

## **The 12-meridian Ma Wang Dui Qigong Exercises and Qinesiology**

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### **Qigong and Qinesiology**

The word 气功 *Qigong* literally means the discipline of cultivating life force, or energy. In ancient times, the word 导引 *Dao Yin*, or literally, the art of channelling, directing and facilitating, is more often used to describe what we call today as Qigong. Through the coordination of usually slow and gentle dynamic or static postures, breathing patterns, thoughts and intention, qigong serve to bring the human mind and body back to health, balance and equilibrium. People of different ages can improve their physical functions by achieving the balance of Yin and Yang, the improvement of meridian system, and the strengthening of tendons and bones.

As a kinesiologist, balance facilitator and course developer, my interest is to integrate qigong and with the balancing techniques in kinesiology so that more kinesiologists can use it for themselves or their clients and teach to others. On the other hand, it is also my wish that more qigong practitioners and people from other disciplines will then become interested in kinesiology. The other objective is to communicate qigong in a more modern language, and to apply it to suit the day-to-day circumstances of 20<sup>th</sup> century modern dwellers. As people practise more and become more aware of their bodies and their minds, laypersons around the world can apply these techniques to clear their physical, mental, emotional and spiritual blocks, and to become a more balanced and healthy human being. With these objectives in mind, I started to make presentations about my findings since 2006 in a world kinesiology conference in Germany. Since then, I have presented new topics about my findings on qigong and kinesiology almost every year in other conferences around the world. Some of the qigong topics include 八段锦 *Ba Duan Jin* (Eight-Section Brocade), 易筋经 *Yi Jin Jing* (The Classic of Tendon Transformation), 五禽戏 *Wu Qin Xi* (Five Animal Play), and now 马王堆导引术 *Ma Wang Dui Dao Yin Shu* (Qigong Exercises from the Excavations of King Ma's Tomb). Some of these topics have been further developed subsequently into full workshops, such as "活出爱玩的心：五禽戏隐喻调和 To Live with A Playful Heart: Five Animal Play Metaphor Balance", "活出最伟大的你：易筋经隐喻调和 To Live Out Your Greatness: The Classic of Tendon Transformation Metaphor Balance". These

courses, are forming an essential part of Qinesiology, a series of kinesiology-based courses which Conrad Ho and I have been developing using the 精气神 Jing-Qi-Shen (or Matter-Energy-Information) model of traditional Chinese medicine.

### **History of Ma Wang Dui Dao Yin Exercises**

In 1973, in Changsha in Hunan province, China, a coloured silk scroll painting 50 cm high and about 100 cm long was unearthed from King Ma's Tomb Three of the Han Dynasty (206 BC – 220 AD). The scroll shows 44 figures of people of about 9-12 cm high in four rows. About half of them are male and half are female. There are also the young and the old, all practising *Dao Yin* (later called qigong) exercises for cultivating energies, in various postures and movements. This important relic depicts what people did in China about 2,000 years ago in their effort in healing diseases and restoring health.

The figures can be categorized into five types:

1. **Animal-imitation exercises** such as mantis (螳螂), bear (熊经), monkey (猿呼), turtle (龟悝), etc.
2. **"Channelling" or "directing" exercises** which is said to have therapeutic effects. Usually, the exercises involved in the treatment of diseases contain the word "引" ("directing", or "channelling"), such as "引聋 Channelling Deafness", "引腹中 Channelling the Abdominals", "引项 Channelling the Neck", etc.
3. **Energy Exercises** which is related to breathing;
4. **Strengthening exercises;**
5. **Massage exercises.**

Most of figures depict exercises that are done empty-handed, or just by moving the limbs. Some are done with the help of a tool or an apparatus, four types of which can be seen, namely, plate, stick, ball and bag.



*Daoyin* Exercises - A coloured silk scroll painting of 50 cm x 100 cm long unearthed from *Mawangdui* Tomb of the Han Dynasty (206 BC – 220 AD) depict what people did in China about 2,000 years ago in their effort in healing diseases and restoring health

The 44 movement figures were researched, re-edited and re-developed by experts from the official Chinese Health Qigong Association supported by the Chinese government. Seventeen of the movements were chosen to form 12 movements which correspond to 12 meridians. The book, *Chinese Health Qigong – Ma Wang Dui Dao Yin Exercises* 《健身气功-马王堆导引术》 was first published in the Chinese language by the Chinese Health Qigong Association in May 2011.

