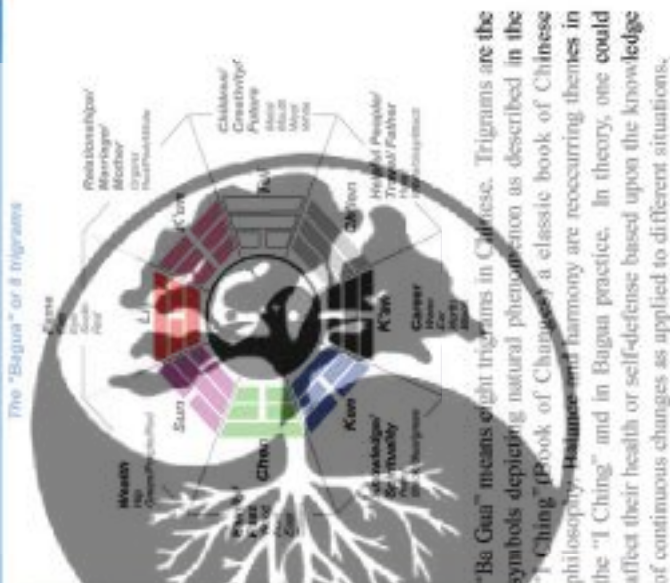
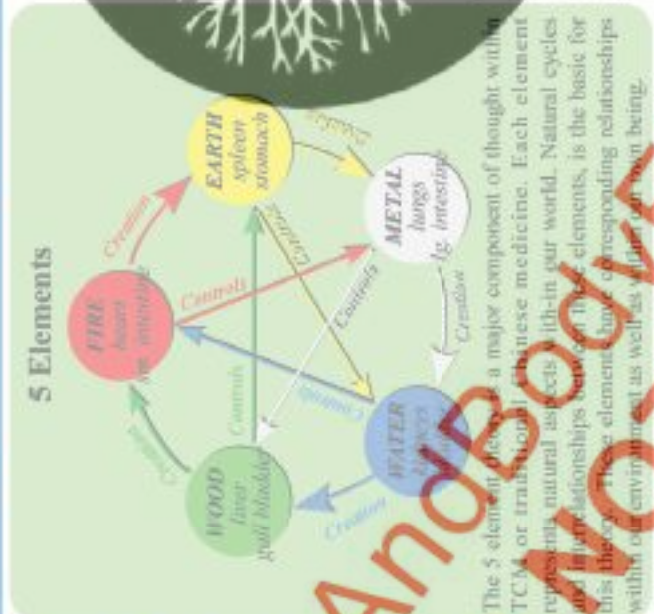
© Copyright 2016 - CAP Graphics, Inc.

Various Philosophies

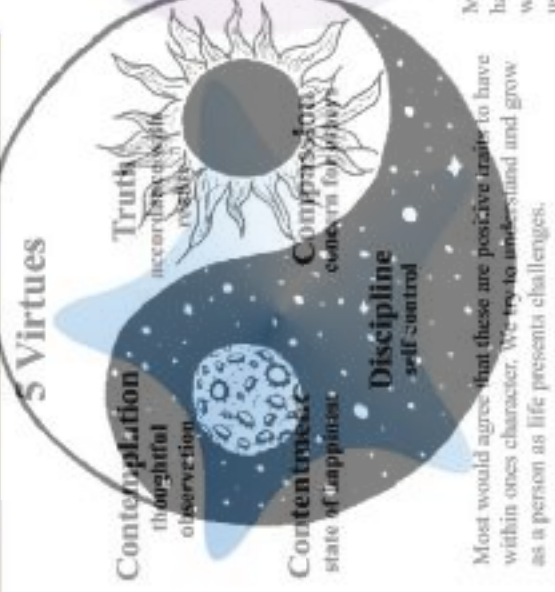
Pain & Suffering



Life is a struggle and consequently physical pain and emotional suffering. Pain being an unpleasant physical sensation, whereas suffering is a draining emotional state of labor, helplessness, lack of control, loss of hope, distress and a general fear of the unknown. We are our own source of pain and suffering. Constant incessant internal dialogue as our mind processes every source of sensory information. There is pain when a baby is born; pain as we age and our body fails to perform as in our youth. Our actions all lead to reducing suffering. We can avoid hunger. We breathe to avoid loss of consciousness. We sit to avoid discomfort. By experiencing pain possibly through exercise or self discipline, we can reduce the suffering of old age or poor life decisions. Understanding that sometimes we need go through the pain to reduce later suffering is a valuable lesson worth learning sooner than later.



5 Virtues



Most would agree that these are positive traits to have within ones character. We try to understand and grow as a person as life presents challenges.

- Contemplation** (thoughtful observation)
- Contentment** (state of happiness)
- Truth** (accordance with reality)
- Compassion** (concern for others)
- Discipline** (self control)

5 Thieves



Most might agree that these are not the most positive traits to have within ones character. As life challenges are experienced, we try to understand these traits and minimize their effect on us and those in our lives.

- Rage** (uncontrolled anger)
- Greed** (selfish desire)
- Attachment** (emotional bonds)
- Ego** (self opinion)
- Lust** (overwhelming desire)

Living in the Present

Putting Your Focus Where You Are



The PAST
It's done, finished, behind you. This was yesterday. Don't forget it, but don't live in it.

The PRESENT
Most things taken for granted. Tends to get lost in the BUSY of the FUTURE

The FUTURE
The best way to predict it, is to create it here

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

© Copyright 2016 - CAD Graphics, Inc.

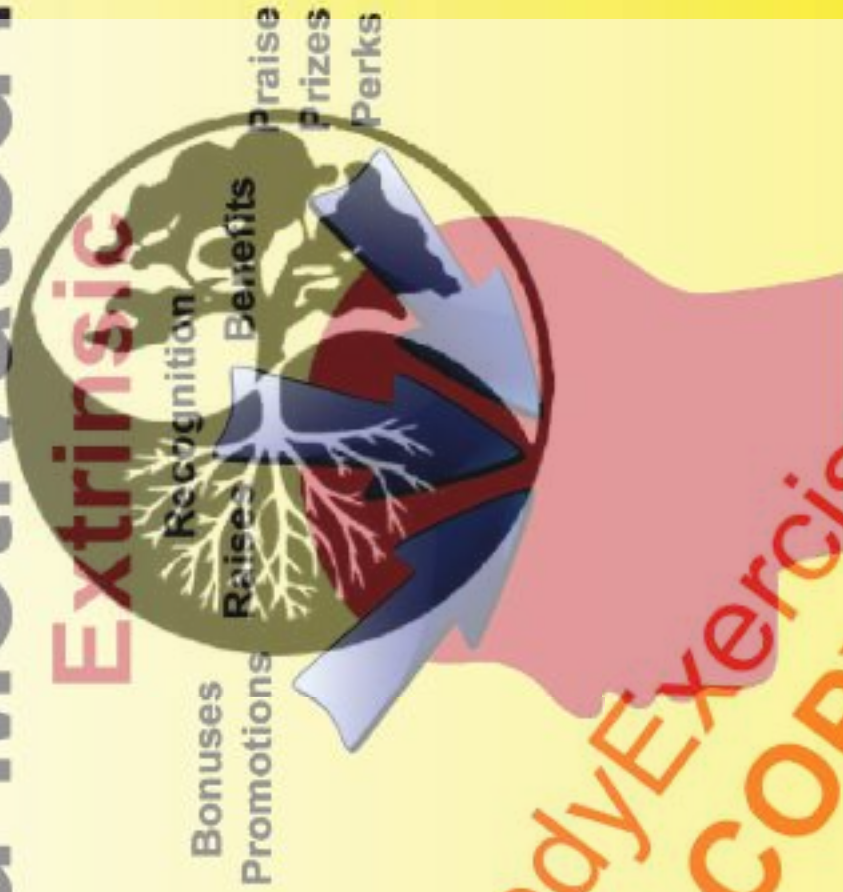
How Are You Motivated?

Intrinsic



Intrinsic motivation is **enjoying** an activity for its own sake. Enjoy the activity because it is fun, satisfying or challenging. Not because you'll get a reward or avoid punishment.

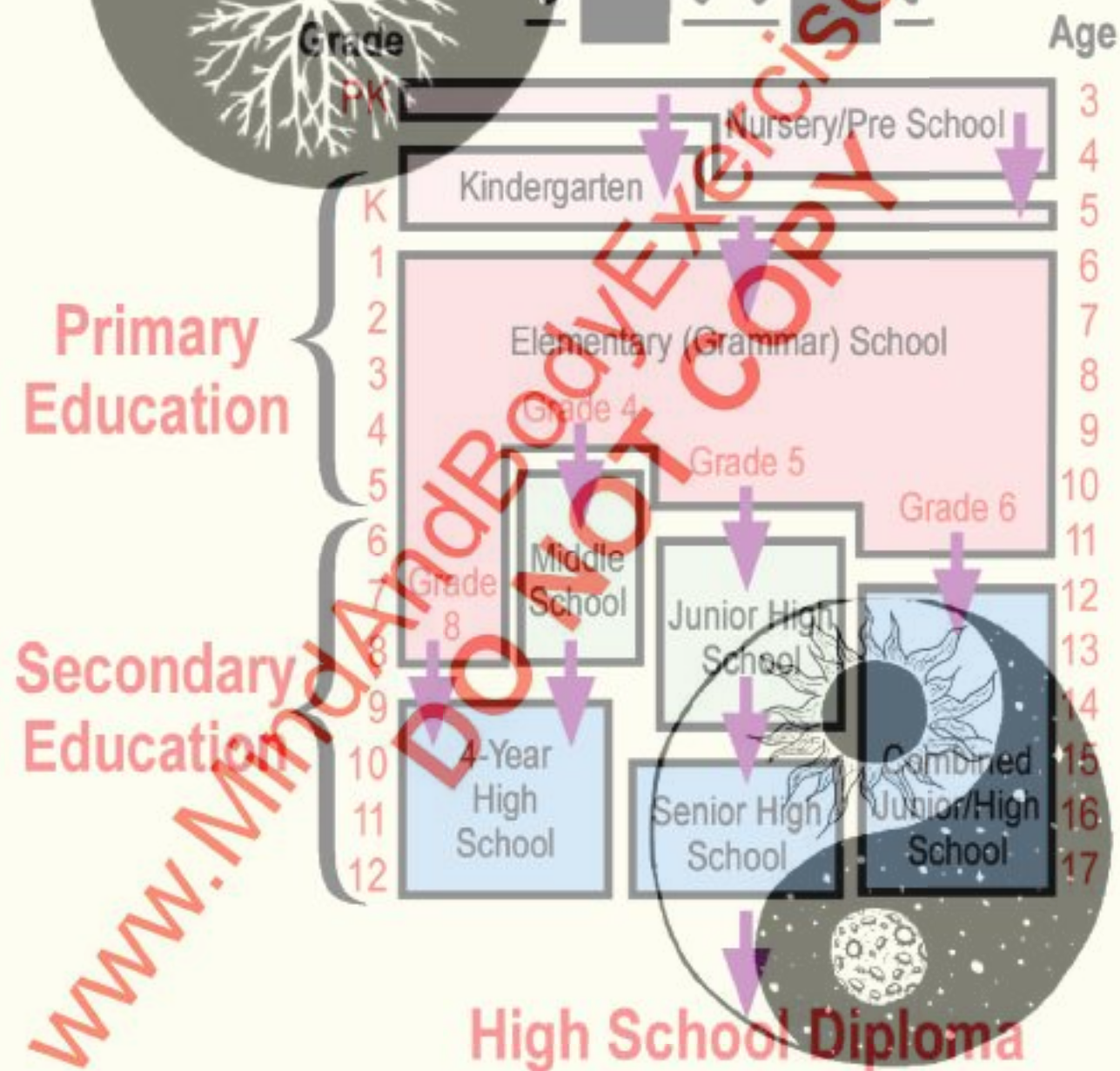
Extrinsic

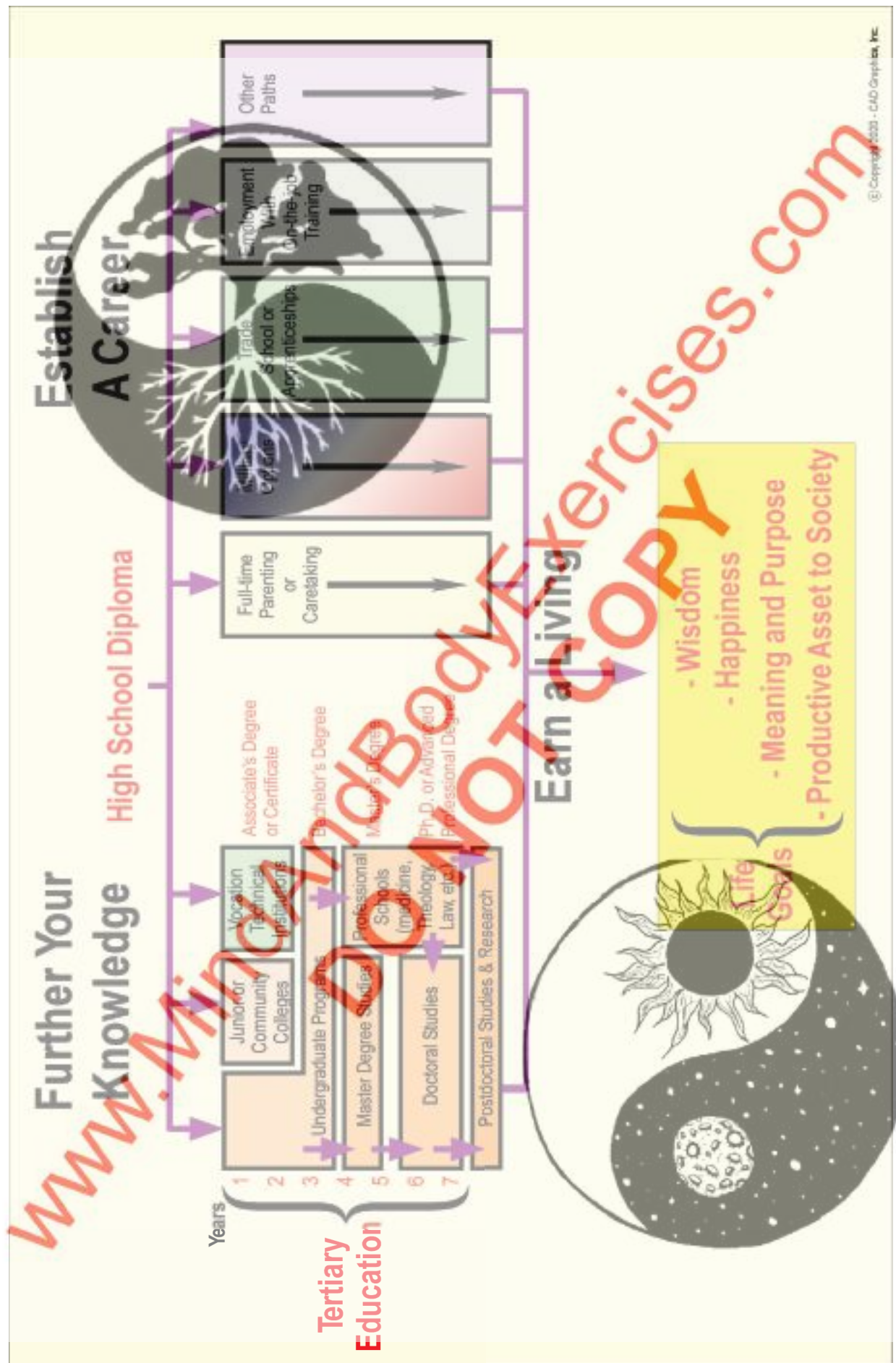


Results are an outcome of executing the task

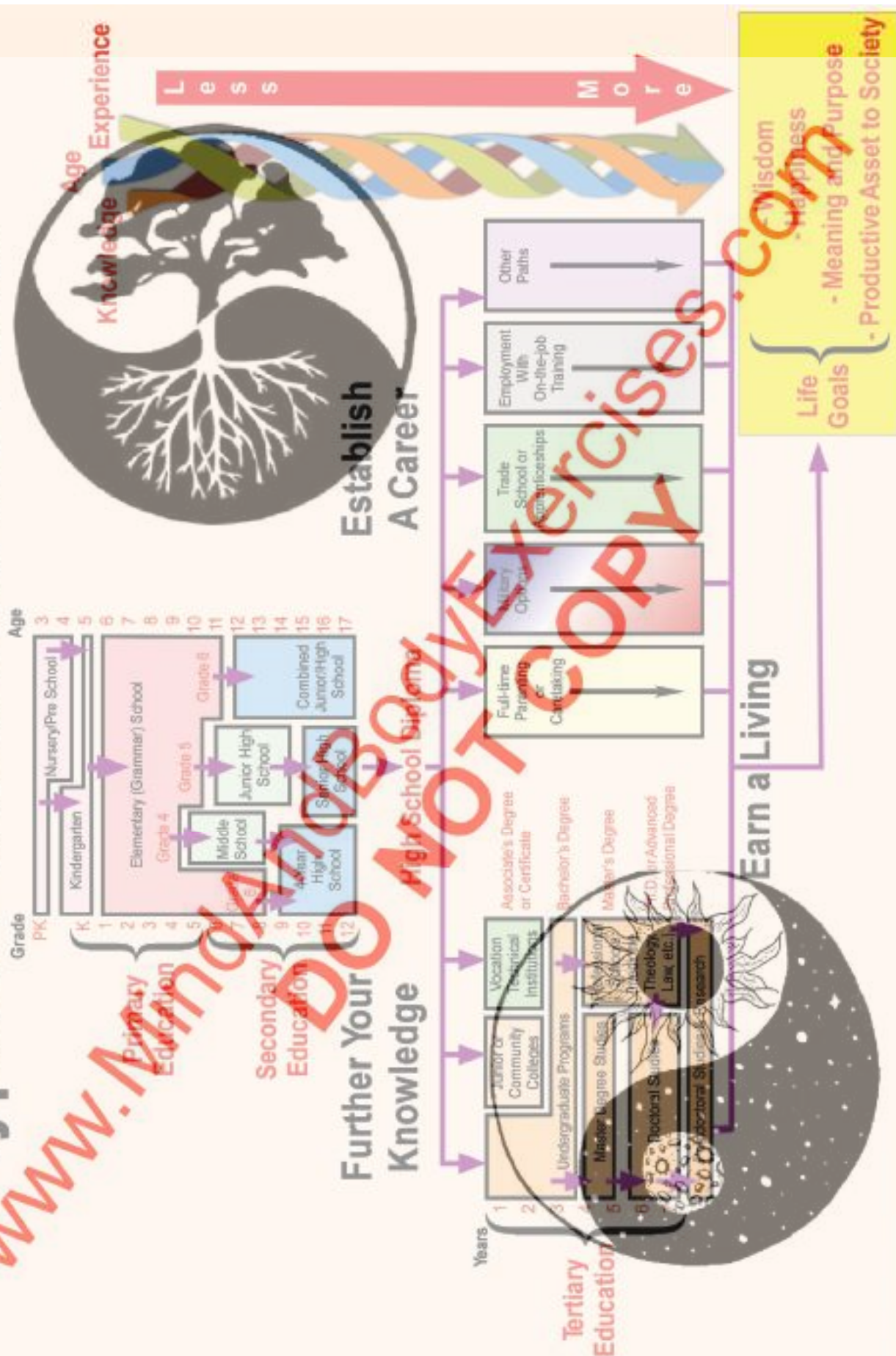
Extrinsic motivation is doing something not because you enjoy it, but rather because you want to receive a reward or avoid punishment. This is the opposite of intrinsic motivation.

