

## A Brief Introduction to Swimming Dragon Quan

Tai Yi Swimming Dragon Quan (Tai Yi You Long Quan) is a Daoist internal martial art which emphasizes inner concentration while working with the inner Qi and outer physical form. It is a unique and graceful form combining Taichi, Qigong and Daoist Yoga into one.

Swimming Dragon Quan is done slowly and smoothly, like reeling silk, with natural breathing. It looks like a dragon swimming in the air, clouds floating in the sky, or flowing water. It stretches your tendons and ligaments and leads your Qi through all the channels. After repeated and persistent practice, it will naturally improve your flexibility, coordination, balance and inner circulation. It can be practiced almost anywhere as it only requires a small space of 6 ft. by 6 ft. The moves can also be modified to accommodate each individual's physical abilities.

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

**FIRST**, exercising the body, the outer form. You only pay attention to the shape and position of the hands, arms, legs and torso; and learning the precise moves. This is the essential foundation for the other stages. This stage usually takes three months to a year of daily practice.

**SECOND**, exercising the inner form. It requires focusing on the inner shape and merging the outer form with the inner flow of Qi. Inner and outer become one.

**THIRD**, getting absorbed completely. Your moves become masterful and fluid. There is no inner and outer, no self and others, no mind or objects. All ideas disappear. Only your awareness is present. Movement yields quietness, and quietness produces movement—this is the supernatural spiritual stage.

The key to achieving the third stage is years of dedicated practice perfecting the first and second stages.



## History and Lineage

**GRANDMASTER YU ANREN** (1939- ), is the 12th lineage holder of the Tai Yi Swimming Dragon system which is the Yu Family's heirloom. He learned the Tai Yi Swimming Dragon Gong from his grandfather **YU SHAO**, a general in the Chinese Nationalist Army.

The Swimming Dragon Quan is part of the Daoist Tai Yi Swimming Dragon Gong which includes Swimming Dragon Quan, 72 Closed Hands, Riding the Wind Sword, Sealing the Mountain Staff, Walking Gong, Tortoise Breathing Qigong and other hand and weapon forms. In the 1980s, Grandmaster Yu broke the family's tradition and started teaching people outside the Yu family in Changsha, Hunan Province. Since then, his system has spread quickly and the number of followers has reached tens of thousands in China and abroad. In 2019, Grandmaster Yu appointed his son **YU SHIHAI** (Shawn Yu) as the 13th lineage holder. Tai Yi You Long Quan is now being recognized as a cultural treasure in China.



**DR. LIPING ZHU, DAOM, L.Ac.** a well-regarded acupuncturist and Qigong and Taichi teacher, is the founder of Qi Dragon Healing Center and the Heavenly Essence Qigong Institute. Dr. Zhu studied Swimming Dragon directly with Grandmaster Yu in China as his disciple and was one of the first teachers to bring the Swimming Dragon system to the West. After moving to America in 1996, she performed Swimming Dragon Quan and Riding the Wind Sword in the 1996 and 1997 International Martial Arts Tournaments and won several gold medals. Since then, Dr. Zhu has taught in the San Francisco Bay Area for more than 20 years. In 2018, Dr. Zhu relocated to Humboldt County, CA where she continues her acupuncture practice and her teaching of the Heavenly Essence Qigong and Tai Yi Swimming Dragon Quan systems.

For her current clinic information and teaching activities, visit: [www.qidragon.com](http://www.qidragon.com) and [www.qidragonschool.com](http://www.qidragonschool.com).

太乙  
游龍拳

TAI YI  
Swimming Dragon Quan



**Dr. Liping Zhu, DAOM, L.Ac.**

(707) 599-4140

[www.qidragon.com](http://www.qidragon.com)

[www.qidragonschool.com](http://www.qidragonschool.com)

# Tai Yi Swimming Dragon Quan

## FORM I: 第一段 (Dì Yī Duàn):

1. 卧龙伸筋 (Wò Lóng Shēn Jīn)  
Sleeping Dragon Awakens and Stretches
2. 道袖双舒 (Dào Xiù Shuāng Shū)  
Sleeves of the Daoist Unfold
3. 无量天尊 (Wú Liàng Tiān Zūn)  
Immeasurably Powerful God
4. 白猿献果 (Bái Yuán Xiàn Guǒ)  
White Monkey Presents Fruit
5. 金鸡斗蟒 (Jīn Jī Dòu Mǎng)  
Golden Rooster Fights a Boa Constrictor
6. 送鸟上林 (Sòng Niǎo Shàng Lín)  
Sending a Bird into the Forest
7. 蜻蜓点水 (Qīng Tíng Diǎn Shuǐ)  
Dragonfly Touches the Water
8. 黄龙兴浪 (Huáng Lóng Xīng Làng)  
Yellow Dragon Stirs Up the Waves
9. 织女穿梭 (Zhī Nǚ Chuān Sūo)  
Weaving Lady Threads the Shuttle
10. 穿莲行舟 (Chuān Lián Xíng Zhōu)  
Rowing a Boat Through the Lotus
11. 海底捞月 (Hǎi Dī Láo Yuè)  
Scooping the Moon from the Bottom of the Sea
12. 金蝉脱壳 (Jīn Chán Tuō Qiào)  
Golden Cicada Sheds Its Skin
13. 道童撞钟 (Dào Tóng Zhuàng Zhōng)  
Daoist Child Tolls a Bell
14. 白蛇缠身 (Bái Shé Chán Shēn)  
White Snake Twines Around the Body
15. 顺水推舟 (Shùn Shuǐ Tuī Zhōu)  
Poling a Boat with the Current
16. 瞻望前程 (Zhān Wàng Qián Chéng)  
Looking into the Future
17. 青龙出海 (Qīng Lóng Chū Hǎi)  
Green Dragon Emerges from the Sea
18. 霸王开弓 (Bà Wáng Kāi Gōng)  
Warrior King Bawang Bends His Bow
19. 龙潜海底 (Lóng Qián Hǎi Dī)  
Dragon Dives to the Bottom of the Sea
20. 白猿献果 (Bái Yuán Xiàn Guǒ)  
White Monkey Presents Fruit

