



Video Transcript

Yi Jin Jing: Shaolin Sinew & Tendon Strengthening Through Qigong

Flex, scoop, extend, flip,
and rotate. And then we're going to reverse that.
Bringing down the tiger claws in front of you. If you have any impingement in that area,
you don't have to raise the shoulder at all.
Qigong, we do not work through pain. We're listening to the muscles of the body.
This is Dr. Judith Ehrman Shapiro with Gaia Goddess, and today we're going to be doing a yang
-style practice. So yang, like the sun coming up, like the summer,
full of energy and strength. The name of the sequence is called yi,
meaning attention, yi, yin, jing. And it's translated as the Shaolin sinew changes.
So we're working with the sinews and tendons, particularly of the hands.
This is great if you work with your hands, if you have any tension or pain in the hands,
but it translates to the strength of the tendons throughout the whole body.
You'll notice that I'm wearing something on my feet today. These are yoga socks and they
have...
on the bottom. Remember that qigong can be done in shoes or not in shoes.
Whatever you feel most comfortable and secure in and helps you drop your strength into the
ground.
You can do this practice seated. You can do it standing. You can do it at any time of the day.
But one note of caution, when you're doing yang style, so energy,
awake style, qigong, you want to be careful not to do this too close to bedtime because it can
keep

you awake. So let's start as we always do in wuji stance.
 If you remember from learning with Gaia, What is Qigong? It is very important that we establish our
 postural alignment. So we start by rising from the crown of the head,
 dropping in the shoulders, feeling a little space under the arms like a quail's egg or sparrow's
 egg. Gently through the elbows, allowing as if water flows through the front of the body and off
 the hands. Little cotton balls between the fingers so you're not clenching them.
 And then softening through the croix, which is the inguinal joint,
 rotating the knees over the center of the feet and feeling the full foot on the floor.
 You can do that by rocking forward and back on your toes. rocking side to side,
 feeling the outer blade of the foot and the inner blade of the foot.
 And we'll just do a few movements of Ji Bengang to warm up.
 So without worrying about the breath too much, turning the head side to side,
 we're
 not pushing the range of motion. We're just doing what we find available to us right here and
 right
 now.
 And changing to chicken packs the rice, raising and lowering the head,
 rolling the shoulders back and down. You can put your hand on lower dantian,
 warming our sense of energy within the body.
 And then freeing the arms to scoop,
 to extend, to flip and rotate. Flex,
 scoop, extend, flip. rotate and then we're going to reverse that so extend and flip dive and dip
 scoop extend flip so
 this is communication all of the upper joints of the body and then placing your hand across the
 joint from the chest to the shoulder or under the armpit we're going to do a few big rotations in
 the arms. So here you'll see that I'm using my full rotator cuff.
 If you have any impingement in that area, you don't have to raise the shoulder at all.
 Qigong, we do not work through pain. We're listening to the muscles of the body and then
 reversing
 that.
 If you do have an area that feels uncomfortable, just slow down, take a slower range of motion.
 So here again, supporting from the well of the arm.
 Inhale and exhale.
 And it's okay to go faster or slower. You'll notice I'm bending into the knees and sinking.
 As my arm comes up, I'm rising. So I'm doing a little more full-bodied warm-up.
 Go ahead and reverse that. We're going to be doing yin jing,
 our tendon warm-up, and you want the body to be prepared for that strength.
 Hands to the hips, a little wider stance. We're going to go ahead and rotate the hips.
 Just noticing what you find here today in the joints, knees,
 feet, ankles, lower part of your spine. Go ahead and reverse that.
 And then hands to the inguinal joint. This is the small movement of the qua.

So as if there's a weight hanging from the tailbone, we go ahead and swing that weight between the
inside of the knees and
then reverse that. So we're beginning to ask the joints of the lower body to communicate with one
another. Standing the feet together, taking the hands above the knee.
We're going to produce a little circle in the body. If this does not feel good to your knees, don't worry about it. So this combines the movements of the hip, the knee, and the ankle and feet. And
then just move into flexion and extension. So we extend the hips by lifting and then dropping down
into the knees.
This time rising from the crown of the head, finding your wuji stance, go ahead and shift over one foot and go ahead and roll that foot.
And then shifting back and rolling through the foot.
I'm laughing because I'm thinking about my teacher, Brian Isaacs, who talks about the lazy consistency of Qigong. So taking it easy, having an easy frame of mind as you go about even the strengthening. We're ready for Yi and Jing.
So the first movement is actually a static hold. You're holding, as you spread your hands, a ball right in front of your throat.
And you're going to stare through it for eight sets of breath.
So feel the breath dropping down into lower dantian.
This is called holding the ball. You're staring right into the ball.
Notice my knees are bent, soft in the core, rising from the crown of the head, intentionally directing the breath through that ball of energy.
Let's take three more sets of breath, softening the shoulders. Let the weight drop down to your hips and your feet.
And then as you bring the palms together, you're straightening your legs.
For the second movement, which is called way two, presents the pestle.
So here, as you inhale, you turn the hands towards the body.
You exhale, release the effort.
Inhale, press and twist.
Relax the body. We're going to do five more.
So this is stretching the tendons in the hand. In the wrist, supporting through the body, stabilizing.
Let it go at the rhythm of your breathing.
Two more.
The third movement of Shaolin sinew changes takes place in a cat stance.
And we haven't done a cat stance yet. So what happens is that I'm posting my weight onto my standing leg. And I'm bringing the other foot to the ball of the foot.
So the weight sharing here is about 80% on my standing leg,

