

TAOYIN

The Yellow Emperor's Heart Calming Exercise

It is believed that the legendary Yellow Emperor practised a form of gentle calisthenics known as Tao Yin 4,500 years ago.

Grandmaster Khor says in his book "Reflections on Qi" that "We know from archaeological evidence that Tao Yin exercises date back at least 2,200 years. The name is variously translated as 'Tao-inducing', 'Tao-guiding', 'The gentle approach to the way' and 'Guiding and pulling exercise'.

The exercises are seen by the Chinese as the foundation forms from which the other Qigongs developed. Again, their focus is to stimulate the flow of Qi around the body through the use of the following techniques:

- Tendon and muscle stretching
- Breathing
- Acupressure and acumassage
- Visualisation and meditation"

THE ACADEMY'S TAO YIN EXERCISE SET

1. The Elegant Crane
2. Wild Cat Washes Face
3. Tiger Crouch
4. Monkey Presents Fruit
5. Bear Pounds Limbs
6. Scholar Strokes Body
7. Albatross Flap
8. Elephant Trunk