Graduate From High School





Typical Education/Life Paths



Grow Older, But Also Grow Wiser

Age

Knowledge

Experience



Meaning and Purpose

Productive Asset to Society



www.MindAndBodyExercises.com

© Copyright 2020 - C&D Graphics, Inc.

Life is a series of highs and lows.

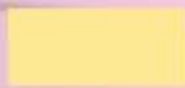
Try not to be too excited when things are going well.

Try not to be too depressed when things don't go well.

Wins

Happiness

Success



**Stay
Centered**



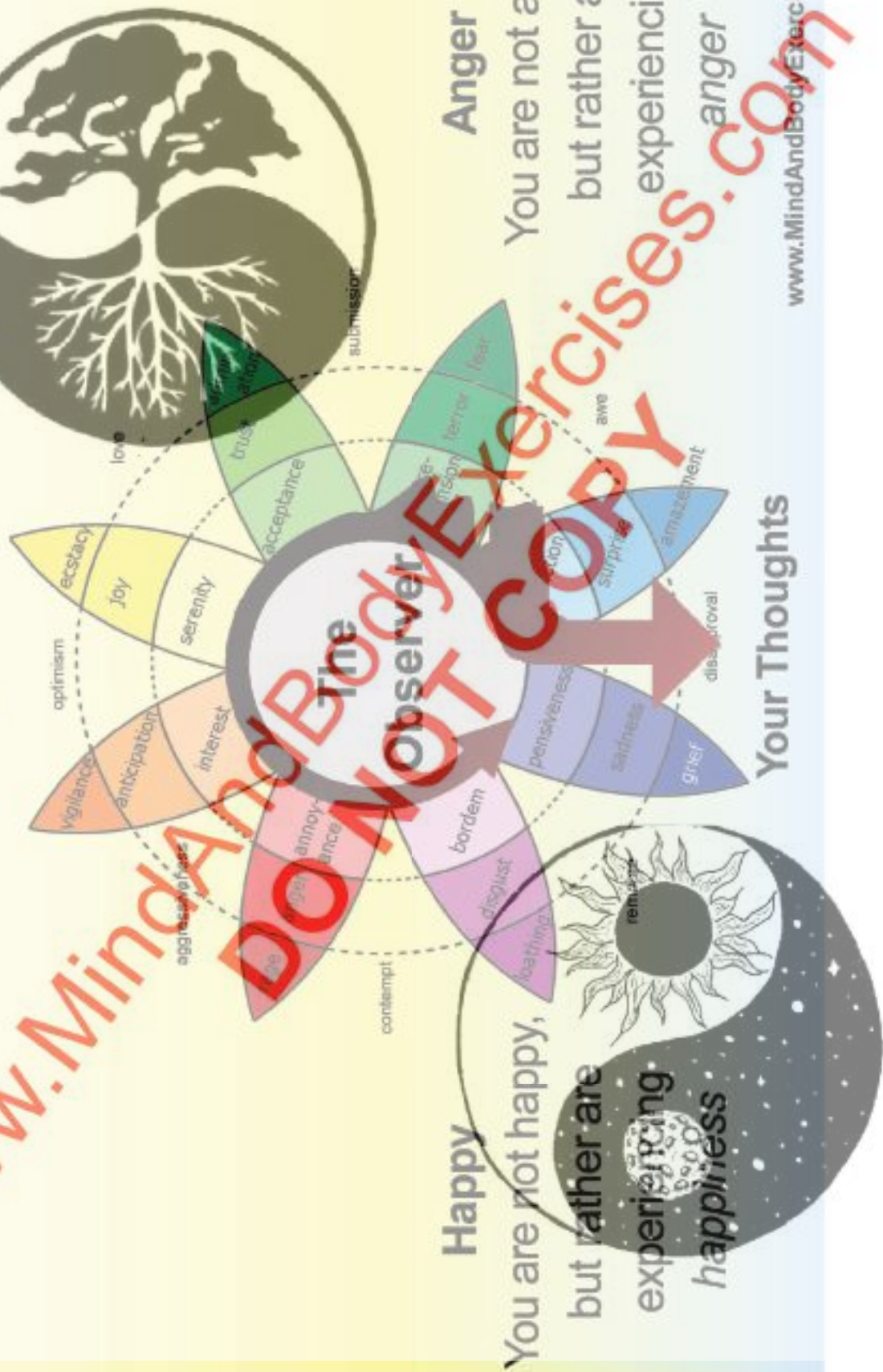
Losses

Sadness

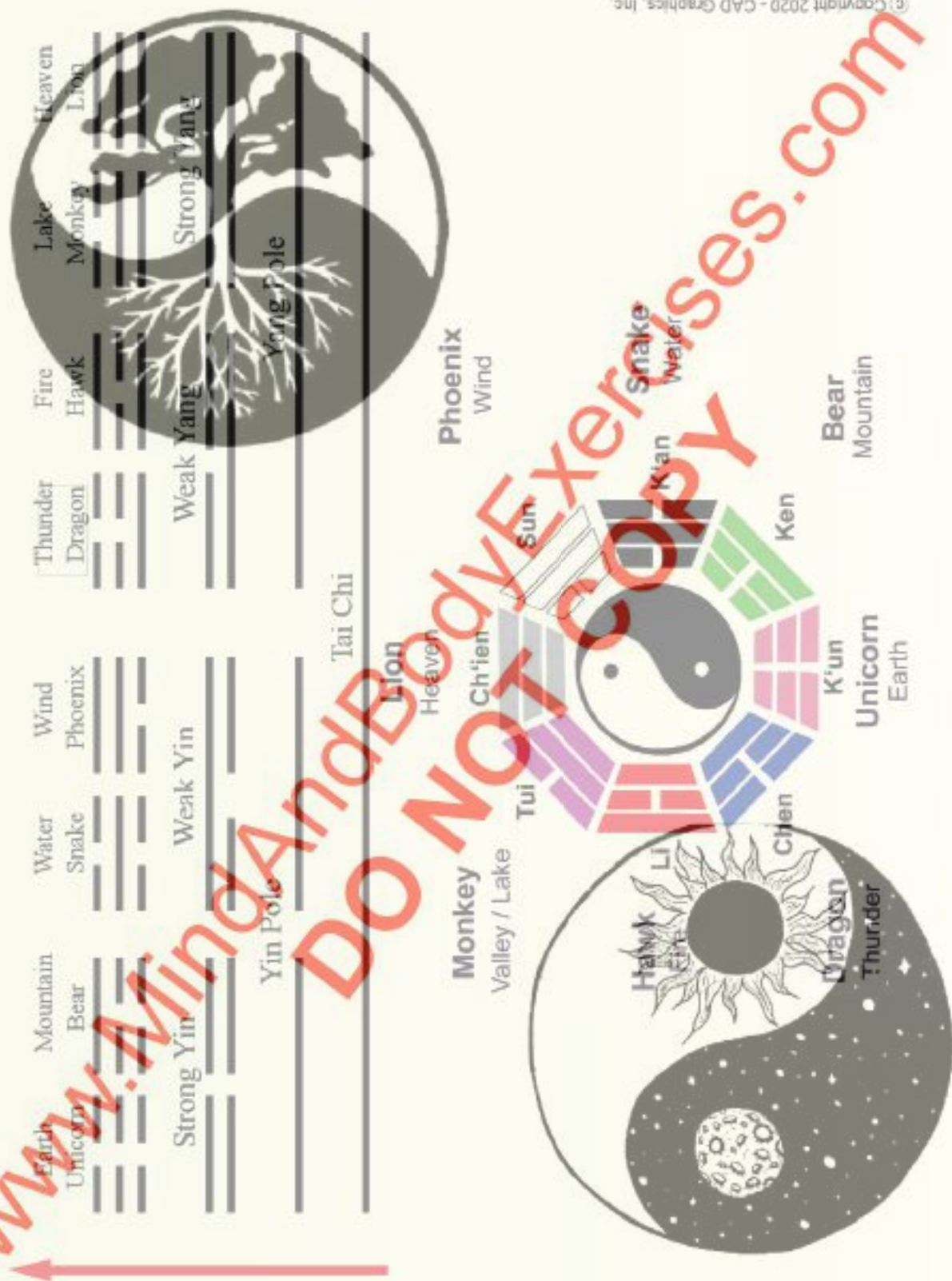
Failure

Stay centered, balanced and on your course.

Become aware that you are not your thoughts



The following diagrams will help you see the progression of the development of the Eight Trigrams.



© Copyright 2020 - CAD Graphics, Inc.

www.MindandBodyExercises.com

The Meaning of the 8 Trigrams and Bagua

The four phases that are generated by the two poles (yin pole, yang pole) are represented by Metal, Wood, Water and Fire. They also assume the manifestation of four strengths: greater yang, lesser yang, greater yin and lesser yin. The four phases yield the eight trigrams. Heaven-Lion, Earth-Unicorn, Thunder-Dragon, Wind-Phoenix, Water-Snake, Fire-Hawk, Mountain-Bear and Lake-Monkey. The Zhou Yi also represented the above derivation with symbols. The straight line represents the Yang phase and a broken line represents the Yin phase.

The following diagrams will help you see the progression of the development of the Eight Trigrams.



The 8 Trigrams or Bagua



Cycles of the Bagua

Pre-heaven Cycle

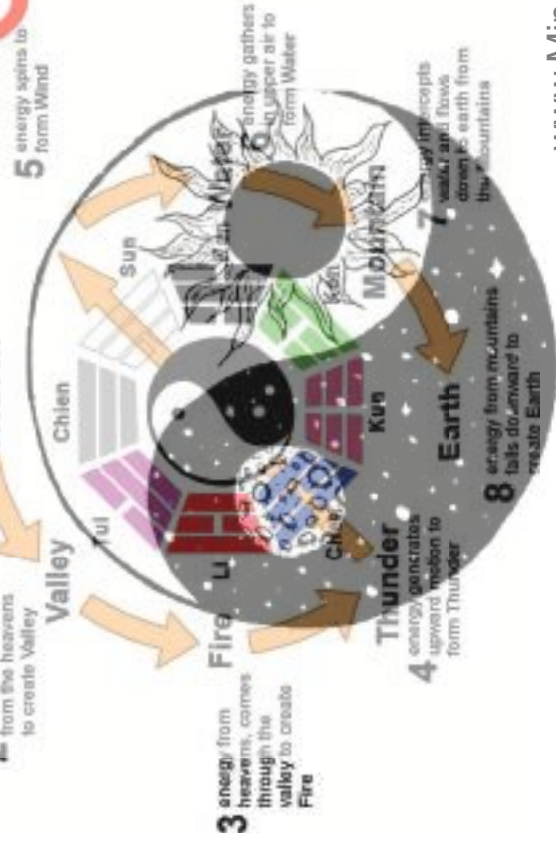
The Pre-heaven Arrangement, is not necessarily meant to be taken as a representative of a cycle, but as a logical arrangement of the complementary trigrams. Opposite trigrams are situated opposite each other. It can be said to have been an instrumental symbol that sought to explain how everything in the world started.

When the trigrams are arranged in the Pre-heaven sequence, the pattern aligns with the taijitu or the yin and yang symbol.



1 Creation provides energy to form the Heavens

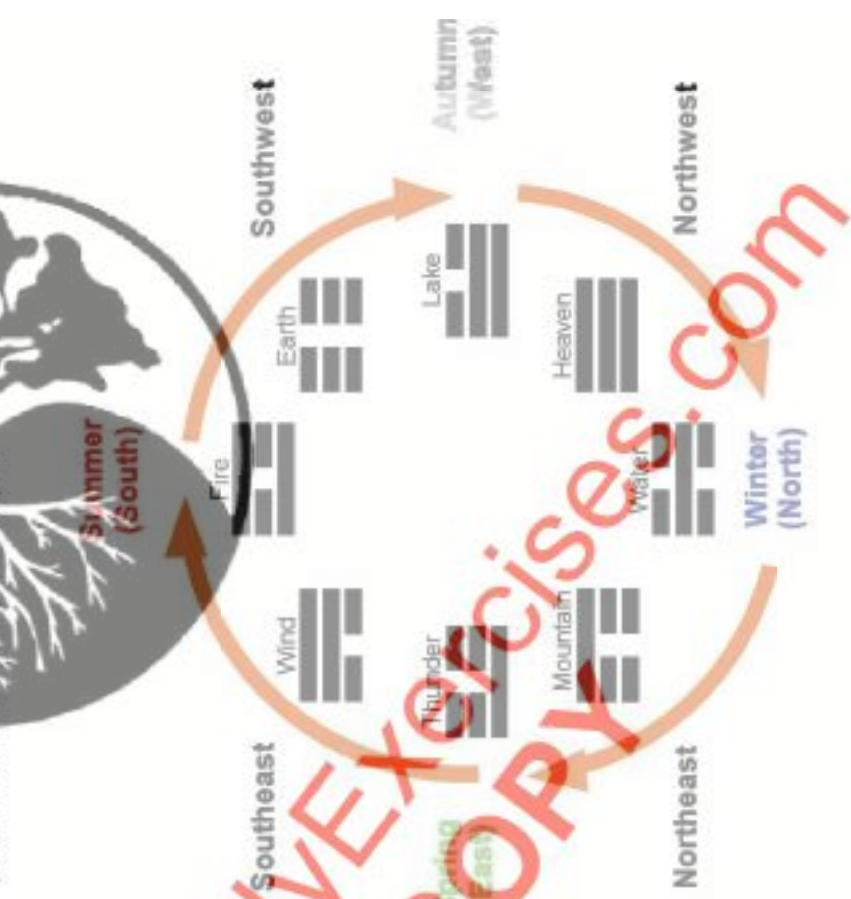
2 provides contrast from the heavens to create Valley



Post-heaven Cycle

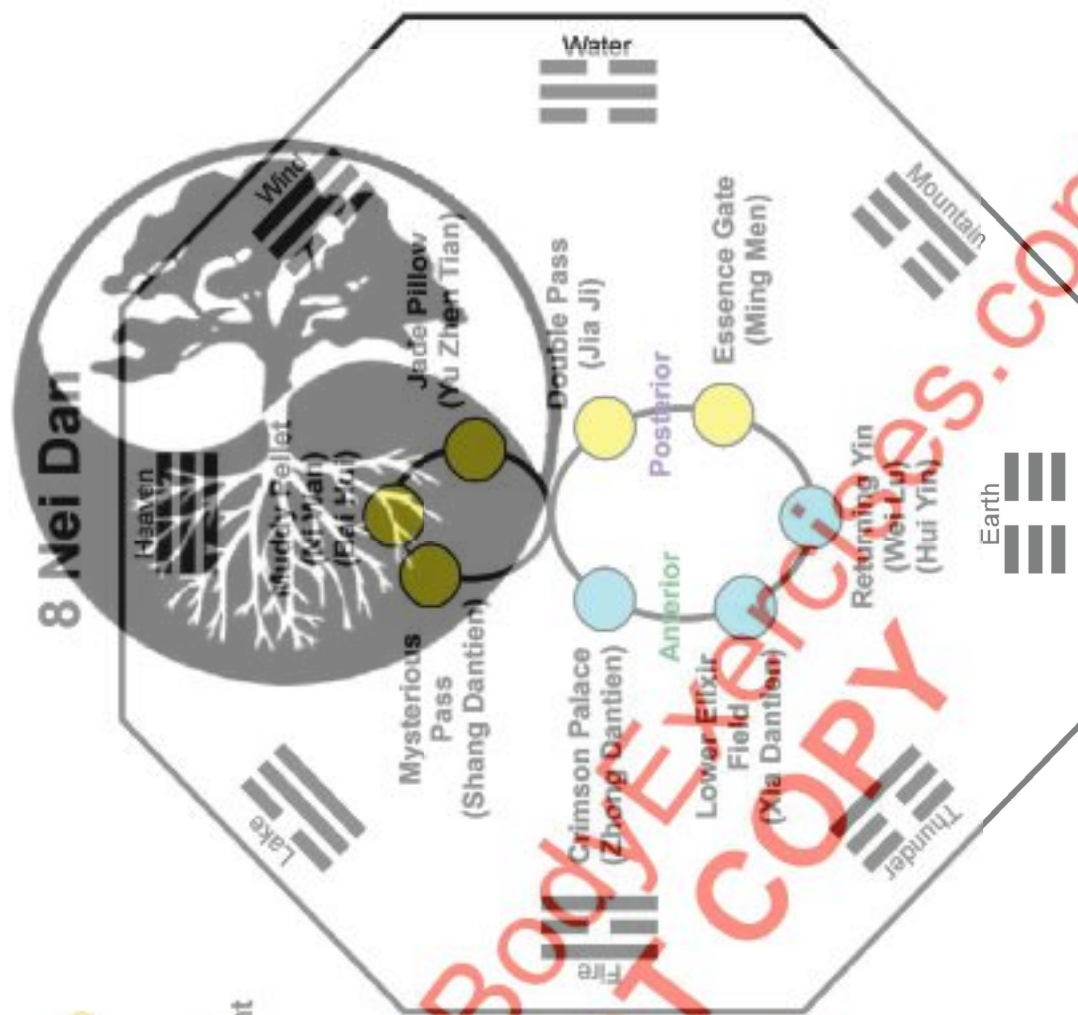
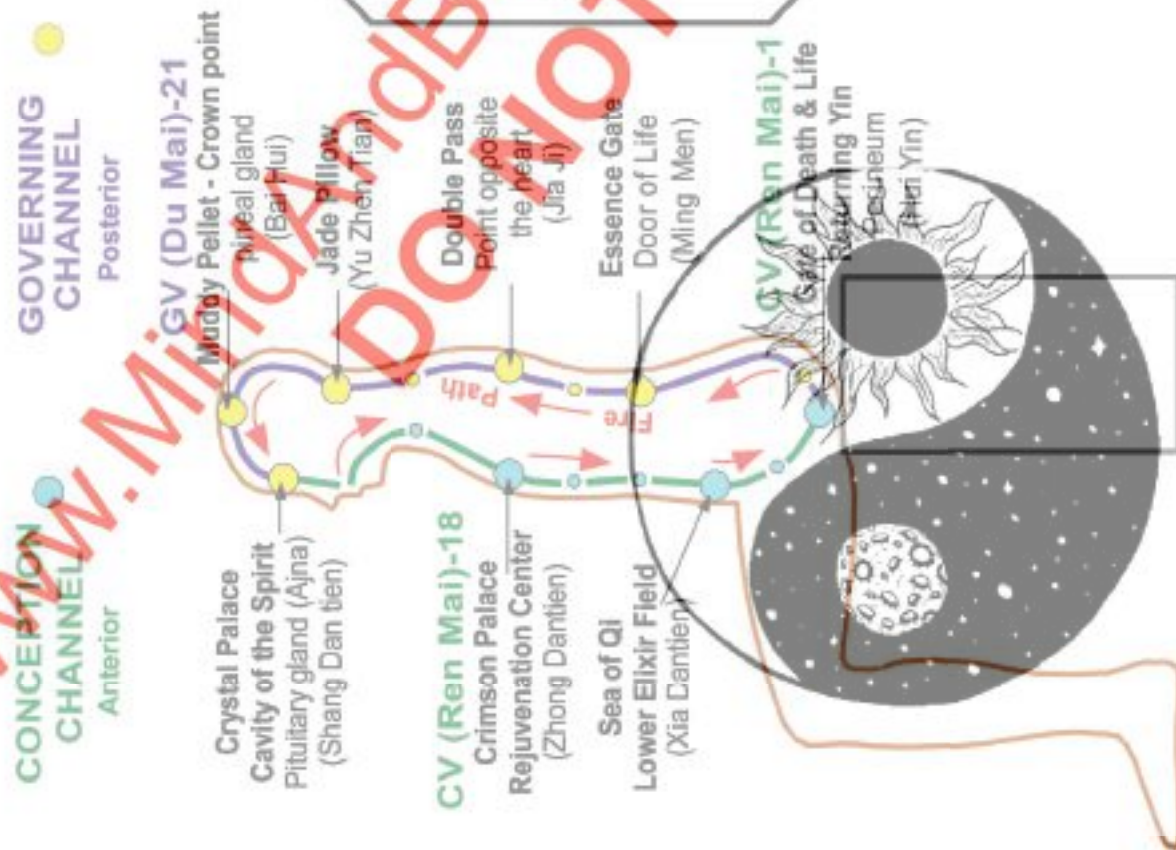
The Post-heaven Arrangement is indeed to be taken as a sequence or cycle. Starting with thunder (symbolizing Spring) in the East (where the sun rises), and cycling clockwise through fire in the South (Summer), lake in the West (Autumn), water in the North (Winter) and back to thunder (Spring) again.

