SHAOLIN YOGA
YI JIN JING

Yi Jin Jing is translated as “Tendon changing or sinew transforming yoga”.

Key bodywork techniques:
• The unity of body and mind
• 1 – Suspend the Head Top
• 2 – Fold the Stomach
• 3 – Use Silk Like Movement
• 4 – Use Double Stretch Technique
• 5 – Turn Through the Waist NOT Through the Knees
• 6 – Walk Like a Cat

The movements

1. Standing Zen
2. Make gesture of respect
3. Shoulder up the bamboo pole
4. Support the heavens
5. Gather the big dipper
6. Pull nine oxen by tail
7. Dragon flashes claws
8. Warrior draws sabre
9. Submerging the log
10. The black dragon stretches out it’s claws
11. The tiger pounces on it’s prey
12. Beat the drum and bend the trunk
13. Shake the head and wag the tail
14. Settle the Qi

Yi Jin Jing (Grandmaster Gary Khor) Booklet $22