The Principle of YiJinJing Postures and Value for MARTIAL ARTS in KOREA

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Abstract

This study was conducted in order to examine the motion principles of YiJinJing and their implications for martial arts. For this study, we interpreted and explained the 12 motions of YiJinJing in Naegongdoseol and identified their values as a martial art and their implications for training. The identified principles of YiJinJing motions were first relax the mind so that the mind follows the motion and change of the body, second breath naturally and gently and harmonize the motion and the breath softly and evenly, third repeat strong and soft motions by controlling strength, fourth choose a adequate posture and make an adequate sound for each motion. The 12 motions of YiJinJing are organically interconnected with one another as a whole, and breath is made naturally in harmony with motion according to the person’s mind. In addition, the main purpose of the motions is strengthening muscles and bones by exercising force. All body activities with characteristics of Oriental martial arts accompany operation of Qi. Such operation of Qi is embedded in the traditional martial art training and it is just Oriental characteristics that we cannot find in other Western sports. Qi accumulated during martial art training flows to the place where mind is concentrated. Although YiJinJin training has been known as a kind of regimen to live longer without diseases, YiJinJin training has the same start and end with martial art training. When you make the flexible and soft movements of YiJinJin fast and strong, they become martial art movements attacking the counterpart and defending yourself from the counterpart’s attacks. In concrete, Qigong movement such as twisting and relaxing arms and legs flexibly are the postures to enforce muscles and bones and they are same as body training in martial arts preparing for combats with enemies. These spirit of mind, spirit of meridian, and spirit of breath in YiJinJing training are correlated with one another from the viewpoint of martial art training and suggests that the contents of the martial art include mind training, body training and breath training, which are the basics of martial arts.

[Keywords] Martial Arts, Principle, YiJinJing, Postures, Value

1. Introduction

The YiJinJing is a Healthy Body Regimen passed down through generations from ancient China. It is basic training method for martial arts and has been loved by people for a long time. There is a great diversity of opinion on the origin and transmission of YiJinJing and many of them are speculative results summarizing their opinions rather than literature analysis from the perspective of science. Thus there are difficulties to compose an accurate academic foundation from the perspective of martial arts.

Although there are many different opinions regarding origin and writing of YiJinJing in academic world, this study refers to literature issued and endorsed by Sports Administration of China which is a Chinese government agency for its historical reference[1]. Interpretation of YiJinJing movements is made...
based on Health Qigong that Chinese government is executing. The twelve postures are interpreted and meanings of those 12 postures are investigated. Furthermore, the value of YiJinJing, a kind of Qigong training, is reviewed from the perspective of martial arts.

Looking into literature passed down up to now, it is found that most of them acknowledge that YiJinJing Sesugyeong and Shaolin Martial Arts were introduced by Dharma[2][3][4]. Dharma was from South Cheonchukguk(South India), came to China in 536 and settled down in Temple Shaolinin Mt. Sung and became the forefather of the Zen sect in China. The method of YiJinJing rooted at Ascetic Magic in Ancient China dates back a very long time ago. According to historical research, ascetic was originated from shaman dancing performed in ancient society and it became a mandatory subject of regimen in the warring states period[5]. Monks in Temple Shaolin played important roles in the transmission of YiJinJing. According to historical materials, the Zen sect introduced by Dharma was based on Temple Shaolin Mt. Song in Hanam Province. The training of Zen sect is mostly sitting up straight. However, when a person sits for a long time aeremia blocks and accumulates so we must exercise our muscles using martial arts or ascetic magic. Therefore, in the area of Mt. Sung in Hanam Province martial arts and ascetic magic were actively performed and transmitted from Six Dynasties to Shui and Tang.

Monks in Shaolin exercises bones and muscles and made the body strong using martial arts and ascetic magic. During this process, they completed an original ‘Healthy Body Building Method’ through continuous modification, improvement and supplementation. It is named as YiJinJing, which is secretly handed down through monks perfecting their martial arts skills[6].

2. Characteristics of 12 Postures in YiJinJing

Security The oldest YiJinJing 12 postures' woodblock-printed book is recorded in Nae-gongdoseol published by Banul at the 8th sovereignty of Emperor Hampung in Qing. Generally speaking, traditional YiJinJing describes theories and methods such as religion, oriental medicine and Yin-Yang and the Five Elements theory according to the perspective that they think important and they compose many different schools according to their perspectives[1].

YiJinJing introduced in this study analyzed traditional 12 postures of YiJinJing published by Health Qigong Management Center of General Administration of Sport of China and principles of the movements. Movements of YiJinJing are organically connected to make movements into one. The focus of the movement is to push the ligament to make forward the bone, to relax and to unfold constantly and to make the hard and the soft help each other. Breaths during the training make movements and breaths integrated naturally and thought follows the shape of the movement. Methods of YiJinJing make bones and small and large joints move maximum direction and as wide angle as possible by bending, straightening, stretching and pulling the upper limbs, the lower limbs and the trunk.

![Figure 1. Standard operating sequence of YiJinJing.](image)
Table 1. Contents of YiJiJing postures.