## **Summary of the 12 Ma Wang Dui Qigong Exercises and their Metaphors in Qinesiology**

### **a) Matching Forms with Intention – Key to Ma Wang Dui Qigong Exercises**

One of the obvious characteristics of *Ma Wang Dui Dao Yin Shu* is that each of the 12 movement is related to one of the 12 meridians. It is the highest goal to practise them with synchrony of the forms (the movements) and the intention (the thoughts). Forms and intentions go side by side, coordinate and interplay with each other; with each movement, the mind pays attention to the lines and flow of each meridian as well as the few acu-points that are highlighted for the mind's attention. For beginners, it is best to start with the learning the forms, and then slowly, the attention to the beginning and end points of the meridians, and then the other acu-points in the middle of the meridians, and then the energy flow of the meridians themselves. It should

also be emphasized that thoughts should be held in a relaxed way.

## **b) Summary of the Movements**

Below is a summary of the movements, how they are related to Touch for Health muscle indicator checks, and my initial findings of their metaphors in Qinesiology.

(Please note: Movement names in brackets “[ ]” signify lack of clarity on the scroll.)

Movement Sequence in Chinese Health Qigong: 0

Edited names in Chinese Health Qigong: 预备势/**Preparatory Movement**



Figure:

Position on scroll: 3<sup>rd</sup> row, 11<sup>th</sup> movement from the right

Movement No. out of the 44 (from top to down, right to left): 33

Name on scroll:[燕息]/[Resting Sparrow]

Category: Energy exercise

Related Meridian: Circulation Sex, Governing, Central

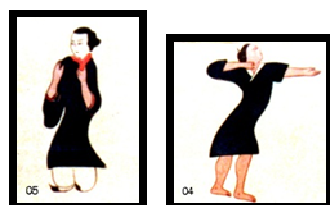
Acu-points of attention: PC8 劳宫穴/Laogong , GV20 百会穴/Baihui , 下丹田 /Lower Dantian (normally referred to CV4 关元/Guanyuan)

Muscle-check: Teres Minor, Teres Major, Supraspinatus

Qinesiology metaphor/information: resting, calming, breathing, standing, ready to move, centering, stability, attention

Movement Sequence in Chinese Health Qigong: 1

Edited names in Chinese Health Qigong: 挽弓/**Pulling the Bow**



Figures:

Positions on scroll: 1st row, 5th movement from the right; 1<sup>st</sup> row, 4<sup>th</sup> movement from the right

Movement No. out of the 44 (from top to down, right to left): 5, 4

Name on scroll: [振手]、[挽弓] / [Shaking Arms], [Pulling the Bow]

Category: Strengthening exercise

Related Meridian: Lung

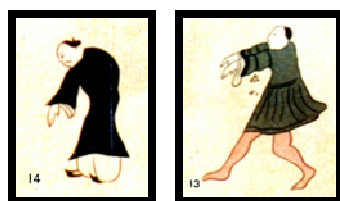
Acu-points of attention: LU1 中府穴/Zhongfu , LU5 尺泽穴/Chize , LU11 少商穴 /Shaoshang

Muscle-check: Anterior Serratus

Qinesiology metaphor/information: Breathing, opening the chest, nurturance, giving, love, opening and closing

Movement Sequence in Chinese Health Qigong: 2

Edited names in Chinese Health Qigong: 引背/**Back Channelling**



Figures:

Positions on scroll: 2<sup>nd</sup> row, 3<sup>rd</sup> and 2<sup>nd</sup> movements from the right

Movement No. out of the 44 (from top to down, right to left): 14, 13

Name on scroll: [引背痛]、[痛明] / [Channelling Back Pain], Brightening Up Pain

Category: Channelling exercises

Related Meridian: Large Intestine

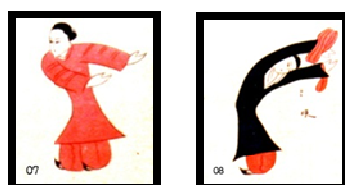
Acu-points of attention: LI1 商阳穴/Shangyang , LI11 曲池穴/Quchi , LI20 迎香穴/Yingxiang

Muscle-check: Fascia Lata

Qinesiology metaphor/information: Pain, pain in the back, understanding or brightening up pain, flexibility in the back and arms, arching the back, looking near and far.

