



AT-HOME LEARNING

TERMINOLOGY

Yuan Gong movements and meditations are designed to augment Qi energy flow and to clear blockages in the body. In Yuan Gong, and many other Chinese traditions, Qi is understood to flow through the body along pathways. Where the pathways meet the surface of the body are points and gates (shown below with their Chinese names: Yin Tang, Yu Zhen, etc.).

SANJIAO

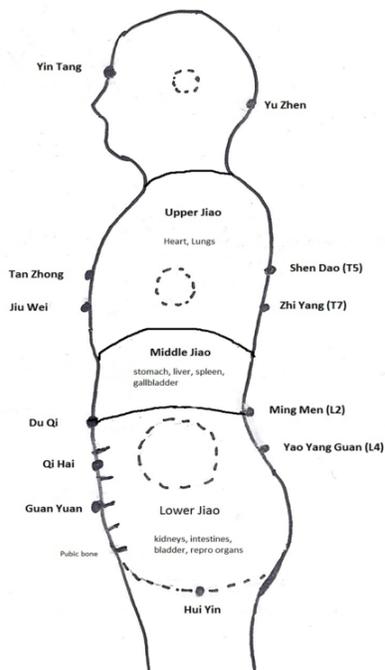
Certain parts of the body and certain bodily functions can either enhance or impede the flow of Qi. In Traditional Chinese Medicine (TCM) the Triple Burner or “Sanjiao” (Upper, heart and lungs; Middle, stomach, liver, gallbladder; and Lower, kidneys, intestines, bladder, reproductive organs) is of primary importance for the transportation and penetration of Qi.

DANTIANS

In addition to transporting Qi, there are reservoirs for gathering and storing Qi. These are known as the Three Dantians. They exist in the form of Qi. Dantians do not have a physical form and they share the space with the physical organs in their locations.

The diagram below shows how Yuan Gong defines the Three Dantians and Sanjiao.

Three Dantian & Sanjiao



UPPER DANTIAN

Location: The center of the line connecting Yin Tang and Yu Shen in the head

Size: It is ball-shaped, about the size of a ping-pong ball

Functions: It is commonly seen as place where Shen resides.

MIDDLE DANTIAN

Location: In the middle of the chest between Tan Zhong, Jiu Wei, Shen Dao and Zhi Yang points.

Size: It is ball-shaped, about the size of one's own fist.

Functions: It is commonly seen as the distribution center of organ Qi.

LOWER DANTIAN

Location: In the middle of the body in the lower abdomen, between Duqi and Guan Yuan at the front, and Mingmen and Yao Yang Guan at the back. Qihai is in the middle of the front.

Size: It is ball-shaped, about the size of one's own two fists held together.

Functions: It is commonly seen as the distribution center of Qi of the whole physical body. It can also be called a storehouse of physical Qi. Its strength or condition affects the overall physical functions and health.