

CHINA HAND KUNG-FU ACADEMY

YI GUN GIN

CLASSIC OF MUSCLE AND TENDON EXCHANGE

AS TAUGHT BY PETER KWOK

Yi Gun Gin, meaning the classic of tendon exchange, is the most famous but rarely known exercise secretly kept within the Shao Lin priests for 4500 years. It is not an exaggeration to say that the worldwide leading reputation in the martial arts earned by the Shao Lin Temple is mainly attributed to this simple and easy-to-learn exercise. It is exactly this secret exercise that made the Shao Lin priests almost indestructible, having the ability to protect themselves from even knife stabbing and to practically walk through a wall.

This exercise can strengthen the entire body, inside and outside, physically as well as mentally, by developing the internal power called CHI. As a result, the practitioners seem to substitute their old bodies with a whole new set of tendons, muscles, and bones that are much stronger than before. That is why it is named Yi Gun Gin by the High Priests Da Mar who was the creator of this exercise. Da Mar also erected the famous Shao Lin Temple and originated Kung Fu.

Yi Gun Gin was not revealed to anyone until one hundred years after the death of Da Mar, when a notebook describing these exercises was accidentally discovered inside the deteriorated wall of the bedroom where Da Mar used to live. Although the Shao Lin Priests were enjoying the invaluable benefit of these exercises for thousands of years, nobody in the outside world could have the privilege of learning them until today.

Yi Gun Gin can be practiced by anyone, of any age, and in any physical condition. No equipment of any sort is required. It requires space only big enough for a person to stand, and can be performed at anytime of the day.

Yi Gun Gin consists of twelve simple exercises. Each of them can be repeatedly performed to any number of times according to the practitioners physical condition, and as he gets stronger, they may be increased gradually up to a maximum number of 49 times for each exercise. For those who practice seriously, Yi Gun Gin can be done 3 times a day: in the morning, noon (before lunch), and evening, with each exercise being done a maximum of 49 times each time. At that time, even a knife can not penetrate the body due to the protection of the inner strength chi.

In conformity with the Taoist's concept of self-preserved strength through the perfect inner control of one's physical posture, special attention should be paid to the posture in performing Yi Gun Gin. The spine, including the neck and head, should be kept straight, upright, shoulders sinking down, and the tongue lightly pushing to up against the upper roof of the mouth. Eyes should stare straight ahead at a point slightly above eye level. Breathing should be abdominal in a deep, slow way by movement of the diaphragm.

EXERCISE 1

11 m Feet should be apart approximately even with the shoulders, parallel to each other, with toes pointing straight ahead. The body weight should be supported evenly on both feet. Arms are slightly bent, with both hands dropped to the side of the body. The palms should open up completely and are facing down with the fingers separated wide apart and pointing forward.

While slowly inhaling, pull all fingers up and exert a downward pressure on the palm of the hand so that it pulls on the wrist with the greatest force possible. Keeping the fingers and hands in the same position, begin to exhale and relax the fingers and palms. Repeat up to 49 times.

EXERCISE 2

↓ Feet close together as in a natural standing position. Arms hang straight down in front. Both hands form a fist with the thumb lifting up so they are pointing toward each other. While slowly inhaling, squeeze the fists tight and lift up both thumbs as high as possible. While slowly exhaling, relax both fists and thumbs, but remain in the same position. Both arms are kept straight at all times. Repeat up to 49 times.

EXERCISE 3

10 Feet apart, parallel to shoulder width with toes pointing straight ahead. Body weight should be supported evenly on both feet. Both arms drop straight down to the side. With palms facing inward, both hands should form a fist with the thumbs bent inside the four fingers. While slowly inhaling, squeeze the fingers tight and push down with the fist with the greatest possible force. While exhaling, relax both arms and fists remaining in the same position. Repeat up to 49 times.

EXERCISE 4

↑ Feet close together. Form a fist with each hand with the thumbs bent inside the fingers. Lift to shoulder height, parallel to the floor, facing the palms of the fists toward each other. While inhaling squeeze the fingers tight and push both fists forward with the greatest possible force. While exhaling, relax both arms and fists remaining in the same position. Repeat up to 49 times.

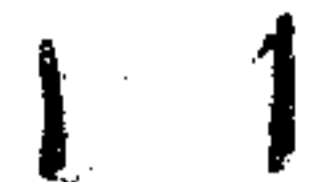
EXERCISE 5

With feet close together, stand straight with both heels slightly off the ground. Form a fist with each hand, and lift arms straight up over head with both palms of fists facing each other. While inhaling, squeeze fists tightly, and as though pulling yourself up on an imaginary bar, bend elbows slightly, and slowly lift heels off the floor as far as possible. While exhaling, relax the fists and return to original position. Repeat up to 49 times.