Movement Sequence in Chinese Health Qigong: 3

Edited names in Chinese Health Qigong: 鬼浴/**Wild Duck Bathing**



Figures:

Positions on scroll: 1<sup>st</sup> row, 7<sup>th</sup> and 8<sup>th</sup> movements from the right

Movement No. out of the 44 (from top to down, right to left): 7, 8

Name on scroll: 鬼浴、螳螂 / Wild Duck Bathing, Mantis

Category: Animal imitation exercise

Related Meridian: Stomach

Acu-points of attention: ST1 承泣穴/Chengxi , ST25 天枢穴/Tianshu , ST36 足三里穴/Zusanli , ST45 厉兑穴/Lidui

Muscle-check: Pectoralis Major Clavicular

Qinesiology metaphor/information: Bathing like a duck, turning and bending the waist, be slim on the waist, be comfortable on the shoulders and waist.

Movement Sequence in Chinese Health Qigong: 4

Edited names in Chinese Health Qigong: 龙登/**Dragon Climbing**

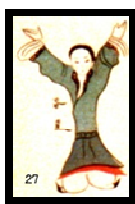


Figure:

Position on scroll: 3<sup>rd</sup> row, 5<sup>th</sup> movement from the right

Movement No. out of the 44 (from top to down, right to left): 27

Name on scroll: 龔[龙]登 / Ant [Dragon] Climbing

Category: Animal imitation exercise

Related Meridian: Spleen

Acu-points of attention: SP1 隱白穴 Yibai , SP9 阴陵泉穴/Yinlingquan , SP21 大包穴 Dabao

Muscle-check: Latissimus Dorsi

Qinesiology metaphor/information: Going up and down, extending upwards and squatting downwards, climbing up while maintaining body's midline, shifting between an ant and a dragon.

Movement Sequence in Chinese Health Qigong: 5

Edited names in Chinese Health Qigong: 鸟伸 / **Bird Spreading Its Wings**

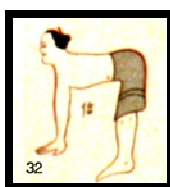


Figure:

Positions on scroll: 3<sup>rd</sup> row, 10<sup>th</sup> movement from the right

Movement No. out of the 44 (from top to down, right to left): 32

Name on scroll: 信[伸]/ Trust [Spreading/Stretching]

Category: Animal Imitation

Related Meridian: Heart

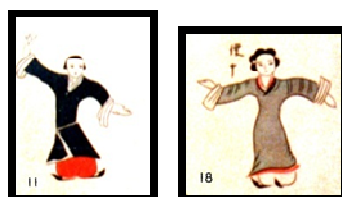
Acu-points of attention: HT1 极泉穴 Jiquan , HT3 少海穴 Shaohai , HT9 少冲穴 Shaochong

Muscle-check: Subscapularis

Qinesiology metaphor/information: Stretch like a bird, trust, being able to stick your head and neck out, be comfortable with your head and neck

Movement Sequence in Chinese Health Qigong: 6

Edited names in Chinese Health Qigong: 引腹/ **Abdominals Channelling**



Figures:

Positions on scroll: 1<sup>st</sup> row, 11<sup>th</sup> movement from the right; 2<sup>nd</sup> row, 7<sup>th</sup> movement from the right;

Movement No. out of the 44 (from top to down, right to left): 11, 18

Name on scroll:[燕飛]/[Sparrow Flying], 覆[腹]中/In the Abdominals

Category: Animal imitation exercise, channelling exercises,

Related Meridian: Small Intestine

Acu-points of attention: SI1 少泽穴/Shaoze , SI8 小海穴/Shaochai , SI19 听宫穴 /Tinggong

Muscle-check: Quadriceps

Qinesiology metaphor/information: Able to digest, being comfortable with the abdominals, being flexible with the shoulders, elbows and arms, flying like a sparrow.

Movement Sequence in Chinese Health Qigong: 7

Edited names in Chinese Health Qigong: 鷓視 / **Owl Looking**



Figures:

Positions on scroll: 2<sup>nd</sup> row, 1<sup>st</sup> movement from the right

Movement No. out of the 44 (from top to down, right to left): 12

Name on scroll: [踢脚]/ [Leg Kicking]

Category: Strengthening



Related Meridian: Bladder

Acu-points of attention: BL1 睛明穴 Jingming , BL40 委中穴/Weizhong , BL67 至阴穴/Zhiyin

Muscle-check: Peroneus

Qinesiology metaphor/information: Being able to stick neck and head out, comfortable with the neck and shoulders, able to stand on one foot, balance, kicking with the leg, able to use your eyes and legs together.

