

## Yi Jin Jing: a source of Shaolin kung fu prowess

April 18, 2012

7:31 PM MST

Master Miao Fu Sheng of Liao Ning, China, explained that Yi Jin Jing is an important [Qigong](#) or Neigong (internal Kung Fu), which strengthens practitioners' muscles, joints and tendons; moreover, it improves the health of the kidneys, lungs, heart, spleen, stomach, liver, gallbladder, intestines, bladder, and other organs through the stretching of meridians. Many contribute Shaolin monks' martial art supremacy to their practice of Yi Jin Jing to cultivate their Jin (energy), Qi (internal life force), and Sheng (spirit).



View all  
5 photos

Violet Li



*Violet Li*

Master Miao is a professor of Liao Ning Normal University and a member of Chinese Health Qigong Association (CHQA). He started to learn Chinese martial arts at childhood and won National gold medals three years in a row. He is one of few martial artists in China certified as 7th Duan and has served many times as a national and provincial tournament judge. He has been appointed as a martial art senior instructor to teach and promote martial arts and Qigong in Europe. Recently, with support from CHQA, he came to the U.S. to promote health Qigong. His first stop of the workshop tour was Los Angeles, CA.

Legend has it that the famous Yi Jin Jing was designed by Shaolin Buddhist sage [Bodhidharma](#), who was said to live during the 5th/6th century CE. Master Miao stated that with further research, the understanding now is that Yi Jin Jing was first created much earlier before Bodhidharma's time. It was known as a Dao Yin (leading) exercise. Nevertheless, Shaolin monks enhanced Yi Jin Jing from its original form and make it more beneficial, added Master Miao.

In recent years, CHQA modified certain movements based on the scientific research results and made it more accessible to people of all ages and body physiques. Excluding the beginning and ending, there are 12 movements in Yi Jin Jing and all relate to spine stretching and exercise. Based on [Traditional Chinese Medicine](#), the spine connects to the brain, neck, internal organs through the nerve systems and meridians. Spine exercise can promote overall wellness. Yi Jin Jing is recognized that it can build up both muscle and joint strength externally and organs' strength internally. Movements 4 and 5 are spine twisting. Movements 9, 11 and 12 are spine curling. Master Miao advised workshop participants to do these poses gently and slowly, and avoid over-stretching. Once becoming more flexible with practice, he can deepen the stretch. Click on the video on the left-hand-side for the

demonstration of the form.

As an experienced instructor, Master Miao paid close attention to attendees' poses. He constantly called out the common mistakes, i.e. shrugging the shoulders, using muscle force instead of inner strength. He also performed hands-on adjustments for attendees. [Joy of Kung Fu](#) of Los Angeles hosted seven workshops in metropolitan Los Angeles with great success. Besides Yi Jin Jing, Master Miao also taught [Ba Duan Jin](#) and [Five Animals](#). In general, the feedback was favorable from the students in the Yi Jin Jing class.

**Subscribe** to this column to get reviews, recaps, and latest news regarding Tai Chi, Qigong, health and martial arts sent directly to your inbox. If you enjoyed this article **please click the social media links above and to the left to share it with your friends**. You can also **subscribe to [my page on Facebook](#) here**. You can also **follow me on [Twitter](#)**.

## SUGGESTED LINKS

- [A Brilliant Idea: A Tai Chi Imagery Workbook](#)
- [The Science of Tai Chi](#)
- [Let's help ever increasing children autistic problems with Qigong](#)



**Violet Li**

Tai Chi Examiner