## FORM II: 第二段 (Dì Èr Duàn)

1. 游龙戏水 (Yóu Lóng Xì Shuǐ)  
Swimming Dragon Plays with the Water
2. 隔窗吹灯 (Gé Chuāng Chuī Dēng)  
Blowing out a Lamp through the Window
3. 海底捞针 (Hǎi Dī Láo Zhēn)  
Fishing for a Needle at the Bottom of the Sea
4. 霸王举鼎 (Bà Wáng Jǔ Dǐng)  
Bawang Raises an Incense Burner
5. 朝天擎香 (Cháo Tiān Qíng Xiāng)  
Holding a Stick of Incense Up to the Sky
6. 铁门双开 (Tiě Mén Shuāng Kāi)  
Pushing the Iron Gate Open
7. 双龙戏球 (Shuāng Lóng Xì Qiú)  
Two Dragons Play with a Ball
8. 童子抱琴 (Tóng Zǐ Bào Qín)  
Daoist Boy Holds a Zither in His Arms
9. 青龙摆尾 (Qīng Lóng Bǎi Wěi)  
Green Dragon Raises Its Tail
10. 灵猴偷桃 (Líng Hóu Tōu Táo)  
Nimble Monkey Steals a Peach
11. 旋转乾坤 (Xuán Zhuǎn Qián Kūn)  
Revolving Heaven and Earth
12. 回身射箭 (Huí Shēn Shè Jiàn)  
Turning Backwards to Shoot an Arrow
13. 推窗望月 (Tuī Chuāng Wàng Yuè)  
Opening a Window to Watch the Moon
14. 仙鹤伸腿 (Xiān Hè Shēn Tuǐ)  
Immortal Crane Stretches Its Leg
15. 流星赶月 (Liú Xīng Gǎn Yuè)  
Shooting Star Chases the Moon
16. 盘龙卧虎 (Pán Lóng Wò Hǔ)  
Coiling Dragon and Crouching Tiger
17. 顶天立地 (Dǐng Tiān Lì Dì)  
Standing on Earth and Touching Heaven
18. 蛟龙转身 (Jiāo Lóng Zhuǎn Shēn)  
Powerful Dragon Turns Its Body
19. 乌龙摆尾 (Wū Lóng Bǎi Wěi)  
Black Dragon Swings Its Tail
20. 白猿献果 (Bái Yuán Xiàn Guǒ)  
White Monkey Presents Fruit

## FORM III: 第三段 (Dì Sān Duàn)

1. 万念归一 (Wàn Niàn Guī Yī)  
All Ideas Become One
2. 仰敬天神 (Yǎng Jìng Tiān Shén)  
Looking Up and Worshipping God
3. 俯拜地灵 (Fǔ Bài Dì Líng)  
Bowing Down and Worshipping the Earth Spirits
4. 羽化登天 (Yǔ Huà Dēng Tiān)  
Enlightened Being Ascends to Heaven
5. 化气入丹 (Huà Qì Rù Dān)  
Transferring Qi into Dan Tian
6. 倒脱朝靴 (Dào Tuō Cháo Xūe)  
Taking off the Royal Shoes Upside Down
7. 太子金锤 (Tài Zǐ Jīn Chuí)  
Prince's Golden Hammers
8. 立身射箭 (Lì Shēn Shè Jiàn)  
Standing Up to Shoot an Arrow
9. 平分秋色 (Píng Fēn Qiū Sè)  
Having Equal Shares of the Autumn Scenery
10. 无量天尊 (Wú Liàng Tiān Zūn)  
Immeasurably Powerful God
11. 黄龙入洞 (Huáng Lóng Rù Dòng)  
Yellow Dragon Enters a Cave
12. 燕子斜飞 (Yàn Zǐ Xié Fēi)  
Swallow Flies Aslant
13. 青龙出海 (Qīng Lóng Chū Hǎi)  
Green Dragon Emerges from the Sea
14. 南山探宝 (Nán Shān Tàn Bǎo)  
Seeking Treasures in the Southern Mountain
15. 雄鹰扑食 (Xióng Yīng Pū Shí)  
Brave Eagle Pounces on Its Prey
16. 金鸡独立 (Jīn Jī Dú Lì)  
Golden Rooster Stands on One Leg
17. 催马敬酒 (Cūi Mǎ Jìng Jiǔ)  
Urging a Horse and Making a Toast
18. 道童撞钟 (Dào Tóng Zhuàng Zhōng)  
Daoist Child Tolls a Bell
19. 老道理须 (Lǎo Dào Lǐ Xū)  
Old Daoist Priest Grooms His Beard
20. 金液还丹 (Jīn Yè Huán Dān)  
Swallowing the Golden Saliva to Dan Tian

If the forms are done as independent practice/forms

Form I: add moves 19 and 20 from Form III to the end as a closing

Form II: add moves 1-4 from Form I in the beginning as an opening and moves 19 and 20 from Form III to the end as a closing.

Form III: add moves 1-4 from Form I in the beginning as an opening.