The sequence of Post-heaven applies to the human world we inhabit and to its natural cycles, as opposed to the Pre-heaven sequence, which reflects a cosmic order prior to the human world. The trigrams are taken out of their grouping in pairs of opposites, that is, the Pre-heaven arrangement and shown in the temporal progression in which they manifest themselves in the phenomenal world during every year.



The 8 Qi Centers (8 Nei Dan)

www.MindAndBodyExercises.com



The Concept of Balancing True, Right and Correct

Correct, is the balance we seek to find between true and right.

Correct

True is the what we may feel with no filter nor regard for actions or words

Right is the what we may feel is appropriate, but not necessarily for all those involved

True

A long-understood method of achieving harmony between one's mind, body and spirit, is this 8-Step Path. It has its origin in the ancient Chinese philosophy of Daoism but is highly relative to modern culture. The figure "8" is important to understand that as the infinity circle, there is no beginning nor end to entering into this process. It is a journey of self-awareness that can be entered into at any point throughout one's lifetime. Life is a challenge, and so is staying on this path of self-improvement. The reward is at the end of one's journey, knowing that they have pursued a meaningful life with direction and purpose.



1 Learning to Know Your “True Self”



By seeing & understanding
your nature, self-reflection
opens the door to the other
steps of this process.

www.MindAndBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

2

Making Correct Daily Choices



Right



Correct

Awareness of an inner
“Moral Compass” to balance
decisions by understanding
true, right & correct.



www.MindAndBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

3

Overcome Delusion of Your Thoughts & Ideas



You are not your thoughts. As consciousness you control your thoughts. Try not to be swayed by the mundane & trivial. Be solid like the root & not flippant like the leaves.

www.MindAndBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

4

Cultivate Good Seeds to Pass On



Realize that you have a higher purpose beyond gaining material wealth and status. Be the light at the end of the tunnel.

www.MindAndBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

5

Attain Honor



Live by principle - stand firm in what you believe, while allowing challenges to flow around you. Stand like a mountain, flow like a river.

www.MindAndBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

6

Change Your Reality



Understand that you are in control of your life and the choices you make determine your success or failure within your reality.

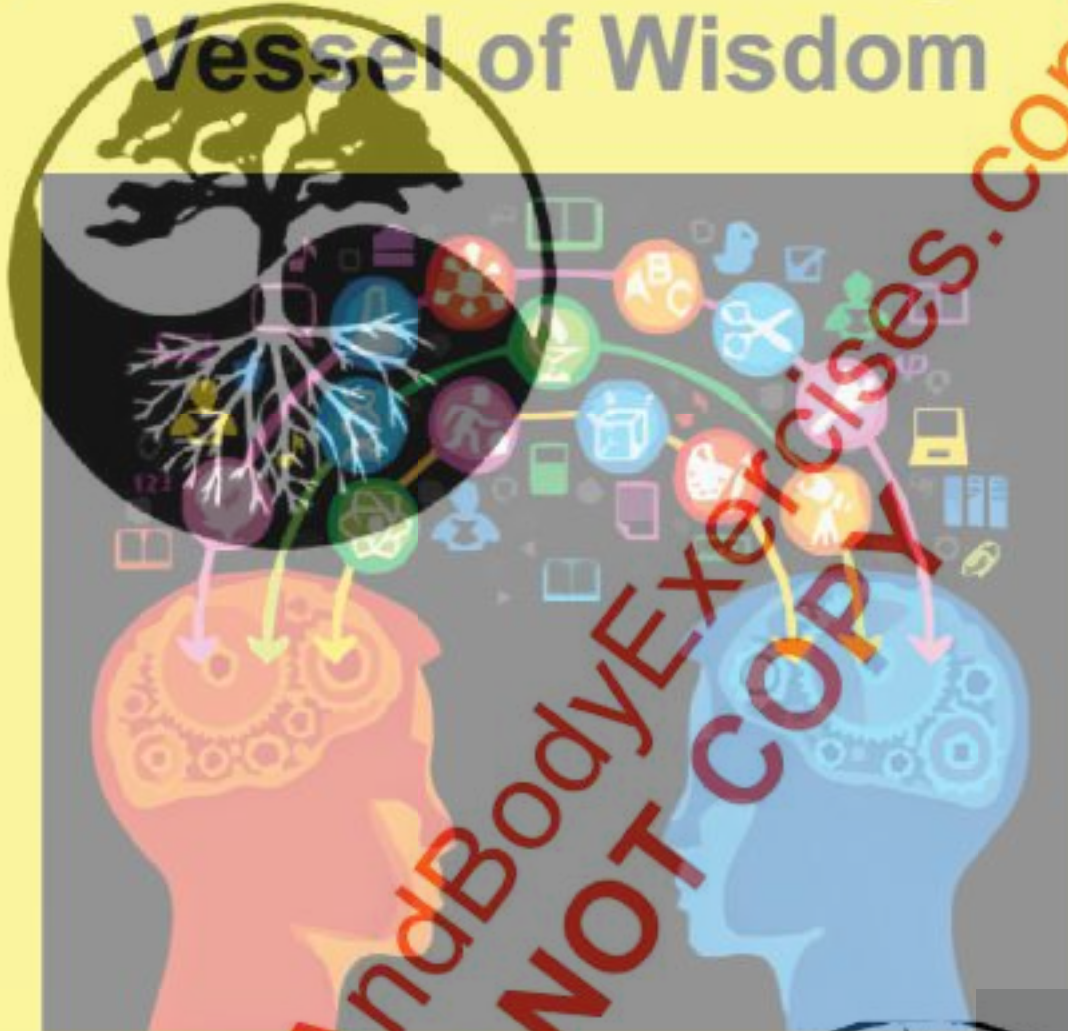


www.MindAndBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

7

Become a Living Vessel of Wisdom



Knowledge alone is not power.
The sharing of our knowledge,
is when knowledge becomes
powerful.

www.MindAndBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

8

Draw on Nature's Power



Qigong



Tai Chi



Baguazhang

Cultivate a strong mind, body & spirit by connecting to nature's fire, water & wind with sitting, standing & moving exercises.

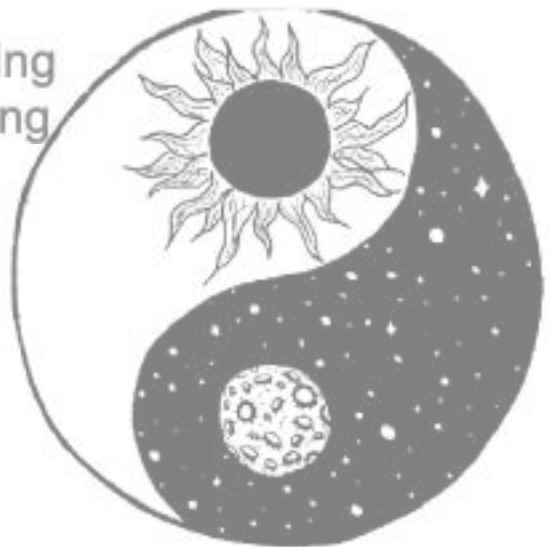


www.MindAndBodyExercises.com

© Copyright 2022 - CAD Graphics, Inc.

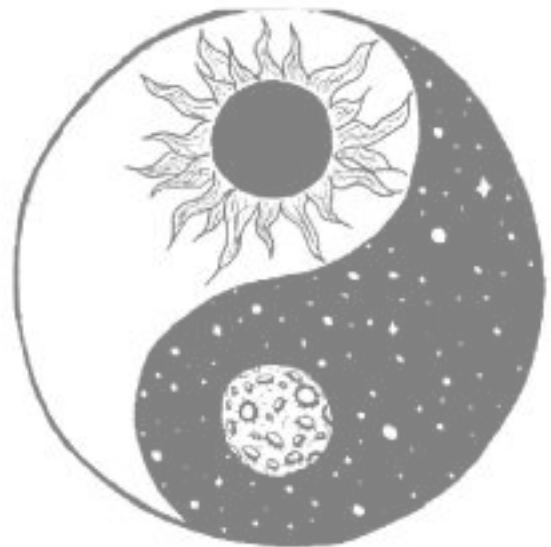


3) Mutual
Consuming
-Increasing





Miscellaneous Concepts



Knowledge

Parasympathetic & Sympathetic Nervous Systems

Reflexology
Right Foot - up
Left Foot - down

Flexibility and health of the hands & feet can affect various aspects of this body

Thoughts Affect Your Health

Fascial Trains (connective tissue)

Posture & Symmetry

Spine-Anatomy Relationship

The health of the spine affects the nervous, muscular, circulatory & skeletal systems

Methods for Self-reflection

- 1 - Observation
- 2 - Contemplation
- 3 - Meditation
- 4 - Prayer

Engaging the mind to become the observer of one's thoughts

www.MindAndBodyExercises.com

Wellness-Fitness

There are many individual exercises and techniques, that can stretch and release tension of the fascia trains, improve posture, engage one's thought, and activate the parasympathetic nervous system throughout the human body. Tai Chi, Qigong, Yoga, Pilates and other time-proven methods are preventative and/or post-injury/low impact exercises.



1 - A lineage of methods that have proven the test of time

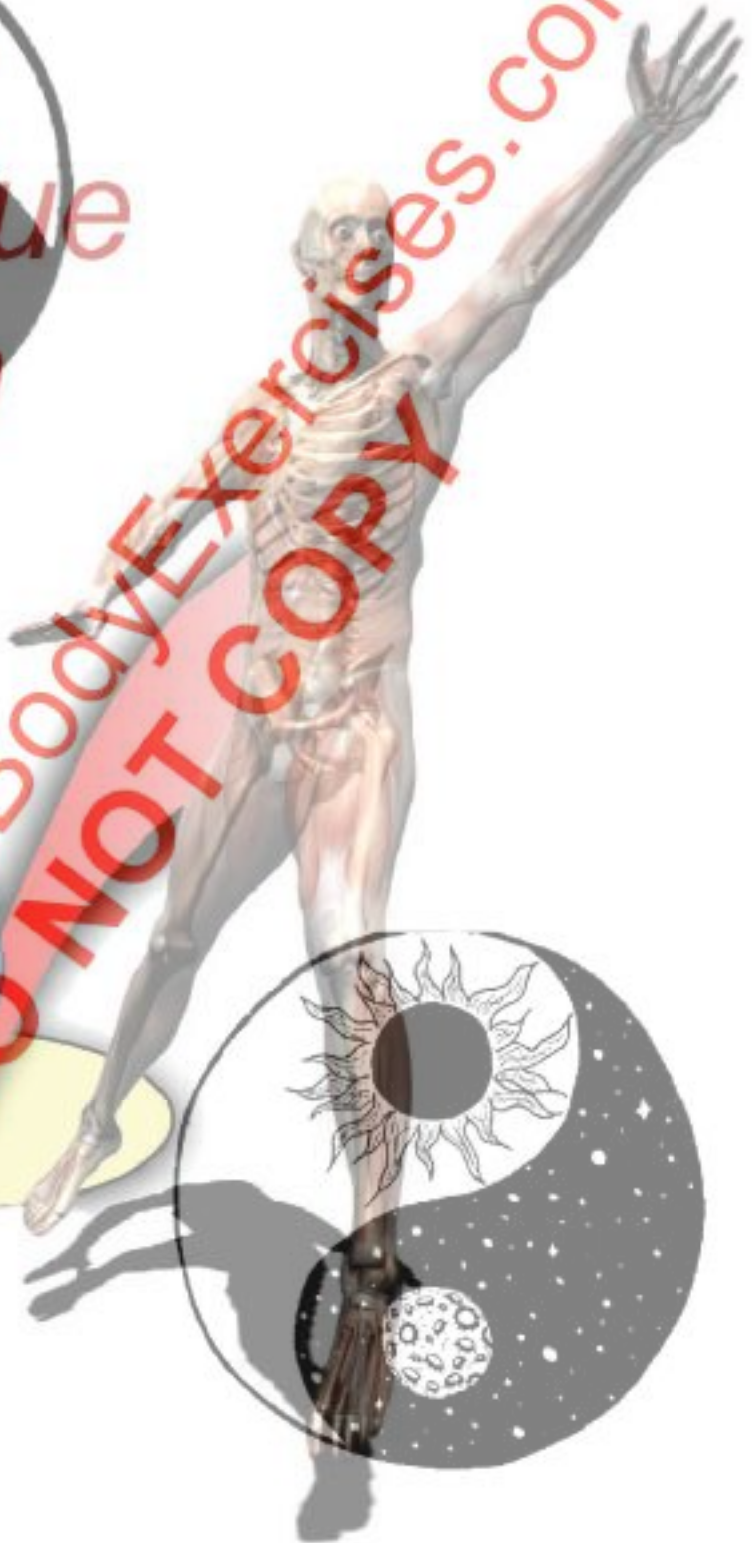
2 - A teacher that has the knowledge & is willing to share

3 - A community of like minded peers for support & contrast



© 2023 - C.A.D Graphics, Inc. - All Rights Reserved

**Kinetic
Energy -
energy due
to motion**



Kinetic Linking (the key to extraordinary power)

www.MindandBodyExercises.com

Kinetic - pertaining to movement or motion **Linking** - to connect, unite

Cracking a bullwhip, exemplifies the physical action of kinetic linking. Not only does the whip accumulate speed and power, but the practitioner actually initiates the action beginning at the feet. A wave of movement throughout the bones and muscles, drives the momentum upwards and eventually is released through the wrist and hand.

Kinetic Linking is a common phenomenon occurring in baseball (batting & pitching), boxing, discus throwing as well as other sports and activities.

The tip of the bullwhip can gain speeds at roughly 30 times the speed at the handle. Add in the speed of the wave moving throughout the body, one can start to see the tremendous amount of speed and power that can be generated.

Types of Energy used in Kinetic Linking

Potential Energy - stored energy awaiting a use

Kinetic Energy - energy due to motion

Gravitational Force - objects attraction to one another

Centrifugal Energy - outward force on an object moving on a curve around another object

A spring can possess not only centrifugal energy, but also potential (waiting to unwind) and kinetic energy, as it unwinds.

Many martial artists have known for hundreds of years, that kinetic linking is a key factor in developing power for self defense skills as well as a way of improving overall fitness.

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

© Copyright 2016 - CAD Graphics, Inc.

Kinetic Linking (the key to extraordinary power)

www.MindandBodyExercises.com

Kinetic linking is the term used for movement that accumulates speed and consequently produces an increase in power as the end result.

This graphic represents a sequential method using kinetic linking in order to block a punch, grab or kick, and to then ward off an attacker.

Arms swing upward towards ears as right foot pivots, left leg swings forward to block knees and groin.

Hands block downward past face as hips free fall; left heel lifts up.

Torso twist & compress like a spring to the right as left arm begins to reach toward right ribs. Right hand covers face. Left foot slides forward.