about 20% on the leg that is in cat stance.

So you're going to feel the work being done on this side of the body. And what we're going to do is

take the hand and put it to the kidney. And then this is called plucking and resetting the stars.

Let's do it the other way. So you can really see here. So we're going to pluck the star.

This is called making a bird's beak. You're going to turn it in towards your body as you inhale.

And then as you exhale, let go of that tension.

Inhale and press into your cat stance. Exhale and release.

You're going to feel this through your working hand and through the working leg, the leg with more pressure in it.

Inhale and press,

plucking and resetting the stars.

Two more, just like this.

And then we'll exchange to the other side. So your working side, hand goes to your kidney.

I'm up on the ball of the foot, but the weight of my leg is on my standing side.

And this is called cat stance.

Plucking the stars. Inhale, press down.

Exhale and release.

Try not to hold the breath. Sometimes I take the tension into my face.

Try to relax the muscles of your face. Let the body do the work.

Let's do two more just like this.

The next movement of Yi and Jing is called, is a version of pulling nine oxen on their tails, by their tails. And we're going to step out into a bow stance for this.

So here we are in bow stance. And remember, in bow stance,

we can release and press into the front foot. So I want to show you this movement before we go into

it, because what you're going to be doing is like wringing a towel. So this movement of wringing the towel happens through the heart, through the center of the body.

So when I do this movement, I'm going to curl up and curl down.

As I press, as I inhale, as I exhale, I allow the body to release.

So inhale, twisting,

exhaling, release. If it feels a little funny at first,

it... little more complex because the hands are going in different directions through the center of the body. And then you're releasing the sinews and tendons, pulling nine oxen by the tail.

Two more just like this,

switching to the other side.

So in both stance, I really do have more of an equal weight forward and back here.

Now I'm going to be pulling up with this arm, pulling down with the back arm.

So I'm inhaling, twisting that rope through the center of the body,

exhaling, allowing myself to release.

I feel this in both of my wrists and both of my arms. I feel it in my hips.

Imagine pulling nine oxen by the tail.

We did a version of this before in Shaolin Negong, but this one is a little more Yang style.

Let's do three more.

Notice if you feel more strength on one side of the body than the other.

Sometimes that's true.

Tip of the tongue to the roof of the mouth if you think about it, connecting those energy points in the small heavenly orbit.

Now taking a nice wide horse stance, we're going to do another static pose.

So this is called three dishes fall to the ground. You're going to inhale.

And as you press down with your palms, feel the weight of your head dropping to your shoulders.

The shoulders dropped the waist, the waist dropping to the hips.

knees, and feet. And now we hold this for eight sets of breaths with

that sense of gravity pulling towards the ground, the strength of the hips pushing up from the ground.

Three more sets of breath. So if you need more challenge, you can always drop in your horse stance.

If you need a little less energy going through the knees, you can rise a little bit.

Feel the dropping of the weight again. Head and shoulders dropping to the waist.

Allow yourself to rise from the crown of the head to step back into Wuji's stance for our last movement of Yi and Jing. So we're going to bring the hands into tiger claws.

We're going to inhale, bringing

down the tiger claws in front of you. Release to inhale,

fill the body with light.

Exhale, feel the whole body in strength as the weight falls towards the floor.

Inhale and rise.

Exhale, expressing strength through the tiger claws. Two more.

Inhale and rise.

Last one.

Let's come back to Wu Ji stance, gently taking Zan Zhuang standing posture for integration.

Feel the vitality in your body, the energy, and the sense of strength.

Take a moment to consciously acknowledge that this exists in your body.

Allow the shoulders to fall, the hands to become easy. the face to become gentle, rising from the crown of the head.

And then we'll take three times, pouring the cream on top to finish our practice,

gathering the benefits of what we've done, sealing in that strength and energy and vitality to lower dantian.

Last time, big breath.

Thank you so much for joining me for this practice, yinjing, strengthening the sinews and tendons.

This is Judith with Gaia Goddess.

We hope you enjoyed this practice with Gaia. And if you did, make sure to heart it above and explore more suggestions below. Till next time, love, light, and Gaia.

