

HISTORY

Tai Yi Swimming Dragon Chuan is Grandmaster Yu Anren's family Kungfu. The book, Who's Who in Chinese Martial Arts has the following report:

Yu Anren (1940-), 12th lineage holder of Tai Yi Swimming Dragon (You long) Sect, is from Guilin in Guangxi province. His family originated from Pingjiang County in Hunan province.

Yu learned Tai Yi Swimming Dragon Chuan techniques and principles, which were only passed to the family members, from his grandfather General Yu Shao and his grandmother (a princess of the last emperor's imperial family). Yu Anren broke the family's rule when he compiled and donated to the state the Tai Yi Swimming Dragon Chuan, Taiyi Riding the Wind Sword, Tai Yi Walking Gong and the other conventions of boxing and weaponry from the Tai Yi Sect. When Yu Anren took part in the Changsha Regional Martial Arts Competition in 1984, he performed the chuan for the first time and won first place for internal style martial art. Since then, his form has spread quickly and the number of followers has reached several thousands.

Yu Anren was invited to Hong Kong twice to teach his art. In 1988 he took part in the National Martial Arts Exhibition and Exchange Meet in Jinzhou and performed the Swimming Dragon Chuan and some swordsmanship.

So far Yu has published in China three books and DVDs of the Tai Yi Sect techniques. He was both the coach and a standing member of the Changsha Martial Arts Association, a standing member of the Hunan Martial Arts Association and a director of Hunan Qigong Science Research Institute.

INSTRUCTOR



Photo by: Louisa Suta

Dr. Liping Zhu, a gold medalist in the 1996 International Martial Arts Tournament, studied intensively with Grandmaster Yu for six years and has been practicing and teaching this form to people of all ages both nationally and internationally for over 20 years. Grandmaster Yu has directed her to introduce this form in the United States; she is one of his few disciples who teaches this art outside China.

Dr. Zhu currently has an acupuncture practice in Humboldt offering acupuncture, herbal medicine and Te Yi Medical Qigong and also conducts Tai Chi and Qigong training programs. She was a faculty member teaching Qigong at American College of Traditional Chinese Medicine (ACTCM) for over 15 years and also taught Qigong and Herbs at San Francisco State University (SFSU). For her current teaching schedule and online training courses, please visit Qi Dragon School at www.qidragonschool.com.

太乙
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TAI YI
Swimming Dragon Chuan



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A Brief Introduction to Tai Yi Swimming Dragon Chuan

Tai Yi Swimming Dragon Chuan is a Daoist internal style of martial arts and Qigong, emphasizing both the inner and outer practice. It requires inside concentration as well as the combination of the inner and outer Qi. Your inner Qi mixes with the outer universal Qi. Swimming Dragon Chuan is a unique and graceful form combining Qigong, Taichi, fitness and Yogic stretching. The form only requires a 6x6 foot space. The moves are done slowly and smoothly with concentration and natural breathing, like silk reeling. It looks like a dragon swimming in the air, or a cloud shifting or water flowing. It stretches all of your ligaments and leads your Qi through all the Meridians. After repeated and persistent practice, Swimming Dragon Chuan will naturally improve your flexibility, coordination, balance and circulation.

There are three stages to attain in learning and practicing this form:

FIRST, exercising the body, the outer forms. You only pay attention to the shape and position of the hands, legs and torso; learn the precise moves and work toward natural breathing. This is the essential foundation for the other stages. It usually takes three months to a year with daily practice.

SECOND, exercising the inner forms. It requires an inner shape and the inner flow of Qi. Universe and you become one.

THIRD, getting absorbed completely. Your moves are masterful and flexible. There is no inner and outer, no I, no mind and no objects. All ideas disappear. Only your awareness is present. Movement yields quietness, and quietness produces movement—this is the supernatural movement.

The key to achieving the third stage is years of dedicated practice.

