

南少林易筋經

招式

0. 無極起勢
1. 玉帶旋珠
2. 風擺揚柳
3. 小鬼推磨
4. 童子拜佛(左)
5. 大鵬展翅(右)
6. 晒佛坤腰(左)
7. 童子拜佛(右)
8. 大鵬展翅(左)
9. 晒佛坤腰(右)
10. 手提乾坤
11. 彌勒游天
12. 謁諦聽音(左)
13. 謁諦聽音(右)
14. 尊者玩珠
15. 仰天賞月
16. 金剛抖雪
17. 煉氣洗髓
18. 乾坤聚氣

相關作用

- 調整心態
- 氣運帶脈
- 頸腰旋轉及前後擺動
- 腰背肌腱的拉伸
- 督脈的牽拉與放鬆,促進督脈的氣血流通
- 肩關節多方面的極限拉伸活動
- 大周天與循環運氣
- 督脈的牽拉與放鬆,促進督脈的氣血流通
- 肩關節多方面的極限拉伸活動
- 大周天與循環運氣
- 手指筋腱的訓練和手三陽,手三陰經脈的牽動
- 通中氣,牽推兩肋的筋腱
- 拉伸臂胸腰腿各部份的肌肉群
- 拉伸臂胸腰腿各部份的肌肉群
- 較大幅度旋轉腰、胸、頸椎與肌腱的運動,拉動與拉伸
- 牽拉促進任脈的氣血流通
- 內臟的按摩
- 引先天之氣洗滌身內的穢氣
- 氣聚丹田

Southern Shaolin Yik Gam Ging

Technique

0. Starting Style
1. Jade belt row of pearls
2. Wind blows the willow
3. Little ghost grinding
4. Child worships Buddha (left)
5. Roc spreads it's wings (right)
6. Sleepy Buddha stretches waist (left)
7. Child worships Buddha (right)
8. Roc spreads it's wings (left)
9. Sleepy Buddha stretches waist (right)
10. Raising the hands heaven and earth
11. Leilak wandering the sky
12. Carefully listen to the sound (left)
13. Carefully listen to the sound (right)
14. Playing with the venerable pearls
15. Raise head to look up at the moon
16. King Kong shakes off snow
17. Refine qi, wash essence
18. Heaven and earth collect qi

Function

- Adjust your mentality (prepare your mind)
- Transport energy through the meridians
- Movement in front and back cervical and lumbar rotation, swinging
- tendon stretching back and waist
- Du (meridian) pull and relax, Du (meridian) promote the circulation of qi and blood
- shoulder ultimate stretching, pulling and various activities
- great cycle of heaven and qi circulation
- same as 4.
- same as 5.
- same as 6.
- Finger tendons training affecting the "3 Yang hands" and "3 Yin hands" meridian.
- clear central qi, moving the ribs muscles and tendons
- stretch the waist, leg, upper arm, and the thoracic part of the muscle groups
- same as 12.
- a large rotating lumbar, thoracic, and cervical tendon movement, pulling and stretching
- stretch to promote blood and qi circulation
- Massage the internal organs
- use the qi from the sky to cleanse the unclean qi from the body
- collect qi in the Dantian