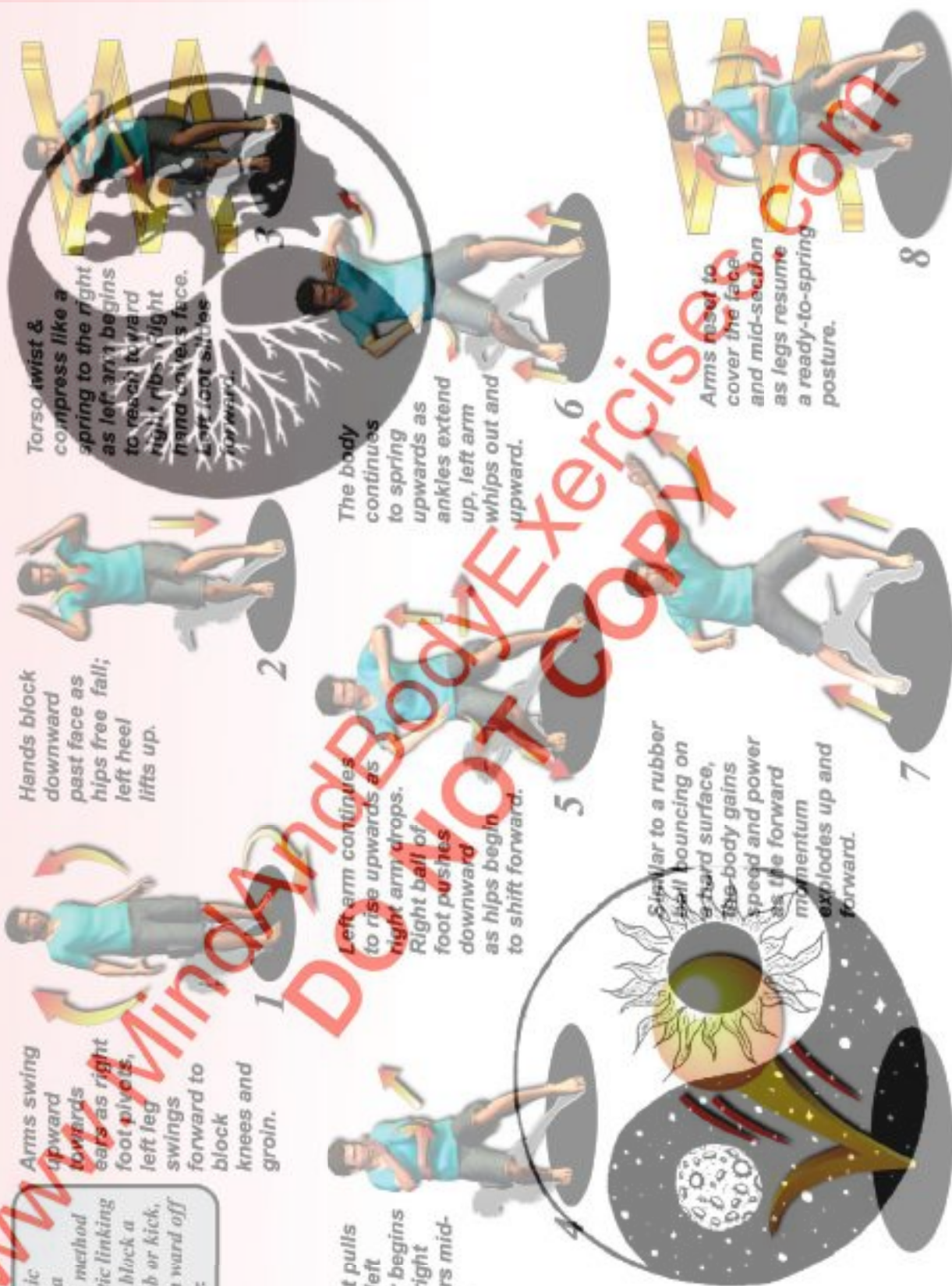
Left wrist pulls back as left shoulder begins to rise, right arm clears mid-section.

Left arm continues to rise upwards as right arm drops. Right ball of foot pushes downward as hips begin to shift forward.

The body continues to spring upwards as ankles extend up, left arm whips out and upward.

Similar to a rubber ball bouncing on a hard surface, the body gains speed and power as the forward momentum explodes up and forward.

Arms reset to cover the face and mid-section as legs resume a ready-to-spring posture.



Energy Centers of the Human Body

Chakras



7th - Crown: violet to gold
spiritual connection



6th - Third Eye: dark blue,
Intuition



5th - Throat: light blue, self-
expression, communication



4th - Heart: green,
love & devotion



3rd - Solar Plexus: yellow,
sense of purpose & growth



2nd - Sacral: orange,
creativity & reproduction



1st - Base: red, survival
& security



Dan Tien & Energy Meridians

Upper Dan Tien

Middle Dan Tien

Lower Dan Tien

Different schools of thought exist as to how energy exists within and around the human body. These concepts seem new to Western culture, although other cultures have accepted their existence at least for many generations if not, thousands of years.

www.MindandBodyExercises.com

Different schools of thought exist as to how energy exists within and around the human body. These concepts seem new to Western culture, although other cultures have accepted their existence at least for many generations if not, thousands of years.

Chakras

Coming from traditional Indian medicine, there exist 7 energy centers within the human body. These points are considered the focal points for the reception and transmission of energies. Some believe the chakras interact with the body's ductless endocrine glands and lymphatic system by feeding in positive energies and disposing of unwanted negative energies. Each chakra in your spinal column is believed to influence or direct bodily functions near its region of the spine.



7th - Crown: violet to gold
spiritual connection

6th - Third Eye: dark blue,
Intuition

5th - Throat: light blue, self-
expression, communication

4th - Heart: green,
love & devotion

3rd - Solar Plexus: yellow,
sense of purpose & growth

2nd - Sacral: orange,
creativity & reproduction

1st - Base: red, survival
& security

Dan Tien

There are 3 Dan Tien, or energy centers within the human body. The upper Dan Tien is located between the eyebrows and is associated with higher awareness. The middle Dan Tien is located near the center of the chest and effects the immune system by stimulating the heart and lungs. The lower Dan Tien is located just below the navel and effects the storage of energy in the kidneys.

Energy Meridians

There are 12 main meridians and 8 other spatial meridians within the human body. Meridians are similar to electrical wires or nerves. They run from the top of the head to the tips of the toes and finger. 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 life style, it is possible to keep the chi flowing through the meridians.



The Seven Energy Centers, Seven Chakras and Dimensions

Chakra is a Sanskrit word that means "wheel". Chakras and Dimensions are the same thing. Sometimes they will be referred to as the "Seven Dantians."

Chakras are energy systems associated with different parts of the body that relay information in the form of energy. It is believed that a chakra is a wheel of energy that spins around its own axis and can spin fast or slowly. These chakras are like spirals of energy, each one relating to the others. A chakra will spin in relation to the energy level of your system, thus understanding your chakras and keeping them in balance can help with all kinds of health and emotional problems.

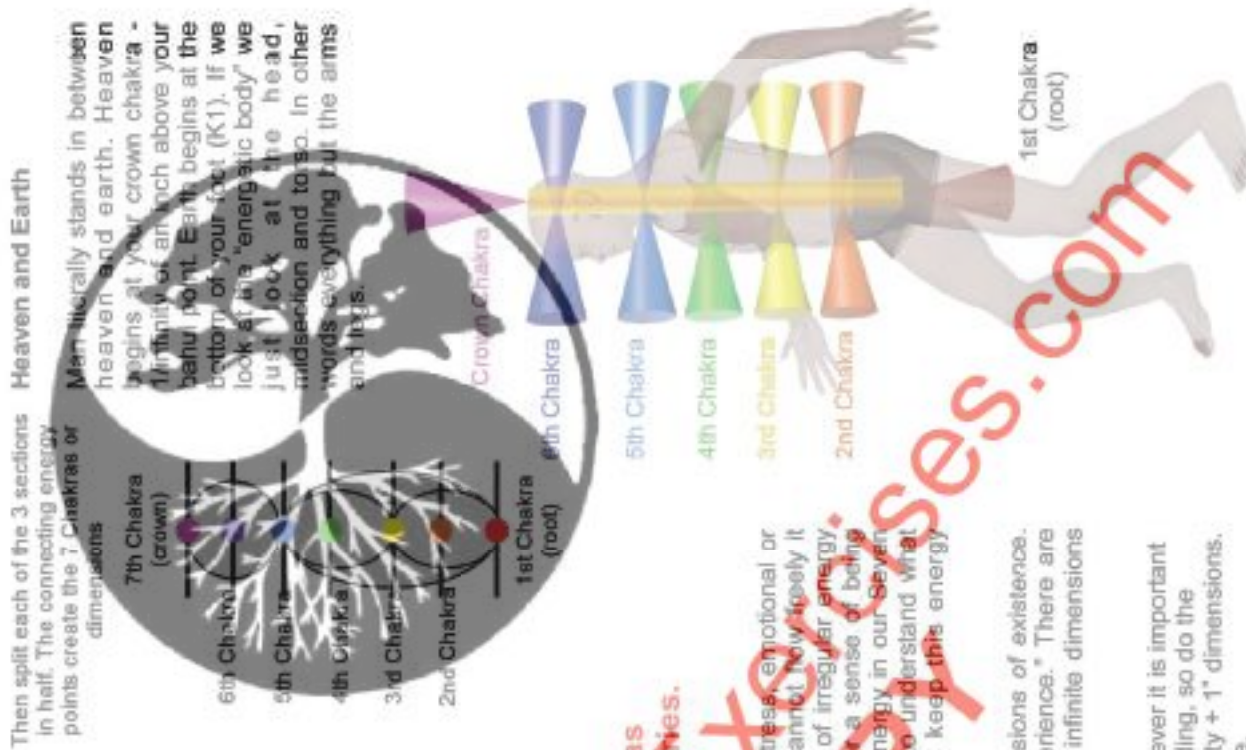
Imagine a vertical power current like a fluorescent tube that runs up and down the spine, from the top of the head to the base of the spine. Think of this as your main source of energy. The seven major chakras are in the center of the body and are aligned with this vertical "power line."

They regulate the flow of energy throughout the electrical network (meridians) that runs through the physical body. The body's electrical system resembles the wiring in a house. It allows electrical current to be sent to every part, and is ready for use when needed.

Sometimes chakras become blocked because of stress, emotional or physical problems. If the body's "energy system" cannot flow freely it is likely that problems will occur. The consequence of irregular energy flow may result in physical illness and discomfort or a sense of being mentally and emotionally out of balance. Blocked energy in our Seven Chakras can often lead to illness so it's important to understand what each Chakra represents and what we can do to keep this energy flowing freely.

The universe contains an infinite amount of dimensions of existence. There are seven that are part of the "human experience." There are infinite dimensions above our "7th Dimension" and infinite dimensions below our "1st Dimension."

We only need to concern ourselves with seven, however it is important to understand that just as the universe keeps expanding, so do the dimensions. You could even say that there are "infinity + 1" dimensions. That statement points to the ever-expanding universe.



You can think of chakras as invisible, rechargeable batteries.

Energy Centers of the Human Body

www.MindandBodyExercises.com

Different schools of thought exist as to how energy exists within and around the human body. This guide presents a summary for some of these theories as well as other naturally occurring phenomena within the human mind, body and spirit. These concepts seem new to Western culture, although other cultures have accepted their existence at least for many generations if not, thousands of years.

The Aura

Is the energy produced by your life force, and it radiates all around you. Similar to a radio antenna, the aura can receive or broadcast positive or negative energy from an individual. Your mental, emotional and physical state is reflected in your aura. The aura is constantly changing in color, shape and size. The strength and integrity of your aura will have a strong effect on your overall well being.

Chakras

Coming from traditional Indian medicine, there exist 7 energy centers within the human body. These points are considered the focal points for the reception and transmission of energies. Some believe believe the chakras interact with the body's countless endocrine glands and lymphatic system by feeding in positive energies and disposing of unwanted negative energies. Each chakra in your spinal column is believed to influence or direct bodily functions near its region of the spine.

7th - Crown: violet to gold
spiritual connection

6th - Third Eye: dark blue,
intuition

5th - Throat: Light blue, self
expression, communication

4th - Heart: green, Love
& devotion

3rd - Solar Plexus: yellow,
Sense of purpose & growth

2nd - Sacral: orange,
Creativity & reproduction

1st - Base: red, survival &
security

Dan Tien

There are 3 Dan Tien, or energy centers within the human body. The upper Dan Tien is located between the eyebrows and is associated with highest awareness. The middle Dan Tien is located near the center of the chest and effects the immune system by stimulating the heart and lungs. The lower Dan Tien is located just below the navel and is the storage of energy in the kidneys.

Energy Meridians

There are 12 main meridians and 8 other special meridians within the human body. Meridians are similar to electrical wires or nerves. They run from the top of the head to the tips of the toes and finger. 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 life style, it is possible to keep the chi flowing through the meridians.

Upper Dan Tien



Chakra Relationship to Hierarchy of Needs

Some modern personality theories have a close relationship with ancient philosophies (some may call these religions) of Taoism, Buddhism and Hinduism that have existed and been studied for thousands of years. There seems to me to be quite some overlap and maybe even borrowing from the ancients. Abraham Maslow's Hierarchy of Needs also reflects similarities to the 7 chakras found in Buddhism and Hinduism. The 7 chakras or energy centers are thought to hold mental as well as physical aspects of human development. For example, the 1st chakra is the root chakra, similar to Maslow's basic needs of safety, survival, and primal instincts. The 7th chakra, also called the crown, corresponds to understanding, transcendence and enlightenment, similar to the where Maslow's self-actualization where an individual struggles with morality and ethics. Again, these are familiar concepts and goals within other Eastern practices of philosophy and/or religion.



Energy Centers of the Human Body

Chakras



Dan Tiens & Energy Meridians



Different schools of thought exist as to how energy exists within and around the human body. These concepts seem new to Western culture, although other cultures have accepted their existence at least for many generations if not, thousands of years.

www.MindandBodyExercises.com

Chakra Correspondences

Energy Center	Name	Physical Location	Element	Issues	Right	Color	Note
1st	Root	Base of Spine	Earth	Physical Needs, Safety, Stability	To Have	Red	C
2nd	Sacral	Lower Abdomen	Water	Joy, Sexuality, Emotions	To Feel	Orange	D
3rd	Solar Plexus	Solar Plexus	Fire	Will, Power, Vitality	To Act	Yellow	E
4th	Heart	Heart	Air	Relationships, Love	To Love	Green	F
5th	Throat	Throat	Sound	Expression, Communication	To See	Blue	G
6th	Third Eye	Brow	Light	Clarity, Wisdom, Intuition	To Know	Indigo	A
7th	Crown	Top of Head	Thought	Understanding, Transcendence	To Know	Violet	B

www.MindandBodyExercises.com

© Copyright 2023 - CAD Graphics, Inc.

Herbal Preparations

Herbal Extracts

Extracts are a liquid preparation 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 such as honey, maple syrup or glycerin.

Tea

An herbal extract using water as the medium.

Infusion

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

Brew

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

Decoction

A process of making a tea using a simmering process.

External Uses Only

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

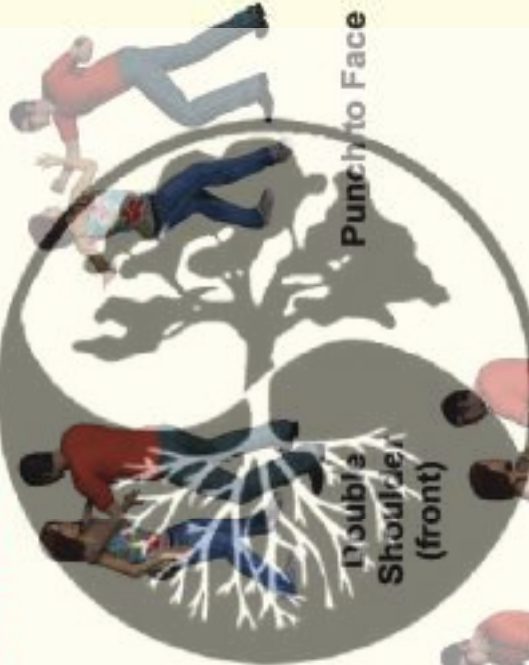
A mixture of oil, herbs and beeswax that does not easily absorb into the skin.

Compress

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

If You Have Never Had to Defend Yourself, Nor Practiced Self-defense - How Do You Know What You Will Do?

Typical
Ways
People
Are
Assaulted



Double
Shoulder
(front)



Double
Shoulder
(behind)



Double Wrists
(front)



Double Wrists
(behind)



Double Wrists
(front)



Double Wrists
(behind)



Double Wrists
(front)



Double Wrists
(behind)

Sitting On Top



Sitting On Top



Sitting On Top



Sitting On Top



Sitting On Top



Sitting On Top



Sitting On Top

Knife on Throat



Knife on Throat



Knife on Throat



Knife on Throat



Knife on Throat



Knife on Throat



Knife on Throat

Knife Lunge



Knife Lunge



Knife Lunge



Knife Lunge



Knife Lunge



Knife Lunge



Knife Lunge

Bear Hug (behind)



Bear Hug (behind)



Bear Hug (behind)



Bear Hug (behind)



Bear Hug (behind)



Bear Hug (behind)



Bear Hug (behind)

Bear Hug (front)



Bear Hug (front)



Bear Hug (front)



Bear Hug (front)



Bear Hug (front)



Bear Hug (front)



Bear Hug (front)

Self-awareness & Self-defense are skills that can be practiced to improve success



Self-awareness & Self-defense are skills that can be practiced to improve success



Self-awareness & Self-defense are skills that can be practiced to improve success



Self-awareness & Self-defense are skills that can be practiced to improve success



Self-awareness & Self-defense are skills that can be practiced to improve success

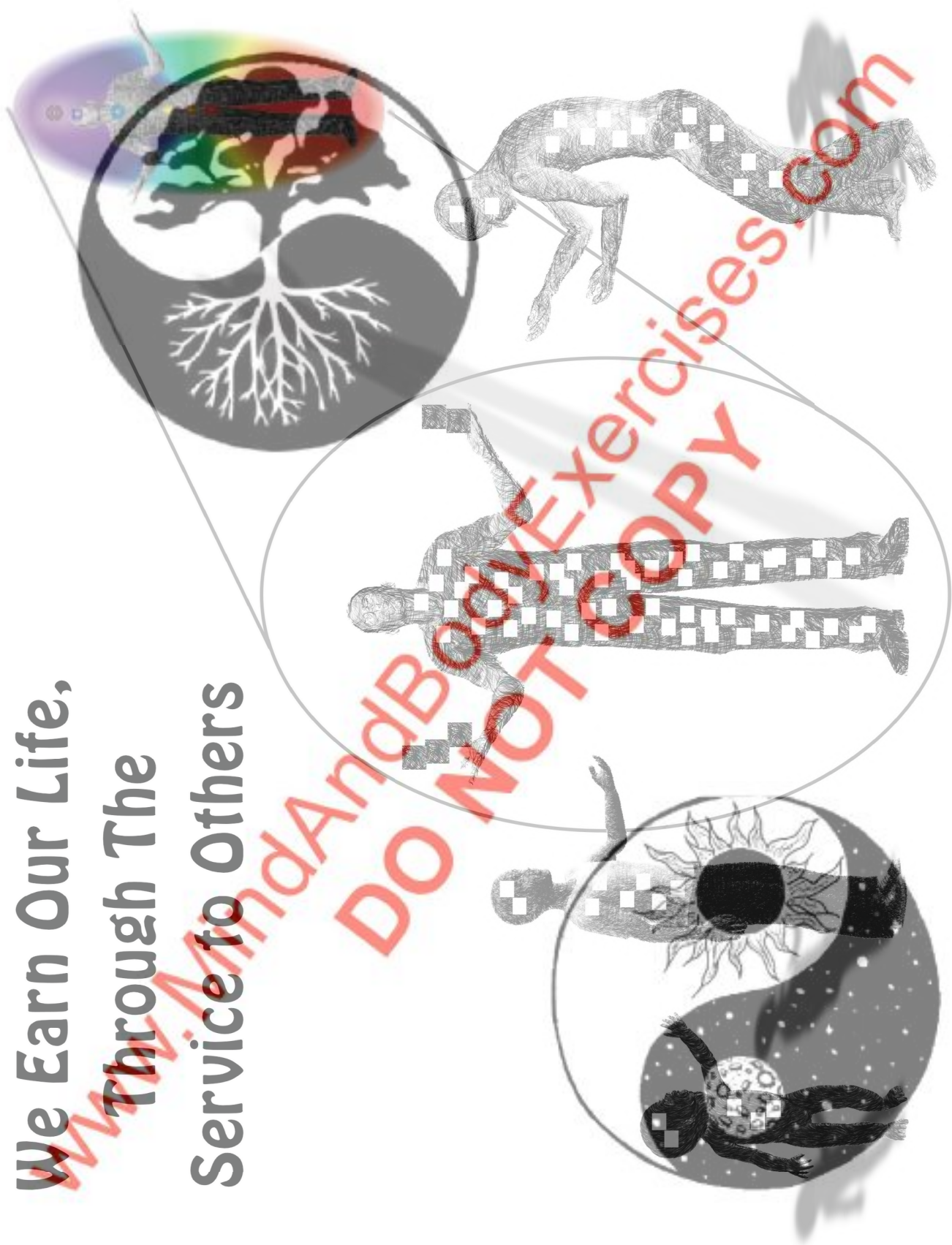


Self-awareness & Self-defense are skills that can be practiced to improve success



