

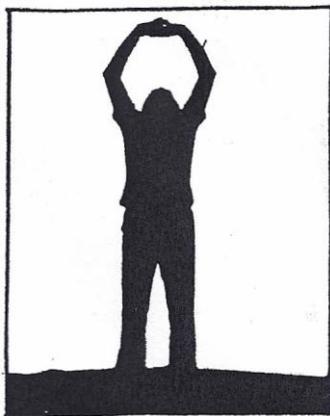
# EIGHT ESSENTIAL STANDING EXERCISES

Pa Tuan Chin (Chinese)  
Pal Dan Gum (Korean)

## 1. Upholding Heaven With The Two Hands

1. Stand with your feet comfortably apart and your arms at your sides. Keep your eyes open during this exercise.
2. Inhale, raising your arms out to the sides and up above your head.
3. With your palms facing down, interlock your fingers. Rotate your hands so that your palms face the sky. Look up at the back of your hands. Inhale more, stretching upwards as if you are upholding heaven.
4. Exhale and let your arms float down to your sides.
5. Repeat 5 or 6 times.

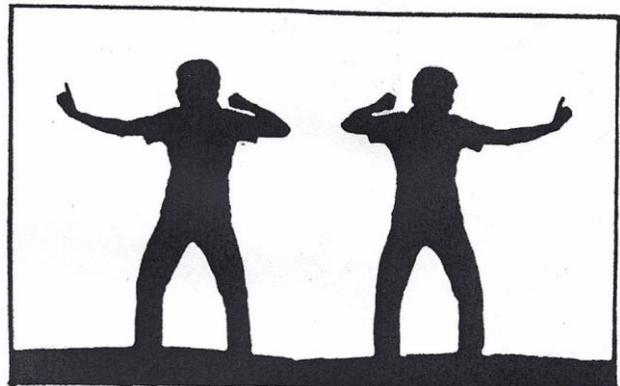
Benefits: This longevity exercise strengthens the body as a whole. It harmonizes the three major segments or "warmers" of the trunk. The upper segment controls the respiratory system, the middle houses the digestive system, and the lower segment governs the excretory and sexual functions. "Upholding Heaven With the Two Hands" stretches the Triple Warmer Meridian which harmonizes the vital organs in each of these segments. According to the classical teachings of the Chinese sages, this exercise unifies the relationships between the internal organs, improves circulation and releases shoulder tension. The stretch also benefits the muscular system and helps prevent arthritis. The tendons and ligaments are stretched increasing the circulation to the extremities.



## 2. Opening the Bow

1. Stand with your feet comfortably apart.
2. Cross your arms in front of you at the level of your heart and clench your fists firmly. Imagine you are holding a large bow.
3. Turn your head to the left, the direction you are going to visualize shooting the arrow. Use your imagination to aim very far, as if shooting the arrow towards an eagle.
4. Inhale deeply as you open the bow, bring your left arm straight to the left as if pulling the bow forward. Simultaneously, bend your right arm and pull your fist toward your right shoulder, as if pulling the bow string back.
5. Exhale as you gently release the bow, crossing your arms in front of your chest once again.
6. Repeat the exercise on the right side.
7. Practice the exercise three times on each side, breathing with the movement.

Benefits: The capacity and resiliency of the lungs is increased by this exercise. This helps the texture of the skin, and also aids in building resistance to chills. "Opening the Bow" additionally strengthens the shoulder and arm muscles.



### 3. Raising the Arms One At A Time

1. Stand with your feet comfortably apart and your arms crossed in front of your solar plexus.

2. Inhale and raise your left hand straight above your head with the palm facing the sky, the fingers turned inward. The right hand is simultaneously lowered to the thigh with your right palm facing the ground, fingers turned inward. Bring your head back during the exhalation.

3. Exhale and return your arms and head to starting position.

4. Repeat the movement on the other side, raising your right arm while lowering your left.

5. Alternate sides, practicing the movement six times in all.

Benefits: The spleen and stomach are adjusted and harmonized through the movement of this exercise. The Large and Small Intestine Meridians, which run along the arms, are also regulated from this stretch. The balancing points for the Triple Warmer Meridian at the back of the wrists are stimulated to further aid in balancing the digestive system.