Tai Yi Swimming Dragon Chuan

FORM I:

1. 臥龍伸筋 Sleeping Dragon Awakens & Stretches
2. 道袖雙舒 Sleeves of the Taoist Unfold
3. 無量天尊 Immeasurably Powerful God
4. 白猿獻果 White Monkey Presents Fruit
5. 金雞斗蟒 Golden Rooster Fights a Boa Constrictor
6. 送鳥上林 Sending a Bird into the Forest
7. 蜻蜓點水 Dragonfly Touches the Water
8. 黃龍興浪 Yellow Dragon Stirs Up the Waves
9. 織女穿梭 Weaving Lady Threads the Shuttle
10. 穿蓮行舟 Rowing a Boat Through the Lotus
11. 海底撈月 Scooping the Moon from the Bottom of the Sea
12. 金蟬脫殼 Golden Cicada Sheds its Skin
13. 道童撞鐘 Daoist Child Tolls a Bell
14. 白蛇纏身 White Snake Twines Around the Body
15. 順水推舟 Poling a Boat with the Current
16. 瞻望前程 Looking into the Future
17. 青龍出海 Green Dragon Emerges from the Sea
18. 霸王開弓 Warrior King Bawang Bends his Bow
19. 龍潛海底 Dragon Dives to the Bottom of the Sea
20. 白猿獻果 White Monkey Presents Fruit

FORM II: (Start with Form I Move 1-4 if done individually)

1. 遊龍戲水 Swimming Dragon Plays with the Water
2. 隔窗吹燈 Blowing out a Lamp through the Window
3. 海底撈針 Fishing for a Needle at the Bottom of the Sea
4. 霸王舉鼎 Warrior King Bawang Raises an Incense Burner
5. 朝天擎香 Holding a Stick of Incense up to the Sky
6. 鐵門雙開 Pushing the Iron Gate Open
7. 雙龍戲球 Two Dragons Play with a Ball
8. 童子抱琴 Daoist Boy Holds a Zither in his Arms
9. 青龍擺尾 Green Dragon Raises its Tail

10. 靈猴偷桃 Nimble Monkey Steals a Peach
11. 旋轉乾坤 Revolving Heaven & Earth
12. 回身射箭 Turning Backwards to Shoot the Arrow
13. 推窗望月 Opening a Window to Watch the Moon
14. 仙鶴伸腿 Immortal Crane Stretches its Leg
15. 流星趕月 Shooting Star Chases the Moon
16. 盤龍臥虎 Coiling Dragon & Crouching Tiger
17. 頂天立地 Standing on Earth & Touching Heaven
18. 蛟龍轉身 Powerful Dragon Turns its Body
19. 烏龍擺尾 Black Dragon Swings its Tail
20. 白猿獻果 White Monkey Presents Fruit

FORM III: (Start with Form I Move 1-4 if done individually)

1. 萬念歸一 All Ideas Become One
2. 仰敬天神 Looking up & Worshipping God
3. 俯拜地靈 Bowing Down & Worshipping the Earth Spirit
4. 羽化登仙 Enlightened Being Ascends to Heaven
5. 化氣入丹 Transferring Qi into Dantian
6. 倒脫朝靴 Taking off the Royal Shoes upside down
7. 太子金錘 The Prince's Golden Hammers
8. 立身射箭 Standing Up to Shoot an Arrow
9. 平分秋色 Having Equal Shares of the Autumn Scenery
10. 無量天尊 Immeasurably Powerful God
11. 黃龍入洞 Yellow Dragon Enters a Cave
12. 燕子斜飛 Swallow Flies Aslant
13. 青龍出海 Green Dragon Emerges from the Sea
14. 南山探寶 Seeking Treasures in the Southern Mountain
15. 雄鷹扑食 Brave Eagle Pounces on its Prey
16. 金雞獨立 Golden Rooster Stands on One Leg
17. 催馬敬酒 Whipping the Horse & Making a Toast
18. 道童撞鐘 Daoist Child Tolls a Bell
19. 老道理須 Old Taoist Priest Grooms his Beard
20. 金液還丹 Swallowing the Golden Saliva to Dantian