Self-awareness & Self-defense are skills that can be practiced to improve success

We Earn Our Life, Through The Service to Others



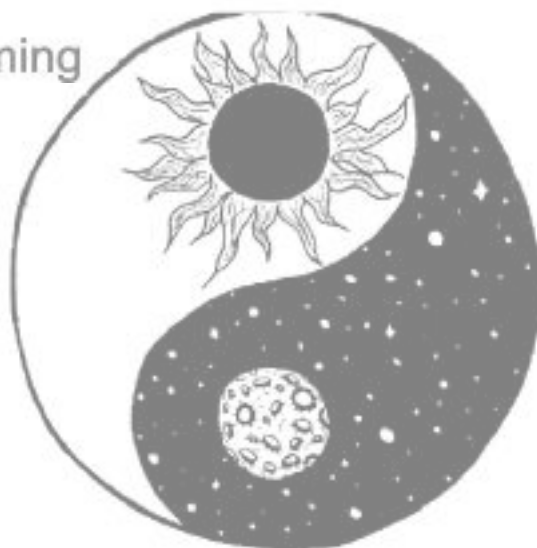


Appendix 1

Additional Graphics



4) Mutual
Transforming



Box Breathing: A Method to Manage Stress

Deeper breathing is a key component to having a long and healthy life. Through focused and deliberate breathing methods, many positive mental and physical benefits can be achieved. Box breathing is a technique to slow one's breathing rate per minute (BPM). Slower BPM allows precise self-regulation of the parasympathetic nervous system, also referred to as the "rest and digest" response or the sympathetic nervous system also known as "fight or flight" response. Both of these responses regulate our blood chemistry which can affect emotions as well as organ function. This technique needs to be practiced regularly and often in order to gain the benefits of deep and regulated breathing. One time will not do much.

Typical senior adult's breathing pattern (shallow chest breathing)

1/3
2/3
3/3



Lungs

Abdominal Breathing

Inhale

Exhale

Focus of awareness upon inhalation

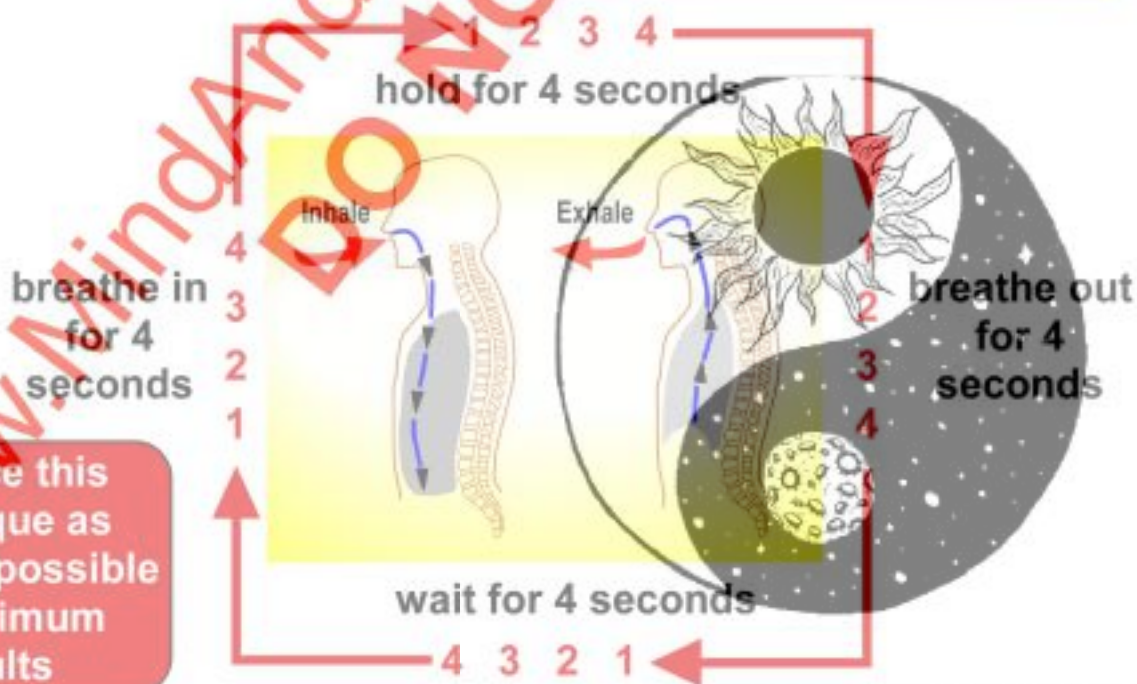
Focus of awareness upon exhalation

Abdominal movement while breathing dramatically increases lung capacity

Inhalation:
abdomen expands,
diaphragm descends

Exhalation:
lower abdomen is retracted,
diaphragm raises

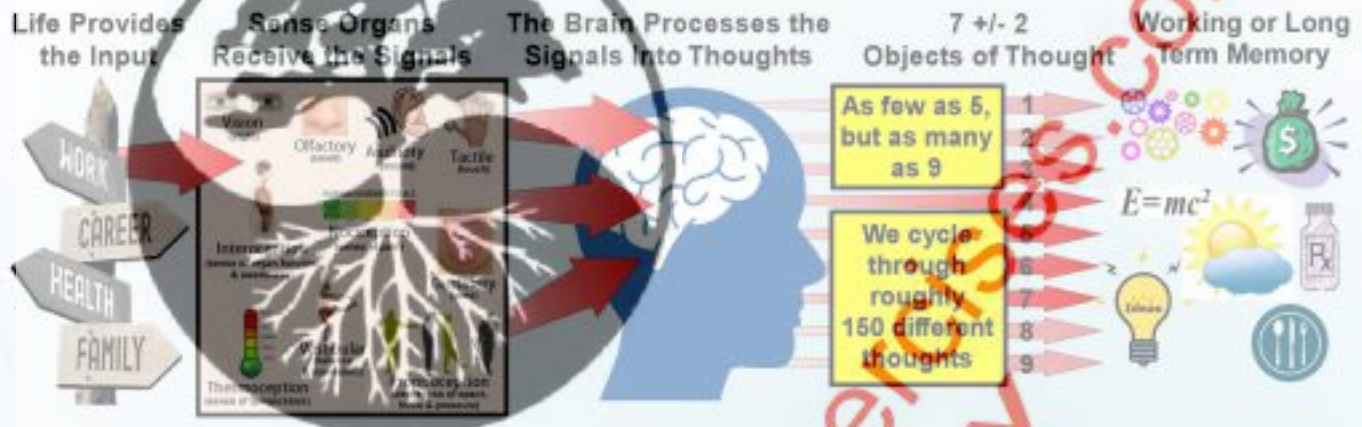
The "Box" Pattern



© Copyright 2023 - CAD Graphics, Inc.

Head, Stomach, Feet

(learn - process - implement)



Head:
learn

Observe

The body's "Brain" is the commander of the central nervous system (CNS) that manages most physiological body functions. Input from the sensory organs provides stimulus for the brain to process in order to sustain life, with relative health and happiness.

Stomach:
digest or
process

Contemplate

The body's "second Brain" is the enteric nervous system (ENS) that manages the gut. This extensive network uses the same chemicals and cells as the brain to help us digest not just food, but sensory input to alert the brain when something is out of order or angry.

Feet:
put into use

Implement

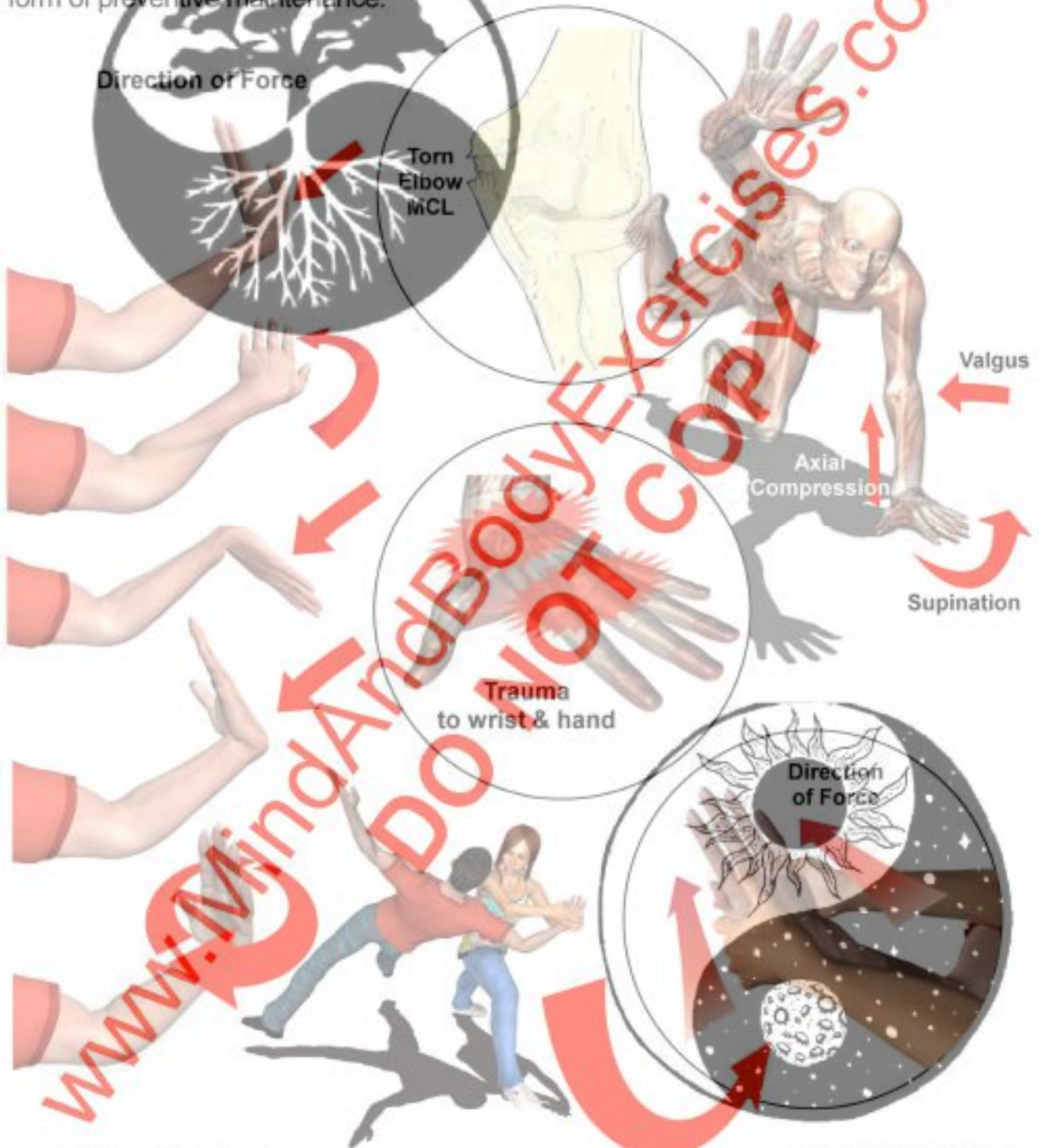
Once the brain observes stimulus, and then processes this input, other thought processes determine the "how and when" of putting this input either into short-term memory (STM) for immediate usage or stored into long-term memory (LTM) for later access.

www.MindandBodyExercises.com

© Copyright 2023 - CAD Graphics, Inc.

The Weakest Hand & Wrist Positions

These images show the various hand and wrist positioning that aside from self-defense applications, are common positions that people accidentally fall onto while trying to mitigate falls. The next page details various exercises to help increase strength, flexibility, and dexterity of the wrists, hands and fingers. One can practice these exercises as a form of preventive maintenance.



Methods to Increase Hand & Wrist Strength & Dexterity

At the root of all exercises is some level of self-induced or "strategic trauma." While practice these exercises there maybe some pain and discomfort, which as a positive attribute, stimulates the nervous system.



1. Clap and rub hands (50 times)



2. Slide down the sides of thumbs (3x)



3. Slide down top & bottom of thumbs (3x)



5. Finger nail, push point end of thumb (3x)



4. Use thumb & index finger, massage middle knuckle of each finger (15x)



6. Circle main knuckle of hand (5 knuckles) (3x)



7. Push center point of palm (3 times)



8. Massage wrist joint 3x each direction.



9. Upside down wrist stretch towards face (10x)



10. Open wrist stretch away from face (10x)



11. Clasp around all fingers & thumb circle massage cuticle (3x) and pop.



12. Crab fingers (hold for approx. 30 seconds), shake hands.

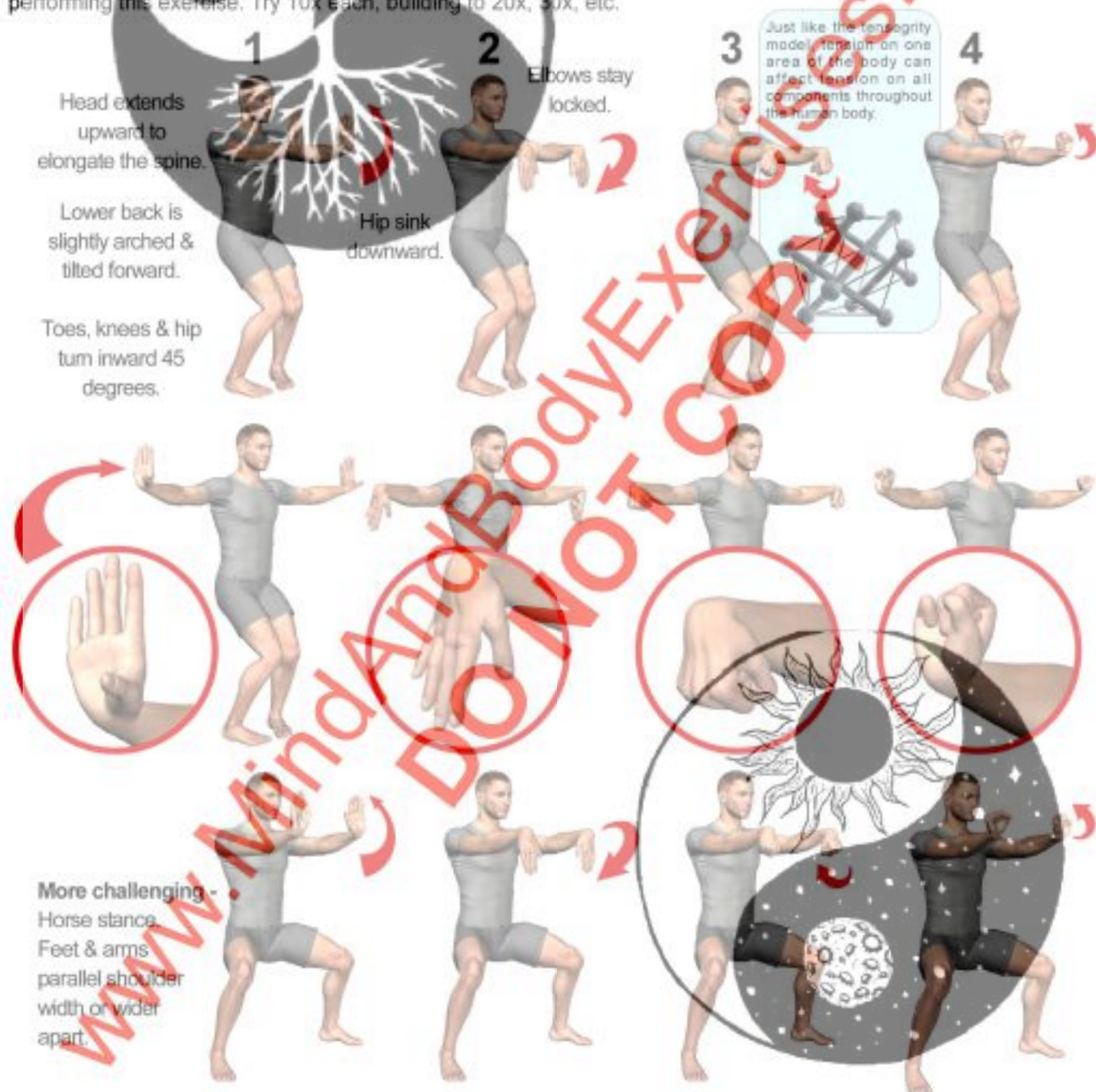


13. Hit finger tips (10x)



14. Hit whole hand (10x)

Unique to this exercise, is the body posture combined with the correct hand and arm positions, and the extra awareness required to keep the lower body stable while also maintaining the correct body alignments. By squeezing the hands into fist and then opening them moving only the hands and wrists, the fascia trains, the nervous, muscular and skeletal systems are all engaged throughout the entire body. Try to hold the static position while performing the wrist exercise, from 1, 2, 3, etc. consecutive repetitions. Holding the stance generally develops overall strength where as repetitive rolling develops stamina, endurance and determination. Relax the body into the positions in spite of any tension in the muscles. Deep and relaxed breathing is essential while performing this exercise. Try 10x each, building to 20x, 30x, etc.