### 4. Looking Behind

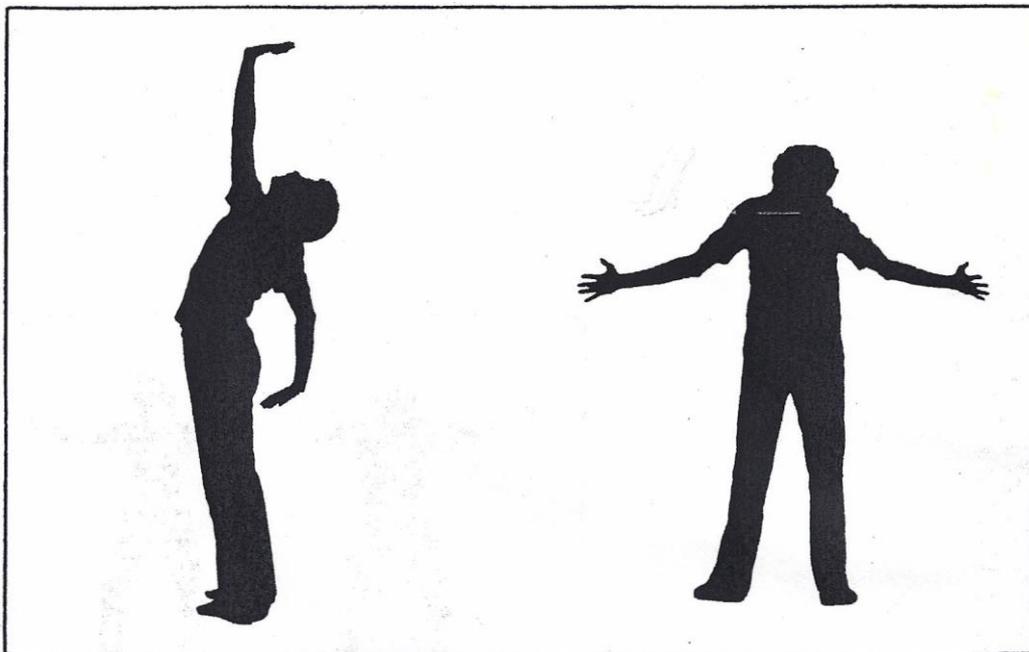
1. Stand with your arms crossed in front of your upper chest. Keep the chin into the hollow of the throat, stretching the back of the neck.

2. Inhale deeply, open your arms to a 45° angle from the sides of your body and turn your head toward the left. Looking as far behind you as possible. Pull your arms back, arching the chest up and out. You will feel the stretch in your arms, wrists, neck and also in your eyes as you look behind.

3. Exhale, returning your head and arms forward.

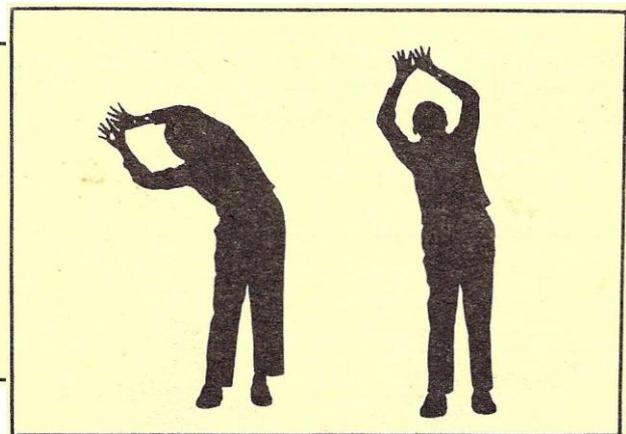
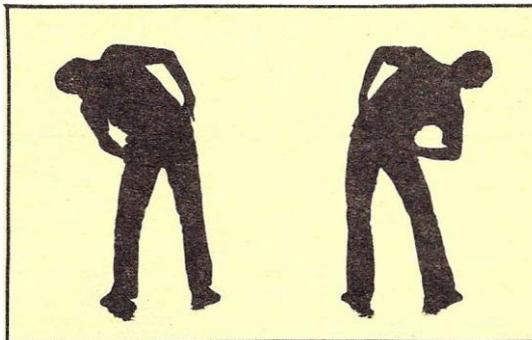
4. Repeat the same movement, turning to the right side. Alternate sides, practicing the movement six times in all.

Benefits: "Looking Behind" rejuvenates the five yin (nourishing) organs, the heart, spleen, lungs, kidney and liver. The movement also naturally expands the capacity of the lungs. If practiced twice daily this simple breathing exercise can help prevent stiff necks. In this exercise, several internal points in the shoulder and upper back areas are pressed, strengthening general resistance. Therefore, the Chinese say "Look behind and leave the five diseases and seven injuries."