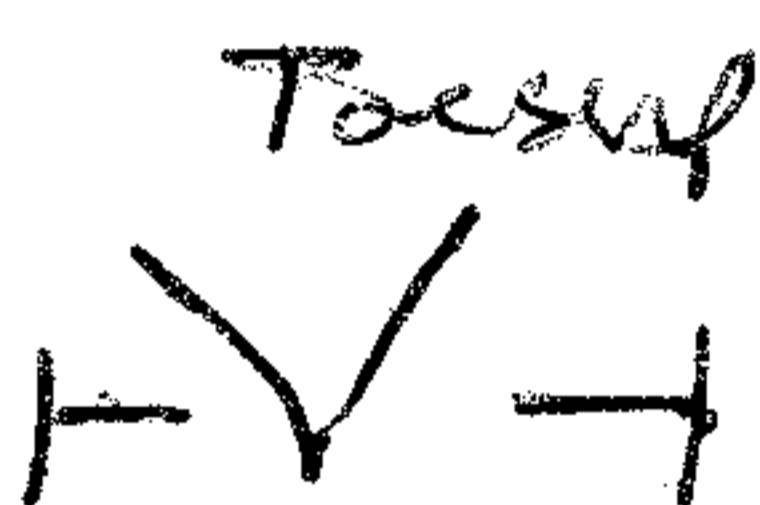
EXERCISE 6

With feet apart, parallel to shoulder width, toes pointing straight ahead, support body weight evenly on both feet. Form a fist with each hand, raising arms so that fists are close to ears with palms of fists facing downward. Elbows are extended to the side at the shoulders. While inhaling, squeeze both fists tight, and at the same time, strongly pull the fists down and push the upper arms up but with put actual physical movement. While exhaling, relax, keeping arms in the same position. Repeat up to 49 times.



EXERCISE 7

Stand feet close together in a natural position. Extend both arms to the side at shoulder height. Form a regular fist with each hand, palms facing downward. While inhaling, squeeze the fists tight and pull the toes up as much as possible. While exhaling, relax, put toes down, keeping arms extended to the side at shoulder height. Repeat up to 49 times.



EXERCISE 8

Assume natural standing position, feet close together. Form a fist with each hand, thumbs inside the fingers. Lift arms to shoulder height, parallel to the floor, with palms facing each other about one inch apart. While inhaling, squeeze both fists and slowly pull them apart until they are as far apart as shoulder width, and at the same time lift up on both heels. While exhaling, relax, put heels down, and bring arms closer together as in original position. Repeat up to 49 times.




EXERCISE 9

Assume natural standing position with feet close together. Form a fist with each hand with thumbs bent inside fingers. Lift elbows up to slightly above shoulder height, and place two fists in front of the face at nose level, about 2 inches apart. Palms of fists are facing outward. While inhaling, squeeze the fist tight and rotate the forearms inward as much as possible. At the same time strongly push both elbows to the side and push both upper arms up, but without any physical movement. While exhaling, relax and rotate both forearms to face outward again. Repeat up to 49 times.




EXERCISE 10




Assume natural standing position with feet close together. Form a fist with each hand, thumbs bent inside the fingers. Lift elbows up and to the side at shoulder height with fists pointing straight upward, palms facing forward. While inhaling, squeeze the fists tight, and with no actual physical movement, push strongly upward with both arms as if a very heavy weight is being supported. While exhaling, relax. Repeat up to 49 times.

EXERCISE 11



Assume a natural standing position with feet close together. Form fists with each hand, and place them next to the belly, palms facing inward with the thumbs lifting up and pointing to each other about one inch apart. While inhaling, squeeze the fist tight and lift up the thumb as much as possible. At the same time, pull up both fists without and actual physical movement, as if a very heavy weight is being held. While exhaling, relax but keep both thumbs and fists in original position. Repeat up to 49 times.

EXERCISE 12



Assume a natural standing position with feet close together, dropping hands naturally to the side. Palms are open and facing forward. While inhaling, with palms facing up, simultaneously lift up both arms to shoulder height and lift up both heels off the floor. While exhaling, turn palms downward and simultaneously drop arms downward to the sides and heels back to the floor. Repeat up to 49 times.

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