



*Dr. Shen Hongxun*

***Dragon Daoyin***  
*Exercises of the BUQI system*

***Shen Hongxun College***

# ***Dragon Daoyin***

## *Exercises of the BUQI system*

*Dear student,*

*This book is exclusively for the use of Buqi students.  
Therefore I request that this book is not passed on to  
non-students.*

*Shen Hongxun*

Copyright 2005 © Dr. Shen Hongxun

All rights reserved. This book may not be reproduced in whole or in part by photocopy or print or any other means. The same goes for the name 'Buqi' which is protected under number 507149.

Shen Hongxun College  
35 Kensal Road, Victoria Park  
Bristol, BS3 4QU, United Kingdom  
Tel. +44 (0)208 771 1318  
info@buqi.net  
www.buqi.net

## Foreword

During the traditional Chinese New Year celebrations all over the world the dragon dance has become a popular highlight. The colourful costumes and exotic dancing make for an interesting spectacle. However, the dragon dance as it is performed nowadays has become a purely physical movement without inner force.

A special characteristic of the dragon is the way in which he moves: with spiralling movements in the neck, body and tail. These kind of movements can only be seen in dragons. However, dragons of course only exist in myth.

The spiral movements of the dragon are in fact very effective in helping to correct misalignment of the spinal vertebrae. Thus it was the dragon dance that inspired me to develop nine spiral movement exercises for clinical use and call them the Dragon Daoyin.

Most people can benefit from the nine different exercises of the Dragon Daoyin. The spiralling movements have an immediate and refreshing effect on the spine; they help to improve body posture and are a means of activating the dantian and to clean and open the five channels.

During the last twenty years a lot of research has been done in the medical field and the link between problems in the spinal column and many diseases is now officially recognised. For this reason it is even more important to widely introduce and make available these exercises, not only for their beneficial effect on spinal and general health

but also for their positive and balancing influence on the plane of the physical and mental energy.

Dr. Shen Hongxun

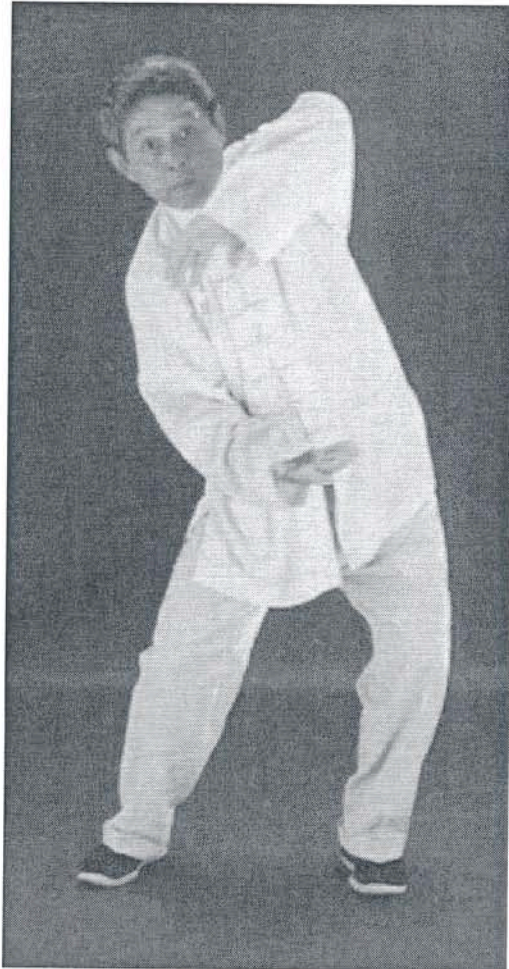
November 2002

## Contents

Chapter 1. The four phases of the activation of the dantian	1
Chapter 2. Preparatory exercises	3
Chapter 3. The nine movements of the Dragon Daoyin	5
1. The dragon awakens from hibernation	5
2. The dragon stretches its claws	6
3. The dragon wags its tail	7
4. The dragon leaves its cave	8
5. The dragon says its prayers	9
6. The dragon plays with a pearl	10
7. The dragon plays with water	11
8. The dragon dance of love	12
9. The dragon returns to hibernation	13

## 6. The dragon plays with a pearl

- 1 Stand with the bodyweight resting on the front part of the feet. The feet are slightly more than shoulder-width apart.
- 2 Relax all the muscles of the legs so that the bodyweight is not carried by the muscles, but by the skeleton.
- 3 Bend the knees slightly and relax the whole body.
- 4 Let the dantian be the centre of the movement. Push the right hand, and especially the finger-tips, forwards while concentrating far into the distance. Stretch and open the joints of the arms.
- 5 When you cannot push any further, the dantian will turn, and with it, the palm of hand, which will now turn to face upwards.
- 6 At the same time, the palm of the left hand turns to face downwards and the arm starts pushing forwards. Both arms will move in a spiralling way.



The dragon plays with a pearl