



上海传承导引医学研究所

National Intangible Culture Heritage

TCM treatment- YiJinJing Twelve forms of movements-DaoYin methods

LEVEL I

【theme】

1. Get knowledge of the inheriting of “YiJinJing ” DaoYin methods
2. Through practicing YiJinJing Twelve forms of movements, understand oneself body situation
3. Learn and practice the knack of YiJinJing Twelve forms of movements, strength one's meridians and skeletons

【Schedule】

Date: 23rd May, 2016

time: 13:30~16:00

Theory

- 1、 The inheriting history of YiJinJing -DaoYin Methods
- 2、 YiJinJing twelve forms of movements and body twelve meridians
- 3、 Relationship between meridians and body health

Practise:

- 1、 Learn YiJinJing movements

Warm up form and Form one

Date: 24rd May, 2016

13:30~16:00

Practise:

- 1、 Learn YiJinJing movements

Form two to Form seven



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Date: 25rd May, 2016

13:30~16:00

Practise:

1、 Learn YiJinJing movements

Form eight to Form twelve and Close Form

Date: 26rd May, 2016

13:30~16:00

Theory:

1、 Knacks for each YiJinJing movements

Practise:

1、 Review the whole movements

2、 Individual instruction

【Class Address】

Floor D No 7 Building No 2601 Xie Tu Road Shanghai ,China

【contact for [register](#)】 claire.zmiro@gmail.com Mrs Claire Z

【Tuition Fee】

Tuition Fee: RMB:2800.00 (RMB2940.00 for invoice)

Including 《YiJinJing》 Writen by Mr.YanShiQing (inside CD)

Option : DaoYin waist best : RMB50.00

《YiJinJing》 Writen by Mr.YanWeiBing (inside DVD) RMB36.00



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Level II

【theme】

4. “YiJinJing twelve forms of movements” Key points for breath.
5. “YiJinJing twelve forms of movements” Key points for mind.
6. Nourish qi and Concentrate spirit auxiliary methods

【Schedule】

Date: July 13:30~16:00

Theory

- 1、 Through practicing the YiJinJing twelve forms of movements understand TCM meridian system.
- 2、 How to gain health through regulating meridians.

Practise:

- 2、 Regulate all students movements
- 3、 Preparing for the Lesson of Breath

Date: July 13:30~16:00

Theory:

- 1、 key pionts for breath

Practise:

- 1、 Instruct breath in YiJinJing movements (Form one to form six)



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Date: July 13:30~16:00

Theory:

- 1、Nourish qi and Concentrate spirit auxiliary methods

Practise:

- 1、Instruct breath in YiJinJing movements (Form seven to twelve)

Date: July 13:30~16:00

Theory:

- 1、“YiJinJing twelve forms of movements” Key points for mind.

Practise:

- 1、review and individual instruction

【Class Address】

1. Floor D No 7 Building No 2601 Xie Tu Road Shanghai ,China

【contact for register】 claire.zmiro@gmail.com Mrs Claire Z

【Tuition Fee】

Tuition Fee: RMB:3800.00 (RMB3990.00 for invoice)

Including the following contents

- 1、《YiJinJing》Written by Mr.YanWeiBing (inside DVD demonstration)
- 2、DaoYin Waist Belt
- 3、Provide one time free Salon. (Our institute holds salons at a regular time , which will open to the advanced class students)



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Xi Sui Jing -DaoYin Method

Level III

To be continued