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通经活络导引术

TONG JING HUO LUO DAO YIN SHU

(Daoyin Method for Clearing and Activating the Channels and Collaterals)

- | | | | | | |
|-----|-------|-------|--------|-------|--|
| 一、 | 怀 | 中 | 抱 | 月 | Embracing the Moon |
| | huái | zhōng | bào | yuè | |
| 二、 | 商 | 商 | 相 | 接 | Connecting Shao Shang & Shang Yang |
| | shāng | shāng | xiāng | jiē | |
| 三、 | 金 | 龙 | 盘 | 柱 | Golden Dragon Wrapping round a Pillar |
| | jīn | lóng | pán | zhù | |
| 四、 | 气 | 沉 | 丹 | 田 | Sink Qi to Dan Tian |
| | qì | chén | dān | tián | |
| 五、 | 气 | 行 | 太 | 阴 | Guide Qi along Tai Yin (Lung) Channel |
| | qì | xíng | tài | yīn | |
| 六、 | 气 | 行 | 阳 | 明 | Guide Qi along Yang Ming (Large Intestine) Channel |
| | qì | xíng | yáng | míng | |
| 七、 | 气 | 贯 | 百 | 会 | Funnel Qi into Bai Hui |
| | qì | guàn | bǎi | huì | |
| 八、 | 掩 | 耳 | 倾 | 身 | Cover one Ear and Bend Body |
| | yǎn | ěr | qīng | shēn | |
| 九、 | 大 | 鹏 | 压 | 嗦 | A Roc Massaging its Crop |
| | dà | péng | yā | sù | |
| 十、 | 二 | 龙 | 吐 | 须 | Two Dragons Tossing Beards |
| | èr | lóng | tǔ | xū | |
| 十一、 | 气 | 息 | 归 | 元 | Return Qi to Origin (Qi Hai) |
| | qì | xī | guī | yuán | |
| 十二、 | 吐 | 故 | 纳 | 新 | Exhale the Stale and Inhale the Fresh |
| | tǔ | gù | nà | xīn | |
| 十三、 | 对 | 搓 | 双 | 掌 | Rub Palms against each other |
| | duì | cuō | shuāng | zhǎng | |
| 十四、 | 摩 | 面 | 梳 | 头 | Massage Face and Comb Hair |
| | mó | miàn | shū | tóu | |