Various Theories of Reflexology

Reflexology is based on similar principles to acupuncture as well as some types of massage. Our bodies are mapped by meridians of energy, or "chi" (pronounced "chee"). When we feel pain, discomfort or uneasiness, the flow of energy is blocked in some way. By putting pressure on parts of these meridians, the practitioner sends an impulse or signal all the way along it, which unblocks it and promotes the energy to flow freely again. There are various theories as to where the mapping of the hands, feet and ears corresponds to the different components of the human body. This chart focuses mostly on hand positioning methods to achieve better health.

There are many types of reflexology:

- 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



Meridian Therapy



Korean Version



Various Hand Positions From Eastern Methods

Willow
Leaf Palm

Buddha
Palm

Fist or
Punch

Leopard
Fist

Sudo
(knife edge)

Natural
Palm

Gansu
(finger poke)

Crane

Snake

Single
Finger

Kyuk Su
(ridge hand)

Secret
Sword

Tiger
Claw

Dragon
Claw

Spiraling
Palm

Obscure
Palm

Feet - Waist - Arms - Kinetic Linking

www.MindandBodyExercises.com

The Relationship Between a Tree and the Human Body

Kinetic - pertaining to movement or motion

Linking - to connect, unite

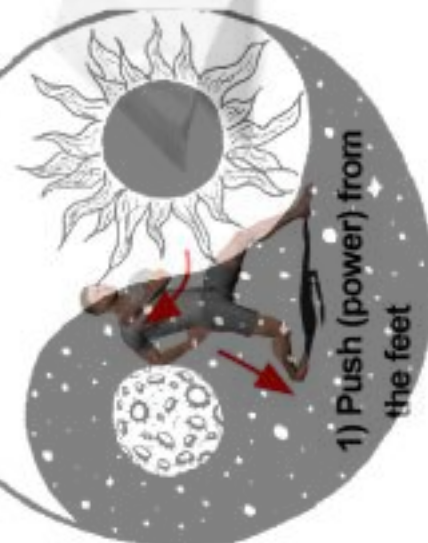
Many martial artists have known for maybe hundreds of years, that kinetic linking is a key factor in developing power for self-defense skills as well as a way of improving overall fitness.

Arms & Hands
(branches & leaves)

Waist
(trunk)

Feet
(the roots)

As you shift the weight from the back foot to the front foot, the waist, turns as the back extends forward and the arm reaches outward. Similar to squeezing a tube of toothpaste, from one end to the opposite, this motion consequently drives the force (along with blood and lymph) through the joints and blood vessels of the body in a flowing, fluid and spiralling motion.



1) Push (power) from the feet



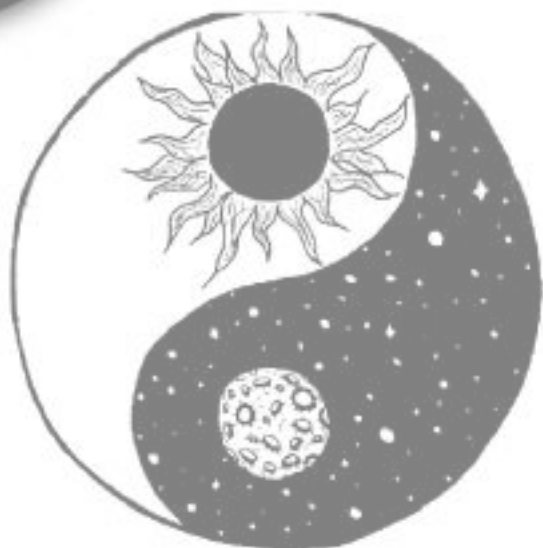
2) Direct with the waist moving forward



3) Express with the shoulders, arms & hands

Appendix 2

Instructor-Teacher-Coach Training Philosophies



www.MindAndBodyExercises.com
DO NOT COPY

Instructor-Teacher-Coach Training Philosophies

Introduction

These following pages of information contains accumulated thought and is in no way complete in its content.

Physical health, mental well-being and relationships within your life, whether personal or spiritual; are these the most cherished aspects of your life? Yet, how much effort do we put towards improving these areas on a daily basis?

This information in no way meant to sway anyone's beliefs or ideologies of the world we live. I am providing it as a means to express my reasoning behind why I do what I do. As with anything, use your best judgment and common sense regarding any actions that you might take based upon this information. As with any type of physical activity, consult with your physician if you have any questions regarding your ability to participate in any such activities as explained hereafter.

A few terms need to be defined to assure that anyone reading this does not misunderstand my viewpoint of using such terms.

Physical – Pertaining to your body or health of the vessel which carries your mind and spirit (inner self, consciousness)

Mental – Relative to how and what your brain processes as information

Spirit – Your inner self, self-awareness, the direction and purpose in one's life

Martial – Military or pertaining to warfare

Art – Creative outlet of talent, skill or ability

Martial Arts – Term used today as a means to develop self-defense skills, better health and self-awareness, or any combination of these benefits

Exercise – Maintenance of one's self through various physical methods

Training – Improvement with education and guidance towards a particular goal

Meditation – Inward thought or self-reflection



Origin of Movements

The majority of the movements I teach are of Chinese origin. The core movements are from Kung Fu and its forms in Baguazhang and Ship Pal Gye (Korean Kung Fu and weapons training). Tai Chi and Chi Kung are types of Kung Fu exercises within my curriculum. Much of the self-defense training is from these styles plus Hapkido and Kong Su (Korean Karate). Each martial art can complement and enhance another depending upon the focus and direction of the teacher. The more ways that use your body the better it is for your overall health.

Mudo (vaguely translated as martial way or more particularly a mindset) is a somewhat esoteric style of martial arts for mind & body, which appears to have originated when Korean martial artists immigrated to the United States in the early 1970's. Being that much of their background is unverifiable, we must base our understanding upon what we do know and can be documented. These martial arts practitioners learned many different styles from various Asian martial artists over the years. Their root of knowledge appears to have come through the Hwa Rang Doe lineage and quite possibly they learned Baguachung from Lu Shu Tien, a Chinese master having taught and introduced his style in Korea years ago. By combining these different styles together, new "family styles" were created utilizing some of the main principles from Baguachung, Kong Su, Hapkido, Udo and Tai Chi. Other styles might have been incorporated but cannot be confirmed. My research indicates that some of the Northern Shaolin training methods may have also been incorporated. The physical movements and techniques are not what are as important as much as the training method and the positive mindset that can be developed from it. What can be confirmed is that many of the main principles and philosophies can be applied to anyone's life for self-improvement and self-preservation.

This system has in the past resembled a somewhat militaristic format in that there exist a hierarchy of ranks from beginning students to the advanced levels of instructors. The benefit in this is that it provides structure in a graduated and progressive method of distributing the vast amount of knowledge of understanding the human mind, body through martial arts training. Martial artists commonly know this system of organized protocol as the "respect line". While it does instill a method to achieve self-discipline, it may be best utilized for beginning students of all ages. The "respect line" and rank system is not necessarily the only or best way to disseminate concepts relative to self-discipline, self-respect and consequently respect for others. Perhaps the best way is to lead by example. Using the Golden Rule of treating others, as you want to be treated works very well in a teacher-student relationship. This is the method that I choose to teach with having already experienced the former method.

Truth, honor and integrity, are these not amongst the things that we all value most and strive our whole lives to achieve? The physical movements and the lessons of self-awareness learned are humbled in comparison to the moral benefits that can be realized from the right teacher with proper guidance. Through this instruction, it is possible to attain a strong will, also known as an Indomitable Spirit. In other words, the attitude and ability to control one's actions to achieve any desired goal. This Indomitable Spirit is what enables one to become strong although mentally, emotionally, physically or morally weak. It enables those that are ill, the ability to heal themselves. It empowers those apparently down on their luck to pick themselves up and change their reality to a positive future. These things come naturally to a few people, however anyone can attain them if they have a strong desire, a sense of commitment and consequently self-discipline.



Some characteristics of the Indomitable Spirit would be the following:

- 1) The capability to use ones mental strength in order to accomplish something physically as well as mentally
- 2) The understanding that one must sometimes go through many challenges, pleasant or otherwise, in order to achieve a positive outcome

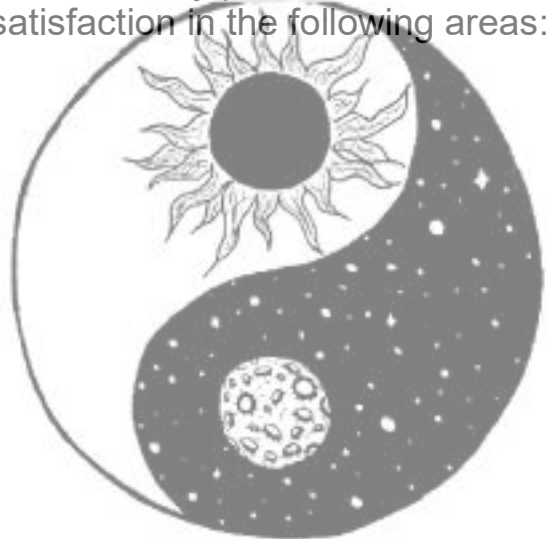
How to develop the Indomitable Spirit (strong will or a “Can Do Attitude”):

- 1) Hold static positions
 - a. Focus (concentrated mental effort)
 - b. Rhythmic deep breathing
- 2) Move continuously without interruption
 - a. Focus
 - b. Rhythmic deep breathing
- 3) Set focus and then don't waiver

By setting short terms goals, which seem to be beyond one's potential, the student begins to raise their predetermined level of complacency.

My own definition includes not only the ability but also the desire and commitment to recognize high or low moral values and persevere in order to achieve the higher level. With these abilities, one might cultivate what some may perceive as achieving a successful life by reaching a particular level of satisfaction in the following areas:

- 1) Healthy body
- 2) Strong mind
- 3) Healthy relationships (communication)
- 4) Meaning and purpose in one's life
- 5) Will power/inspiration
- 6) Realized being (recognized position)
- 7) Abundance in the material world
- 8) Legacy
- 9) Connection to a supreme being



Seeking the Right Teacher

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. A gentle teacher tends to attract gentle students. A rough teacher can attract or breed rough individuals. Positive guidance and empowerment creates a positive learning environment just as instruction based on negative viewpoints or critical teaching methods can spawn contempt. I feel that you receive back the same attitude that you project out. Through the training that I have experienced and offer to others, an individual can understand and hopefully reach their full potential.

For the learning environment to be rewarding for both the student and the teacher I feel that the following aspects must be present:

Interest – The subject matter and the presentation must be appealing enough to hold the attention of the participants

Education – The subject matter needs to be informative enough to add to the participant's knowledge base

Fun – The subject matter must be enjoyable, inspiring and upbeat

Formats of Instruction

1) Seminars

- All attending taught basically the same material with a particular theme or goal to be understood or achieved usually within a specified time frame of a day or two.
- Detail of subject matter usually dictated by the pace of the majority participating

2) Group Lessons

- Ongoing instruction with focus on flexibility and coordination
- Later focus is on speed, strength, and reflex
- Detail of subject matter usually dictated by the pace of the majority participating

3) Semi-private

- Smaller groups allow greater attention to detail
- More interaction between teacher and student

4) Private

- Individual needs can be addressed
- Usually faster way to improve and reach goals



Mindset Levels for Training & Teaching:

1) No thought

- a. No regard for the knowledge or how it can be of benefit
- b. Better to not be involved with training/learning/teaching

2) Little thought

- a. Aloof
- b. "A little knowledge can be a dangerous thing "

3) "Weekend Warrior"

- a. Out of balance
- b. Puts undue stress on most body systems

4) Maintenance minded

- a. Consistent
- b. Balanced
- c. Desirable and acceptable results

5) Growth motivated

- a. Consistent, balanced and steady improvement
- b. Best results for many

6) Addicted

- a. Out of balance
- b. Sight of goals can be lost
- c. Priorities can be misaligned

The 3 Treasures

1) Mind (Qi)

- a. Thought
- b. Knowledge
- c. Intelligence

2) Body (Jing)

- d. Physical movement
- e. Health
- f. Activity

3) Spirit (Shen)

- g. Intuition
- h. Judgment
- c. Awareness
- d. Understanding
- e. Wisdom

Main Benefits of Training

I equate one's health to that of a house providing shelter to its owner. If the home is never maintained and left to the day after day effects of nature, sooner or later the home will show signs of wear. Eventually parts of the home may rot, decay or become operable. Once one problem starts it can cause other problems to develop much faster than on their own accord. One's health can follow this same downward spiral or be maintained through proper nutrition, exercise, lifestyle and rest.

1) Mental Development

- a. Enables the mind to expand its limits
- b. Provides a method to achieve positive goals
- c. Relieves stress from excessive focus of thoughts
- d. Communication and social skills

2) Physical Development

- a. Secondary to the mental and spiritual benefits, however allows the student to remain healthy in order to keep learning more
- b. Protects the student from physical attacks whether from an aggressor or from nature, such as illness or disease.
- c. By achieving physical goals and control, mental and spiritual goals can be more easily obtained.

3) Spiritual Cultivation

- a. Better understanding of self-awareness
- b. Sense of purpose

Attributes of Training (applied both physically and mentally)

- 1) Awareness – realization, perception or knowledge
- 2) Memory – the process of reproducing or recalling what has been learned or experienced
- 3) Coordination – bring actions together into a smooth concerted way
- 4) Control – skill in the use of restraint, direction and coordination
- 5) Endurance – ability to tolerate stress or hardship
- 6) Strength – power to resist or exert force
- 7) Stamina – combination of endurance and strength
- 8) Speed – rate of motion
- 9) Power – might or influence
- 10) Reflex – end result of reception, transmission and reaction
- 11) Strategy – a careful plan or method to achieve a goal



Blueprint to Happiness and Purpose in One's Life

Happiness comes from finding the “master” within! You may have many teachers throughout your life, but every individual has the ability to access the “master” within their own self. You are the master in control of your own reality. No amount of wealth or fame can make you truly happy if you are not healthy and value those around you. The following aspects are just one formula for a successful life. With a blueprint of how to achieve prosperity, how can you not become healthier within all facets of your life?

Respect
Discipline
Self Esteem
Confidence
Determination to Achieve Goals

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.

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

Self-Esteem – As you review your achievements of respect and discipline, your sense of worth is elevated and appreciated. Knowing the difference between right and wrong and having the strength to do what is correct, although perhaps more difficult or unpopular.

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. One should be careful not become arrogant with an increase in self-confidence.

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.

Obtaining Goals

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.



Levels of Understanding Relative to Mental and Physical Abilities:

Level 1 - learns importance of self-respect. Also basic body mechanics for exercises, stances, hand attacks, kicks and various self-defense techniques. Focus on understanding independent movement of the limbs. Should be able to demonstrate basic memory of the above.

Level 2 - expounds upon what the level 1 learns with increased attention towards improved coordination and understanding of all movements. Should be able to demonstrate basic movements with a better awareness toward execution beyond just memory of them.

Level 3 - learns to use basic combinations of body movements with increased attention on control pertaining to the amount of strength, speed, aim, trajectory, etc.

Level 4 - Needs to be able to demonstrate basic/intermediate movements with a lack of hesitation while execution of them.

Level 5 - Strives to make the switch from 30% mental / 70% physical input to 70% mental / 30% physical; the mind can control the actions of the body.

Level 6 - Tries to demonstrate having a stronger grasp of using the mind to direct the body to accomplish physical goals.

Level 7 - Tries to demonstrate having a stronger grasp of using the mind to direct the body to accomplish mental & physical goals.

Level 8 - Can demonstrate the mindset of accomplishing whatever task is at hand, whether a self defense, career or social situation. Should have a good idea of what their strengths and weaknesses are. Should possess the knowledge to defend oneself confidently and maintain a superior level of health.

Level 9 - With having a better self-understanding, the individual should be cultivating a better understanding of others and their actions. Mental & physical strength & understanding should far surpass that of the average person.

Level 10 - Increased focus from previous levels in all areas of development plus communication and leadership skills.

Level 11 - Increased focus from previous levels in all areas of development. Communication and leadership skills become more honed and refined.

Level 12 - Able to demonstrate an advanced understanding of the basic to advanced principals, morals, philosophies and mechanics behind all of the knowledge and physical movements taught up to this point.



Main Styles of Martial Arts Principals Drawn Upon

1) Kong Su

- a. Straight movements powered by the legs pushing off the ground and finishing with tension whether utilized for a block or an attack
- b. External development
- c. Promotes development of yang energy or aggressiveness

2) Hapkido

- a. Development and attack of the wrist, elbows and shoulders
- b. Utilizes hand and foot attacks, sweeps and takedowns
- c. External development

3) Aikido

- a. Development and attack of the wrist, elbows and shoulders
- b. Primarily controls the opponent's body through manipulation of the wrist
- c. External development

4) Udo/Jujitsu

- a. Development of flexibility and strength of the spine in order to protect the body from falls and shocks to the bones and joints
- b. External development

5) Komdo (Long sword with curved tip)

- a. Development of the wrists, shoulders and general upper body
- b. Increased focus beyond empty hand training

6) Kung Fu

- a. Movements focus upon human body mimicking animals in their natural habit and their natural phenomenon
- b. Power is generated from the hips and torso turning
 - i. Baguazhang
 - 1. Coiling, twisting of the torso and body
 - 2. Develops stability in motion
 - 3. Generated energy through centrifugal force and body alignment
 - 4. Internal and external development
 - ii. Tai Chi
 - 1. Moving meditation (coordinated body movement and focused thought)
 - 2. Internal development
 - iii. Ship Pal Gye (18 weapons through Korean Kung Fu)
 - 1. Internal and external development
 - 2. Increased focus beyond empty hand training
 - iv. Qigong/Chi Kung (energy work)
 - 1. Moving of energy within the body by regulating ones breath
 - 2. Internal development
 - v. Nae Gong (Nei Dan, Nei Kung)
 - 1. Moving of energy within the body by regulating ones thought
 - 2. Internal development
 - vi. Wae Gong (Wei Dan, Wei Kung)
 - 1. Moving of energy within the body by moving the muscles, bones and joints
 - 2. External development



Parts of a Group Lesson

1) Breathing exercise warm-up

- a. Relaxes the body
- b. Clears the mind of trivial or negative thoughts
- c. Allows the mind to focus
- d. Prepares the internal organs for strenuous activity

2) Group Lesson Exercises

- a. Develops basic focus, flexibility, strength, balance, cardiovascular development
- b. Begins to develop the “Can Do Attitude”
- c. Prepares the mind and body for the forms and self-defense training

3) Form training

- a. Empty hand forms
 - i. Develops balance of the left/right sides, upper/lower parts of the body
 - ii. Develops the muscular structure the skeletal structure and joints, nervous, digestive, circulatory, respiratory, digestive, lymphatic and endocrine systems of the body.
 - iii. Develops skills to effectively execute self-defense techniques
 - iv. Challenges an individual's mind to memorize complex sequences with attention to fine detail
- b. Weapons forms
 - i. All of the benefits of the afore mentioned empty hand forms
 - ii. Approximately 5 times more increased focus than empty hand forms
 - iii. Increased strength, flexibility, awareness, etc. beyond that of empty hand forms

4) Self Defense applications

- a. Develops confidence for physical confrontations
- b. Instills confidence that can be applied to all facets of one's life
- c. Educates the student about how the human body works
- d. Makes one more self-aware of oneself and their surroundings
- e. Helps students learn self-respect and respect for others
- f. Enables the student to develop a keen sense of self-control

Parts of a Group Lesson (con't.)

