



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