

Ba Duan Jin Qigong Exercises

Exercise 3. Smoothing the Spleen, Stomach, and Liver by raising one hand

(Tiao li pi wei dan jui shou)

(Modified from the Ba Duan Jin Qigong system)



3.1. Explanation

- 3.1.1. Start with your feet shoulder width apart, arms in front of your hips, palms facing down
- 3.1.2. Change your weight onto your left foot, turn to your right and step your right foot out on a 45-degree angle placing the right foot flat on the ground with no weight on it, keeping all your weight on the back left foot. At the same time as you turn to the right, turn both palms up then raise the right and left hands up with palm facing up to be level with the chest, left hand in front; turn the right hand around and raise the hand until the palm faces the sky. Have the arm and hand facing the 45-degree angle in the same direction as the right foot, have a slight bend in the arm. Then turn the left palm down and bring it down until the left palm is in front of your left hip level with ST 31 Biguan (see ST 31 on the Stomach meridian diagram). Look up and focus on LI 4 (Hegu) in the web of the hand. (See LI 4 on the Large Intestine meridian diagram)

- 3.1.3. To change sides bring the right hand down and bring the right foot in at the same time until both hands are in the front, palms facing down and the body facing the front again.
- 3.1.4. Change your weight onto your right foot, turn to your left and step your left foot out on a 45-degree angle placing the left foot flat on the ground with no weight on it, keeping all your weight on the back right foot. At the same time bring the right and left palms up to be level with the chest, Right hand in front, turn the left hand around and raise the hand until the palm faces the sky. Have the arm and hand facing the 45-degree angle in the same direction as the left foot, have a slight bend in the arm. Then turn the right palm down and bring it down until the right palm is in front of your right hip level with ST 31 Biguan Focus on Hegu LI4 and breathe in and out three times (long slow quiet breathes).
- 3.1.5. To change sides bring the left hand down and bring the left foot in at the same time until both hands are in the front, palms down and the body facing the front again.
- 3.1.6. Repeat 3 times each side alternately.
- 3.1.7. The breathing pattern for this exercise is: Breathe in as you turn to the right and step out with the right foot and raise both hands to the chest. Then breathe out as you turn both hands and raise the right hand up and lower the left hand down. Once you are in the posture breathe in and out three times then lower your arms breathing out, then breathe in again as you change weight to the right leg and step out with the left foot and raise the palms again. Then breathe out as you turn both hands and raise the left hand up and lower the right hand down. Once you are in the posture breathe in and out three times then lower your arms breathing out. Repeat this breathing pattern throughout this exercise.

3.2. Functions

3.2.1. TCM functions

2.3.3.1. Regulates and tonifies the Spleen, Stomach and Liver Qi energies.

2.3.3.2. Regulates and tonifies the Heart Qi and Organ

3.2.2. West Medicine functions

2.3.3.1. Supports Digestion, Liver detoxing function and prevents palpitations and insomnia

3.2.3. Physical exercise aspect

2.3.3.1. Strengthens the tendons and the muscles, which are governed by the Spleen.