5) Cool Down

- a. Allows the body to settle back to normal pace
- b. Provides time for the student to reflect on what they learned and accomplished from the lesson

6) Personal Practice

- a. Allows the student to internalize their actions and thoughts, therefore utilizing more mental interaction
- b. Increases the student's self awareness and understanding
- c. Helps promote self-discipline, which lead to achieving short, medium & long-term goals

7) Meditation Benefits Relative to Time Invested

- a. 3 minutes - Your circulation and blood stability is affected
- b. 11 minutes - The pituitary and nerves begin to change
- c. 22 minutes - The three minds (Negative, Positive and Neutral) balance and begin to work together
- d. 31 minutes - Meditation begins to affect your whole mind, your aura and all your body's internal elements (Earth, air, ether, water, fire)
- e. 62 minutes - Your subconscious "shadow mind" and your positive (outer) projection are integrated
- f. 2-1/2 hours - Holds the change in the subconscious mind throughout the cycle of the day.

Distractions to Avoid from breaking your focus:

- 1) Checking the time
- 2) Overly adjusting your body positioning
- 3) Adjusting of your clothing
- 4) Wiping away of sweat from your face
- 5) Scratching an itch
- 6) Looking away from subject matter

Key Components in Most Movements

- 1) Basis understanding/mechanics
- 2) Coordination
- 3) Timing
- 4) Control
- 5) Speed
- 6) Power
- 7) Reflex

Benefits from Attending the Group Lessons

1) Establishes the foundation for achieving goals

- a. Short term goals – daily objectives
- c. Medium term goals – weeks to monthly objectives
- d. Long term goals – years to decades to lifetimes to achieve objectives

2) Increases the motivation of students by participating within a group setting

- a. More students produce more positive energy, which makes all students in the group lesson have more enthusiasm toward their own self-improvement.
- b. Beginning students can see the progression from beginner to advance levels of development.

Best Times to Exercise

1) Early morning

- a. The natural energy of the earth is the more balanced and stronger due to the Earth's natural cycles at the start of the day
- b. Less distraction from the events of the day
- c. Starts the day with focus on positive goals.

2) Late evening

- a. The natural energy of the earth is the more balanced and stronger due to the Earth's natural cycles at the end of the day
- b. The environment is quieter due to the end of the day.
- c. Challenges the individual to accomplish goals in spite of being mentally and physically drained at the end of the day.

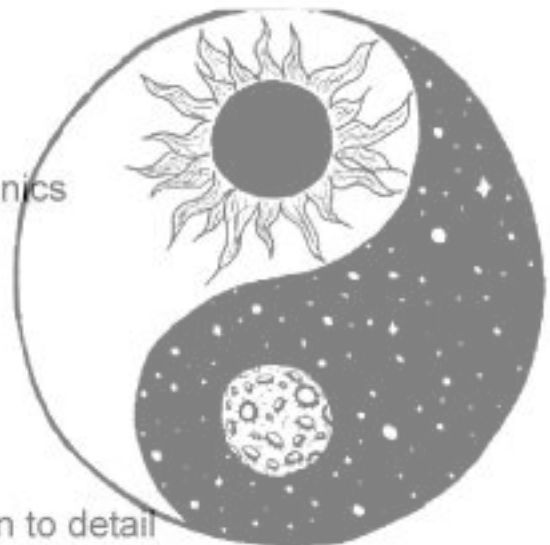
3) Anytime that can be made available

Methods of Training

- 1) Walk through as trying to understand mechanics
- 2) Continuous movement
- 3) Holding static positions
- 4) Use of equipment
- 5) Elements of danger
- 6) Meditation and/or visualization exercises

Variety of Lesson Pace

- 1) Informative and slower paced, more attention to detail
- 2) Faster paced, less information, more attention on endurance
- 3) Intense pace, no information, more attention on stamina, speed, reflex, awareness, etc.



Key Attributes to Healthy Exercises:

1) Proper Breathing

- a. Abdominal Breathing
- b. Parasympathetic

2) Importance of Circulation

- a. Tourniquet principle
- b. Toes and finger farthest from the heart, receive the least circulation as we age

3) Importance Principles of Exercises

- a. Non-specific symmetrical movements
- b. Balanced
 - i. Left and right sides of the body
 - ii. Upper and lower parts of the body
 - iii. Internal and external parts of the body
 - iv. Hard and soft tension while executing exercises
- c. Proper principles of alignment
 - i. foot, knee and hip in vertical plane
 - ii. spine in relation correct physiology of the vertebrae and curves
- d. Need for Balance and equilibrium
 - i. Inner ear (vestibular balance)
 - ii. Balance of the mind, body and consciousness
- e. Flexibility
 - i. Range of motion
 - ii. Proper circulation
- f. Strength
 - i. Muscular
 - ii. Bone
 - iii. Nervous system (mental tolerance)
- g. Exercising the Whole Body
 - i. Over 600 muscles in the human body
 - ii. Exercise 10% of all the muscles or 100% of only a few muscles?
 - iii. Eyes, brain, ears, tongue - exercise all soft tissues
- h. Challenging the Mind
 - i. Needs to be challenged and tested in order to grow
 - ii. Self realization through self-awareness exercises



Why Some People Choose to Teach

- 1) A positive feeling of helping others to improve their life
- 2) Achieving a better understanding of how the movements work and therefore benefit the student
- 3) A better understanding of how to communicate with others
- 4) Provide an outline for being able to instruct in other venues other than martial arts

Benefits of Becoming an Instructor, teacher or coach

- 1) Stronger feeling of self-worth for being a positive influence to other human beings
- 2) Same benefits but more enhanced with more experience.

Facets of Being an Instructor

- 1) Teacher
- 2) Coach
- 3) Counselor
- 4) Confidant
- 5) Adviser
- 6) Friend

8 Points of Instructing

- 1) Vision - Sense of mission regarding teaching function.
- 2) Mastery of knowledge and skill.
- 3) Discernment - Ability to see the student's mind.
- 4) Leadership - Place students in a learning mode, even when off tempered.
- 5) Wisdom - Teach in productive, practical ways.
- 6) Compassion - Courage to teach through suffering and pain.
- 7) Loyalty - Follow through until learning is achieved.
- 8) Persistence - Guide one to be one's own guard.

Understanding of How People Learn

- 1) Visually
 - a. Detailed observation
 - b. Critical analysis
- 3) Verbally
 - a. By what you hear
 - b. By what you repeat
- 3) By touch or feeling
- 4) Patterns
 - a. Straight lines
 - b. Circles
 - c. Other shapes
- 5) Orientation
 - a. Landmarks
 - b. Directions
- 6) Environment
 - a. Hot or cold temperature
 - b. Noise and distractions
- 7) Presentation
 - a. Demonstrative
 - b. Sincerity
 - c. Moving
 - d. Expressive



Understanding Why People Begin Training in Martial Arts, Yoga, Self-Improvement

- 1) Insecurity
- 2) Lack of self-esteem
- 3) Physically weak
- 4) Mentally weak
- 5) Stress Relief
- 6) Mental expansion
- 7) Development of character
- 8) Spiritual growth
- 9) Self-awareness
- 10) Chronic condition or serious illness



Behavior to Avoid While Teaching or Communicating in General:

- 1) Belittling of students
- 2) Excessive physical contact
- 3) Physical injury
- 4) Taking advantage of others
- 5) Insecurity
- 6) Arrogance
- 7) Control through domination
 - a. Most people are seeking structure, self-discipline and direction
 - b. Most benefit more and prefer empowerment versus control

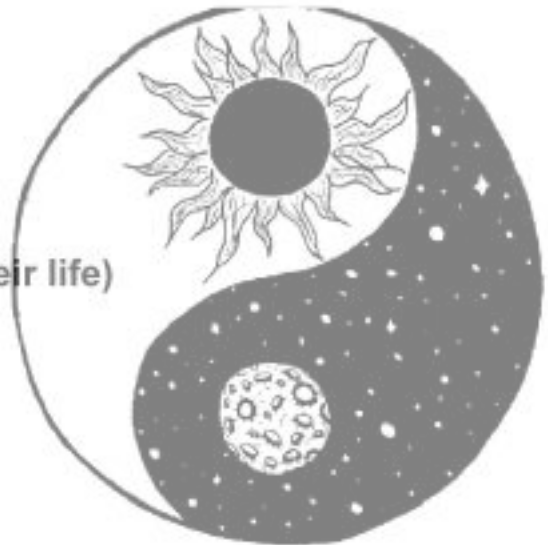
Components of a Healthy Life

1) Balanced diet

- a. What you eat, drink, etc.
- b. Quantity consumed
- c. Methods and patterns of consumption

2) Balanced lifestyle (what one does with their life)

- a. Family life
- b. Relationships
- c. Spiritual
- d. Recreation
- e. Exercise
- f. Rest
- g. Relaxation
- h. Career
- i. Sex
- i. Stress



Awareness of Fear and Comfort in Many Peoples Lives:

AGE	Fear of...	Comfort in...
Infants	Loud noises, falling	Being held
3-5 year olds	Strangers	Parents
5-7 year olds	Unfamiliar circumstances, the dark	Parents, friends
8-12 year olds	Peers and being bullied	Acceptance from peers
13-15 year olds	Failure	Attention/recognition
15-21 year olds	Embarrassment	Independence
22-30 year olds	Public verbal communication	Family relationships
31-40 year olds	Money issues	Financial success
41-50 year olds	Health and illness	Seeing your offspring's success
50+ years and up	Death	Knowing you lived a meaningful and loving life,

Physical Goals As Humans Grow:

AGE	ATTRIBUTES
Infants	Control of the limbs
Toddlers	Basic self-awareness
Pre-teen	Fine motor skills
Teenagers	Physical strength, speed,
20's	Endurance, stamina, power
30's	Maintenance of the previous
40's	Preservation of the previous
50's	Maintaining internal health, flexibility
60's & up	Sustaining health of the organs, balance



Principals and Morals

Observe (learn), Process (digest), Implement (live by them)
(Head, stomach, feet)

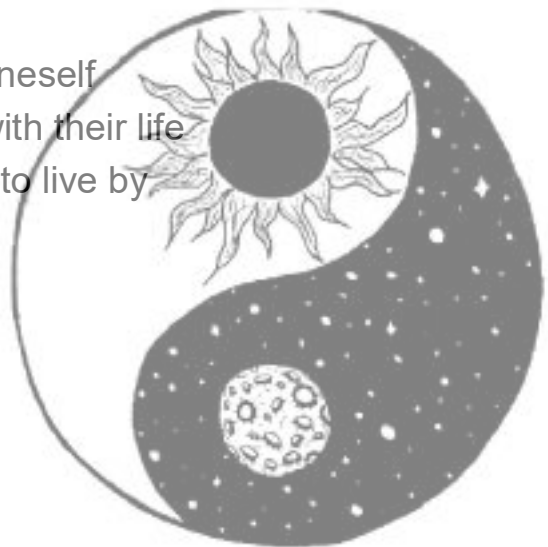
- 
- 1) Respect
 - a. Starts with self-respect
 - b. Treating other as you wish to be treated
 - 2) Patience
 - a. with yourself
 - b. with others
 - 3) Determination vs. stubbornness
 - 4) Mind, Body & Spirit
 - 5) Indomitable spirit - you are the master of your domain
 - 6) Rise to fame - be the light
 - 7) One mind - group mindset can accomplish many things
 - 8) United we stand, divided we fall
 - 9) Where there is a will, there is a way
 - 10) Strong will - the "I can" attitude
 - 11) Do ones best
 - 12) Training - life is training, learning, growing - constantly
 - 13) Perfection - strive for it even it you fall short, you are further ahead

Spiritual Cultivation

- 1) Enhanced understanding or awareness of oneself
- 2) Better sense of purpose of what one does with their life
- 3) Gives a foundation of morals and principals to live by

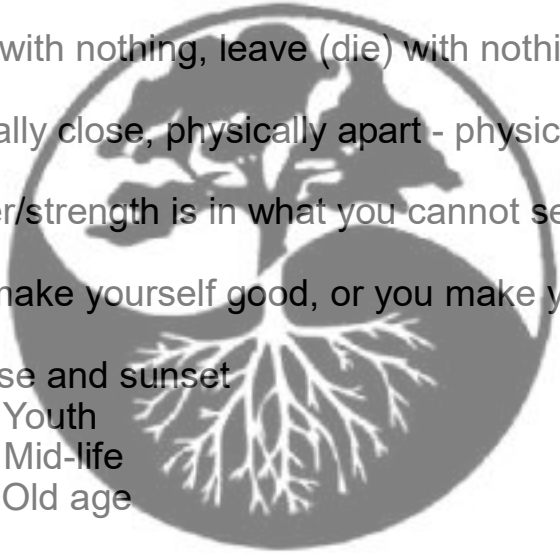
Other Desirable Values

- 1) Humility in one heart
- 2) Strength in character
- 3) Freedom of expression
- 4) Thirst for knowledge
- 5) Respect for wisdom
- 6) Power of truth

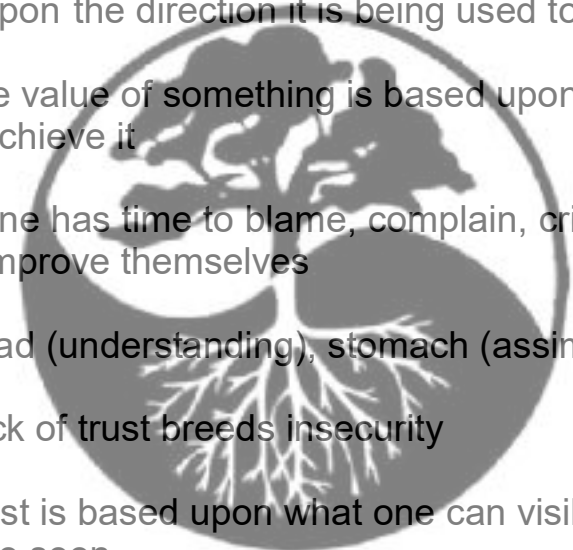
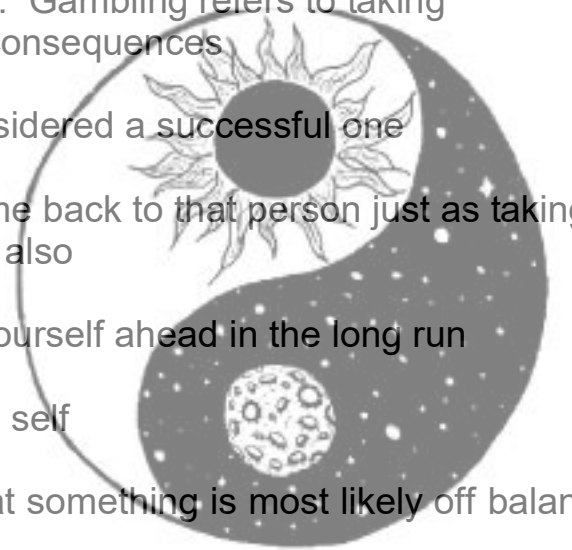


Other Philosophies

- 1) When to do, when not to do (true, right & correct), as all things are relative
- 2) Born with nothing, leave (die) with nothing
- 3) Mentally close, physically apart - physically close, mentally apart
- 4) Power/strength is in what you cannot see
- 5) You make yourself good, or you make yourself bad
- 6) Sunrise and sunset
 - a. Youth
 - b. Mid-life
 - c. Old age
- 7) One earns their life through service to others
- 8) If looking for fish, don't look in the mountains
- 9) If something is easy to achieve, it is also easy to lose - easy to make, easy to break (anything worth achieving requires some sacrifice)
- 10) Life is a challenge; don't wait for life to challenge you
- 11) Understanding others is knowledge, understanding yourself is wisdom
- 12) To be as an oak tree (rigid, unyielding) is less preferred in comparison to being as a willow tree (flexible, but still having strength)
- 13) Ones best (or strongest) traits can also be their worst (or weakest)
- 14) Blood (family) is said to be thicker than water; true is said to be thicker (stronger) than blood
- 15) Things are not necessarily to be labeled as good or bad, but to be understood for what they are and how they affect other things
- 16) Most important in a relationship is how it ends
- 17) A parent's success can be measured by the success of their child
- 18) It is better to do one thing correctly or well than to do many things haphazardly or halfway

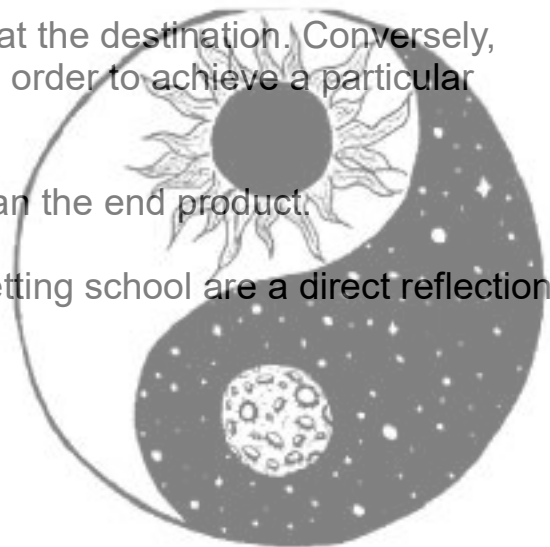
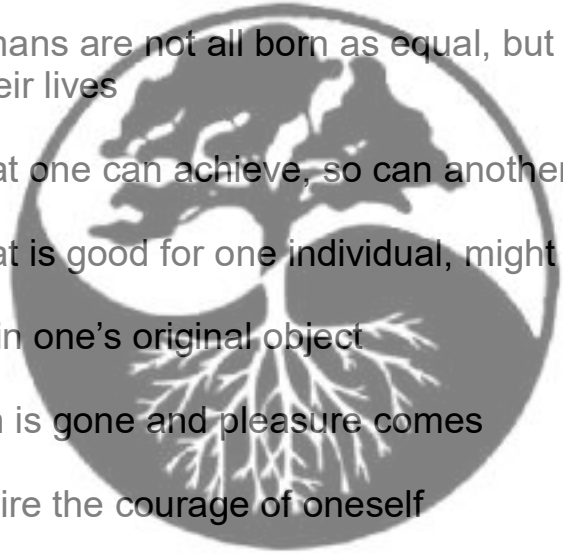


Other Philosophies (con't.)