Movement Sequence in Chinese Health Qigong: 8

Edited names in Chinese Health Qigong: 引腰/**Waist Channelling**



Figure:

Position on scroll: 1<sup>st</sup> row, 1<sup>st</sup> movement from the right

Movement No. out of the 44 (from top to down, right to left): 1

Name on scroll: [引腰痛]/[Channelling Waist Pain]

Category: Channelling exercise

Related Meridian: Kidney

Acu-points of attention: KI1 涌泉穴/Yongquan , KI10 阴谷穴 Yingu , K27 愈府穴/Shufu

Muscle-check: Psoas

Qinesiology metaphor/information: Being strong with waist and back, being comfortable with neck and back, pain on the waist.

Movement Sequence in Chinese Health Qigong: 9

Edited names in Chinese Health Qigong: 雁飞/**Goose Flying**



Figure:

Position on scroll: 3<sup>rd</sup> row, 4<sup>th</sup> movement from the right

Movement No. out of the 44 (from top to down, right to left): 26

Name on scroll: (引头风)/[Channelling Head Wind]

Category: Channelling exercises

Related Meridian: Pericardium/Circulation Sex



Acu-points of attention: PC1 天池穴/Tianchi , PC3 曲泽穴/Quze , PC9 中冲穴 /Zhongchong

Muscle-check: Gluteus Medius

Qinesiology metaphor/information: Flyng like a goose, being comfortable with the head, no headache, feel calm at heart, being able to look on both sides.

Movement Sequence in Chinese Health Qigong: 10

Edited names in Chinese Health Qigong: 鹤舞/**Crane Dancing**



Figure:

Position on scroll: 3<sup>rd</sup> row, 3<sup>rd</sup> movement from the right

Movement No. out of the 44 (from top to down, right to left): 25

Name on scroll: 鹤[谭]/ Crane[Talking]

Category: Animal imitation exercise

Related Meridian: Triple Energizer/Triple Warmer

Acu-points of attention: TE1 关冲穴/Guanchong , TE10 天井穴/Tianjing , TE23 丝竹空穴/Sizhukong

Muscle-check: Teres Minor

Qinesiology metaphor/information: Dance like a crane, talk like a crane

Movement Sequence in Chinese Health Qigong: 11

Edited names in Chinese Health Qigong: 仰呼/**Exhaling with Head Raised**



Figure:

Positions on scroll: 4<sup>th</sup> row, 1<sup>st</sup> movement from the right

Movement No. out of the 44 (from top to down, right to left): 34

Name on scroll: 仰谭[呼] /Exhaling with Head Raised

Category: Energy exercise

Related Meridian: Gall bladder

Auc-points of attention: GB1 瞳子髎穴 / Tongziliao , GB30 环跳穴/Huantiao , GB44 足窍阴穴/Zuqiaoyin

Muscle-check: Anterior Deltoid

Qinesiology metaphor/information: Able to shout, able to exhale while raising your head, being able to be chest high, able to breath without gasping, feel comfortable at the chest and heart area, be strong with the lower legs and calf muscles.

Movement Sequence in Chinese Health Qigong: 12

Edited names in Chinese Health Qigong: 折阴/**Bending Yin**



Figures:

Positions on scroll: 1<sup>st</sup> row, 6<sup>th</sup> movement from the right

Movement No. out of the 44 (from top to down, right to left): 6

Name on scroll: 折阴/Bending Yin

Category: Strengthening

Related Meridian: Liver

Acu-points of attention: LR1 大敦穴/Dadun , LR8 曲泉穴/Ququan , LR14 期门穴/Qimen

Muscle-check: Pectoralis Major Sternal

Qinesiology metaphor/information: Healthy with internal organs, bending

The above are the summary of my initial findings of the 12-meridian Ma Wang Dui Qigong Exercises and Qinesiology. I trust that they will spark your interests on the subject, and will join me in the interesting journey of applying qigong and kinesiology to improve health and balance of your daily life.

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