## 5. Swaying the Head and Wagging the Tail

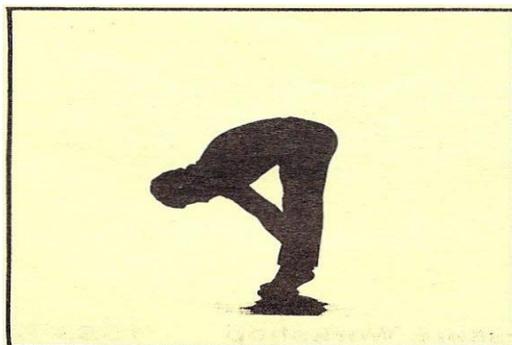
1. Stand with the legs spread apart. Bend your knees into a "horse riding" position, with your feet flat on the ground, your knees directly above your toes and your weight balanced.
2. Place your hands above the knees with your fingers on the inside and your thumbs rotated outwards.
3. Inhale and arch your spine, bringing your head back and your chest up and out.
4. Exhale down, bending forward so that you are looking between your legs.
5. Inhale, returning to the starting position, with your spine straight. Exhale and bend your whole torso to the left side, keeping your spine, neck and head in a straight line.
6. Inhale up to the starting position again. Exhale and bend to the right side, tilting your shoulders and head to the right.
7. Repeat steps 3 through 6 twice more.
8. Rotate the hips and trunk of the body, several times in one direction and then in the other direction.
9. Rotate the head slowly clockwise and then counter-clockwise.



Benefits: This exercise strengthens and balances the digestive organs, the lower back and helps to reduce fat around the hips and waist. According to the Chinese, most high blood pressure patients could help themselves tremendously by avoiding red meat, salt and by practicing this exercise three times daily.

## 6. Pulling on the Legs

1. Standing comfortably, inhale and stretch your arms forward and up, stretching up high.
2. Exhale down and grasp your calf muscles. Use your arm muscles to pull your heels up off the ground for a couple of seconds.
3. Spring up on to the balls of your feet six times.
4. Now place the palms of your hands over your knee caps and rub them in a circular motion.



(Benefits: This exercise benefits the kidneys, the lower back and the sciatic nerve. It also helps prevent leg cramps.)

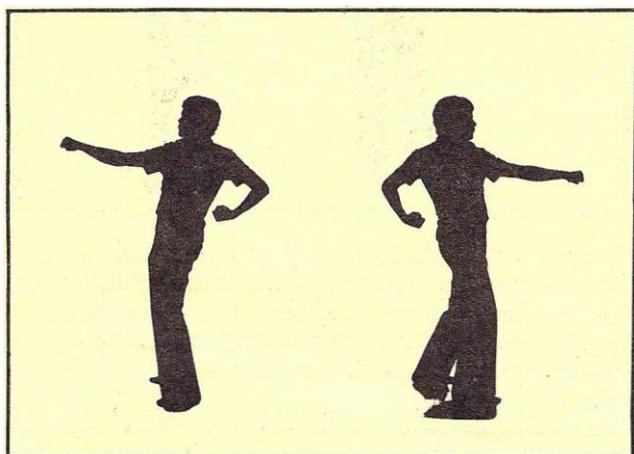
## VARIATION: Swaying the Head

1. Stand with the legs spread apart. Bend your knees into a "horse riding" position, with your feet flat on the ground, your knees directly above your toes and your weight balanced.
2. Join your hands by interlocking your thumbs, palms facing out.
3. Stretch your arms straight up towards the sky.
4. Keeping your arms straight, draw a large clockwise circle with your hands so that the fingers almost touch the floor as your hands go around.
5. As you come up to center, do the same circle in a counter-clockwise direction. Sometimes people get dizzy when practicing this exercise. This can be alleviated by moving more slowly, and by being sure to always change the direction and turn the opposite way around to balance and restore the equilibrium.

## 7. Clenching the Fists With Attentive Eyes

1. Stand with the feet apart and the knees bent slightly .
2. Make a fist with your palms facing up by your waist.
3. Inhale, open your eyes wide, firmly clench your molars together and smile.
4. . Slowly exhale as you firmly punch your fist diagonally in front , turning the fist over so it faces downwards when fullyextended.
5. Inhale as you slowly clench the arm in- wards back to the waist.
6. Repeat the exercise on the other side, alternating four times.

Benefits: This exercise releases tensions in the arms and the chest. It strengthens the vital organs and especially benefits the liver, especially the kidneys. Ancient sages claim that it will eliminate 100 diseases .



## 8. Stretching Backwards

1. Place your palms over your lower back with your fingers positioned downward.
2. Inhale, arching your back with your eyes also looking backward . Bend your knees in this position to increase the bend.
3. Gently bend backwards 7 times, as you exhale
4. Inhale up to an erect standing position.
5. Exhale as you gently drop your head and upper portion of your body forward. Grasp hold of all your toes. Allow your neck to relax in this position
6. Slowly return to a standing position as you inhale. Repeat the exercise 7 times.