- 
- 
- 19) Determination and stubbornness can be perceived as very similar depending upon the direction it is being used towards
- 20) The value of something is based upon what one is will to sacrifice in order to achieve it
- 21) If one has time to blame, complain, criticize others, then they have time to improve themselves
- 22) Head (understanding), stomach (assimilation), Feet (execution)
- 23) Lack of trust breeds insecurity
- 24) Trust is based upon what one can visibly see; faith is based upon what cannot be seen
- 25) Confidence comes from knowledge of what one can and cannot accomplish
- 26) Human beings are inherently competitive and lazy.
- 27) Competition is neither good nor bad, however if one strives only to be better than another, they fail to reach their own farthest potential of being better than themselves
- 28) Two ways to be swayed in one's goals/direction: Gambling and lust for another. Often times they can be one in the same. Gambling refers to taking unnecessary risks without weighing the consequences
- 29) A life free of guilt and regrets could be considered a successful one
- 30) Doing good actions towards others will come back to that person just as taking advantage or causing harm to others will also
- 31) Put yourself last actually ends up putting yourself ahead in the long run
- 32) One can hide from others but not from one self
- 33) Something off balance mentally means that something is most likely off balance physically
- 34) Knowledge is freedom (ability to perpetuate learning whether mental, physical or spiritual)

Other Philosophies (con't.)

- 35) Strength brings peace
- 36) Humans are not all born as equal, but rather all have the opportunity to improve their lives
- 37) What one can achieve, so can another
- 38) What is good for one individual, might not be for another
- 39) Attain one's original object
- 40) Pain is gone and pleasure comes
- 41) Inspire the courage of oneself
- 42) Learn as if you are an empty cup (open-minded) waiting to be filled with knowledge
- 43) If something is out of balance mentally, something physically will also be off balance and visa-versa.
- 44) Life's challenges are defined by how the individual chooses to respond to them
- 45) Achieving a goal is important, but more important is the method or steps having moral value.
- 46) The journey is more important than arriving at the destination. Conversely, sometimes the goal justifies the means in order to achieve a particular outcome.
- 47) The process of training is more valuable than the end product.
- 48) An individual's actions in the educational setting school are a direct reflection of what is happening in their daily life



The Warrior, the Scholar, and the Sage

The warrior, the scholar, and the sage is an ancient concept that refers to survival, warfare, and the stewardship of human knowledge. It can be found or developed in all walks of life, regardless of profession, age, background, etc. This concept has been around maybe as long as human life itself.

This principle can be readily be seen in our everyday life within the family, within schools, places of work, the military and even in leisure and entertainment.

The **warriors** are the front line soldiers, the front line workers and those that get the job done.

The **scholars** are those that have been in their respective field of expertise, acquiring valuable knowledge and experience as they put in the heavy lifting.

The **sages** are those that can draw upon the knowledge and experience to use as wisdom for any given situation using the ancient philosophy of discerning between true, right and correct.



Warrior Phase

Through practicing physical movements (Jing - essence), one can better develop.

- 1) Awareness – realization, perception or knowledge
- 2) Memory – the process of reproducing or recalling what has been learned or experienced
- 3) Coordination – bring actions together into a smooth concerted way
- 4) Control – skill in the use of restraint, direction and coordination
- 5) Endurance – ability to tolerate stress or hardship
- 6) Strength – power to resist or exert force
- 7) Stamina – combination of endurance and strength
- 8) Speed – rate of motion
- 9) Power – might or influence
- 10) Reflex – end result of reception, transmission and reaction
- 11) Strategy – a careful plan or method to achieve a goal



精 (Jing (Essence))

Mentally, these character traits are nurtured & refined

- Respect
- Discipline
- Self Esteem
- Confidence
- Determination to Achieve Goals

Scholar Phase

Through practicing mental exercises (Qigong - vitality), one can better develop.

- 1) Relaxation of the muscles
- 2) Building of internal power
- 3) Strengthening of the organs
- 4) Improving the cardiopulmonary function
- 5) Strengthening the nerves
- 6) Improving vascular function
- 7) Can be practiced by the seriously ill
- 8) Help prevent injury to joints, ligaments & bones
- 9) Quickened recovery time from injuries & surgery
- 10) Building of athletic & martial arts power
- 11) Lessening of stress & balances emotions
- 12) Benefits sedentary individuals



氣 (Qi (Energy))

Mentally, these concepts are comprehended & assimilated:

- Human anatomy & physiology
- Energy flow (Qi) with the energy meridians
- Structural alignment of the skeletal & muscular systems

Sage Phase

Through practicing meditation exercises (Shen - consciousness), one can develop better understanding of:

- 1) The origin, nature, and character of things and beings
- 2) The human condition - study of human nature and conditions of life
- 3) The importance of communication on many different levels in order to share and disseminate wisdom
- 4) Sense of purpose
- 5) Making a difference
- 6) Self-less service to others
- 7) The inter-relationship between one another and how that can determine cause and effect
- 8) Our interaction between humans and the world (universe) we exist in



神 (Shen (Spirit))

Happiness comes from finding the "master" within! You may have many teachers throughout your life, but every individual has the ability to access the "master" within their own self. You are the master in control of your own reality. No amount of wealth or fame can make you truly happy if you are not healthy and value those around you. The following aspects are just one formula for a successful life. With a blueprint of how to achieve prosperity, how can you not become healthier within all facets of your life?

Respect
Discipline
Self Esteem
Confidence
Determination to Achieve Goals

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.

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

Self-Esteem — As you review your achievements of respect and discipline, your sense of worth is elevated and appreciated. Knowing the difference between right and wrong and having the strength to do what is correct, although perhaps more difficult or unpopular.

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. One should be careful not become arrogant with an increase in self-confidence.

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

Wood
- Sprouting
- Ego

Fire
- Flowering
- Creativity

Earth
- Fruition
- Gain & Apply

Metal
- Harvest
- Knowledge

Water
- Transformation
- Birth & Death

Levels of Understanding (Relative to Mental & Physical Abilities While Executing Wellness Exercises)

Level 1 - Learn the importance of self-respect. Also basic body mechanics for exercises and stances. Focus on understanding independent movement of the limbs. Should be able to demonstrate basic memory of the above.

Level 2 - Expand upon what the mind should be able to do. Towards improved coordination and understanding of the body. Should be able to demonstrate a basic movements with a little self-expression. Should not be too rigid, but more fluid.

Level 3 - Learn to use basic commands and movements with increased attention on control pertaining to the amount of control. Should be able to demonstrate a basic movements with a little self-expression. Should not be too rigid, but more fluid.

Level 4 - Be able to demonstrate a stronger grasp of using the mind to direct the body to accomplish physical goals.

Level 5 - Strive to make the switch from 30% mental / 70% physical input to 70% mental / 30% physical. The mind can control the actions of the body.

Level 6 - Demonstrate having a stronger grasp of using the mind to direct the body to accomplish physical goals.

Level 7 - Demonstrate a stronger grasp of using the mind to direct the body to accomplish mental & physical goals.

Level 8 - Demonstrate the mind set of accomplishing whatever task is at hand, whether physical or mental (sex, career, social, personal situations). Should have a good idea of what their strengths and weaknesses are. Should possess the knowledge to express oneself confidently and maintain a superior level of health.

Level 9 - With having a better self-understanding, the individual should be cultivating a better understanding of others and their actions. Mental & physical strength & understanding should far surpass that of the average person.

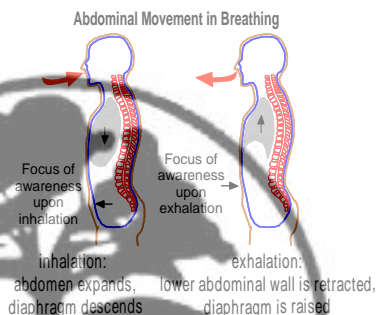
Level 10 - Increased focus from previous levels in all areas of development. Communication and leadership skills become more honed and refined.

Level 11 - Ability to demonstrate an advanced understanding of the basic to advanced principles, morals, philosophies and mechanics behind all of the knowledge and physical movements taught up to this point.

Level 12 - Ability, desire and discernment to teach or transmit all of the previous levels to others interested in achieving these levels of understanding.

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 Well - 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 into ‘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.

Governing Vessel

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.

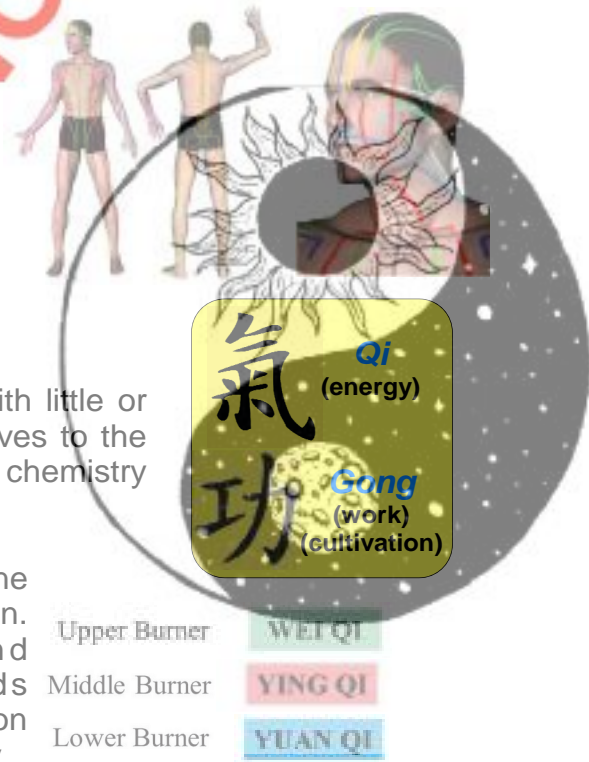
Horary Cycle - 24 Hour Qi Flow Through the Meridians; This cycle is known as the Horary cycle or the Circadian Clock. As Qi (energy) makes its way through the meridians, each meridian in turn with its associated organ, has a two-hour period during which it is at maximum energy.

Jing Well - The Jing (Well) points are 1 of 5 of The Five Element Points (shu) of 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 upmost importance in that these points can help restore balance within the energy flow throughout the human body.

Meridians - a meridian is an 'energy highway' in the human body. There are 12 meridians and each is paired with an organ. Qi energy flows through these meridians or energy highways.

Qigong - or Chi Kung, 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.



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 – auditory sounds used for clearing internal (yin) organs and other tissues of stagnant Qi.

Metal - Hissss	Water - Chuuu	Wood - Shiiiii	Fire - Haaaa	Earth - Hoooo	6th Qi - Heeee
					
Lungs Lg. Intestine	Kidneys Bladder	Liver Gall Bladder	Heart Sm. Intestine	Spleen Stomach	Pericardium Triple Burner

Small Circuit – 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

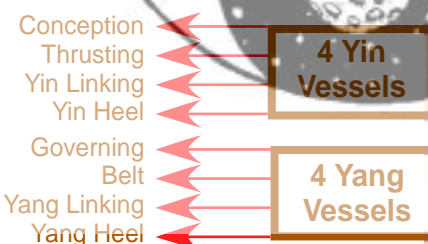
Jing – (essence) the physical, yin and most dense of the Three Treasures. Think of Jing as a candle, specifically the quality and quantity of the wax.

Qi, chi or ki - (energy/breath) the energetic, vital force within all living things and it 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, abdomen, calves: 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.



The Void (Supreme Mystery)

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 mean the simple “divided circle” form (), but it may refer to any of several schematic 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



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

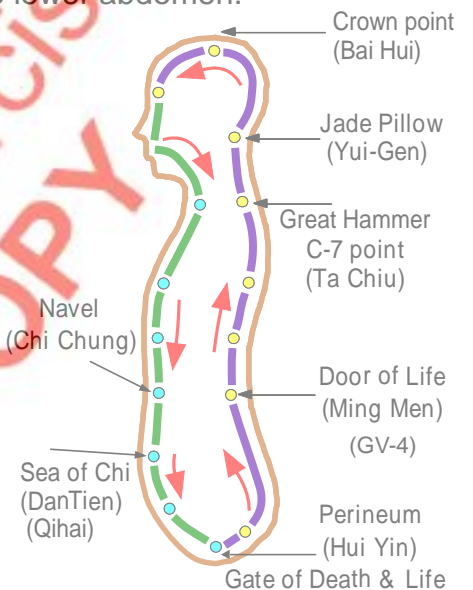
Jade Pillow – located at the top of the cervical vertebrae (C1).

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

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

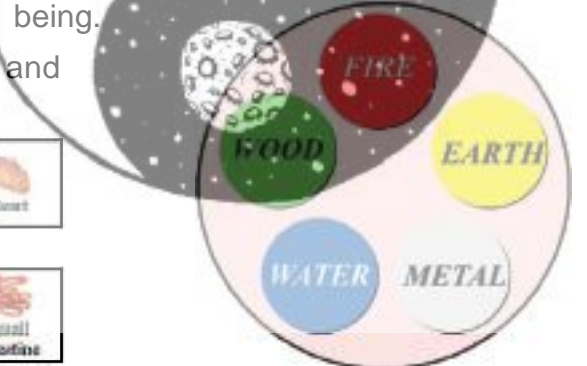
Qihai point – Conception Vessel 6 (CV6), the ‘Sea of Qi’ located on the lower abdomen.

Hui Yin 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.





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 Gi (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

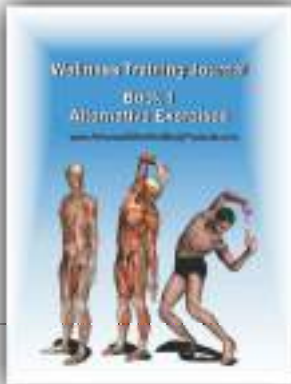
Practice of Using the Rattan orWire Hitter The following offers a brief summation of the theory behind using the rattan or wire hitter. Using a bundle of small 1/8" diameter rattan or wire, fixed into a handle, the device is briskly brushed across the surface of the body.



Bottle Exercises

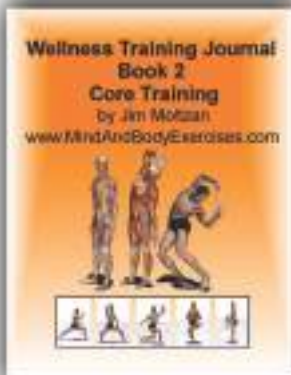
Good health of the lower back starts with good posture. The following set of exercises develop strength, increase muscular range of motion and to a lesser degree - flexibility. Strength in the back, hips and abdomen, provide a strong cage that houses the internal organs. Flexibility in these areas helps 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.

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.



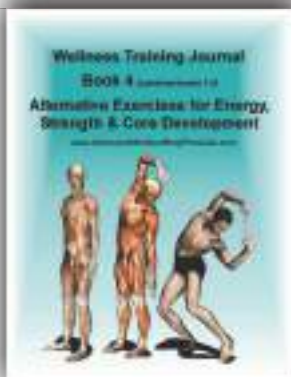
Core (stance) Training - Wellness Training Journal 2 - Hard copy

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.



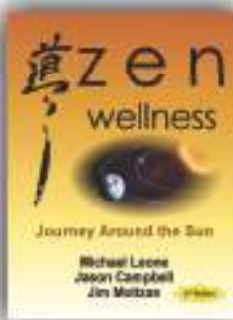
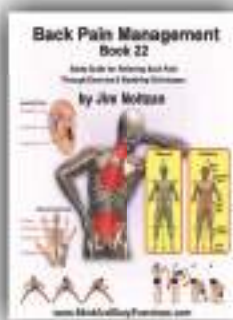
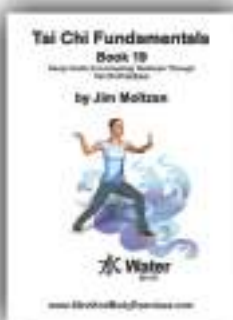
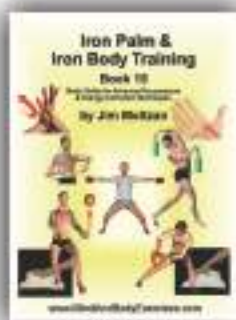
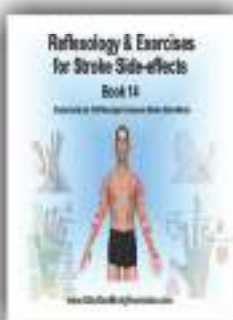
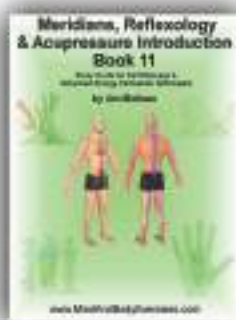
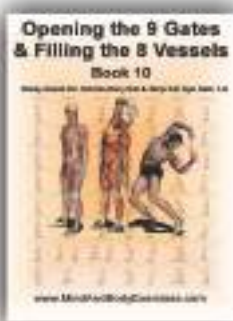
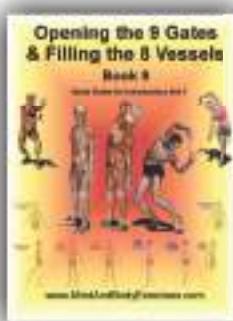
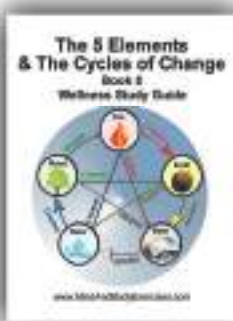
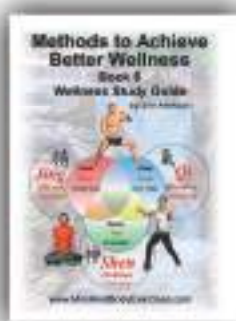
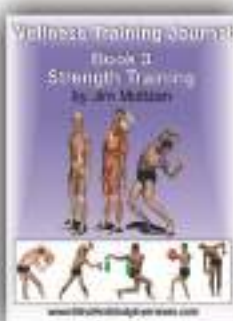
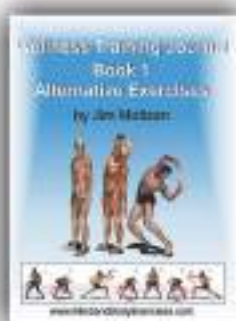
Strength Training - Wellness Training Journal 3 - Hard Copy

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.





5) Infinite
Divisibility