<table>
<thead>
<tr>
<th>Routine</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Wei Tuo presenting the pestle 1</td>
</tr>
<tr>
<td>2</td>
<td>Wei Tuo presenting the pestle 2</td>
</tr>
<tr>
<td>3</td>
<td>Wei Tuo presenting the pestle 3</td>
</tr>
<tr>
<td>4</td>
<td>Plucking a star and exchanging a star cluster</td>
</tr>
<tr>
<td>5</td>
<td>Pulling nine cows by their tails</td>
</tr>
<tr>
<td>6</td>
<td>Displaying paw-style palms like a white crane spreading its wings</td>
</tr>
<tr>
<td>7</td>
<td>Nine ghosts drawing swords</td>
</tr>
<tr>
<td>8</td>
<td>Three bodily squatting position</td>
</tr>
<tr>
<td>9</td>
<td>Black dragon displaying its claws</td>
</tr>
<tr>
<td>10</td>
<td>Tiger springing on its prey</td>
</tr>
<tr>
<td>11</td>
<td>Bowing down in salutation</td>
</tr>
<tr>
<td>12</td>
<td>Swinging the tail</td>
</tr>
</tbody>
</table>

3. Values as Martial Arts and Regimen

The You Guijin in ‘Qigong Therapy Practice’ addressed that ‘Qi has the meaning of breath and Gong means to moderate and train breathing or posture constantly[6]. In other words, it means to put efforts into or to exert yourselves to the utmost. So to speak, Qi means breath and Gong means training so Qigong means Breath Training. It means constant moderation of breath and exercise of postures and it was treated as regimen in the ancient times. Qigong is compound world of Qi and Gongneung and Gongneung in Chinese means effects, efficacy or action. Therefore it means actions of Qi or put efforts into Qi. It moderates and enforces functions of organs in human body, induces potentials, prevents and cures diseases, makes people healthy and love longer through training such as moderation of postures, breath training, mind and body relaxation, operation of will concentration and rhythmic movements. Qigong is a kind of regimen to train body so that people can live longer healthily without diseases[7].

As efforts are made to summarize the methods of Qigong from the perspective of
medicine, to apply it to the treatment or prevention of diseases and to remove superstitious elements, it is called Qigong therapy. In Ancient Asia, people used to make efforts to find the way of maintaining health in nature. While fighting with ageing and diseases, methodologies on health are recognized and created. The method they found is to moderate and to enforce functions of organs in human body, to induce potentials, to prevent and cure diseases, to make people healthy and love longer through training such as moderation of postures, breath training, mind and body relaxation, operation of will concentration and rhythmic movements through ascetic magic[8]. The characteristics of YiJinJing which handed down for a long time are slow movement, easy and simple to learn and outstanding effects on promotion of health. There are many clinical reports that Qigong training prevent disease and helps treatment by promoting blood circulation and unblocking meridian system through moderation of consciousness and breaths and brining physiological and psychological changes in human body[9][10]. HeoIlwooong[11] published an article regarding the effects of Qigong training including YiJinJing on blood and endocrine system and observed physiological changes in human body for the first time in Korea, while JinYoungsu, etc[12], addressed that low intensity training such as Qigong gymnastics which is a kind of breathing exercise among traditional training methods would improve automatic regulation, increase hormone reaction by influencing on neuroendocrine system, activate beta adren aline receptor on the surface of cell membrane and finally bring changes in immune system. Through the report that psychological aspect of Qigong training makes effects on stress mitigation and stress tenacity, there are some study results where we can check changes in autonomic nervous system moderation function and changes in fitness for protection according to changes in Qigong exercise type and quantity of motion[13]. Lee Jaebum and Kim Yongkuk[14], addressed that YiJinJing training is a flexible muscle exercise with breathing and thinking activities according to the flow of Qi loading breaths on body movement and concentrating consciousness on the movement unlike general stretching and the effects of Qigong are bigger than general body movements.

4. Conclusion

Security All body activities with characteristics of Oriental martial arts accompany operation of Qi. Such operation of Qi is embedded in the traditional martial art training and it is just Oriental characteristics that we cannot find in other Western sports. Qi accumulated during martial art training flows to the place where mind is concentrated. Body movement and breath move together with Qi and demonstrate strong energy at the body part on which mind concentrates[14]. In martial art training, body movement is a media between Mind and Body. It places importance on breathing and it operates Qi with breathing. This is one of major common things between Yeokkeungyeong and martial art training. Mind Moderation, Body Moderation, Breath Moderation used for Yeokkeungyeong training go with Three Method Training such as Jigam ‐ Quitting Feeling, Chosik‐ Breath Moderation and Geumchok‐ Forbidding Touching in martial art training. This training method includes all the aspects such as aspect as health, aspect as functional tool and aspect as cultivation. The ultimate purpose of martial art training can be the superior concepts such as Chisindeukdo ‐ Attaining Nirvana by governing Body and Mubyeongjandgu‐ good health and long life.

Although YiJinJing training has been known as a kind of regimen to live longer without diseases, YiJinJing training has the same start and end with martial art training. When you make the flexible and soft movements of YiJinJing fast and strong, they become martial art movements attacking the counterpart and defending yourself from the counterpart's attacks. In concrete, Qigong movement such as twisting and relaxing arms and legs flexibly are the postures to enforce muscles and bones and they are same as body training in martial arts preparing for combats with enemies. YiJinJing training to reach Simsinilyeo Ji-
haenghapil - Unity of Mind and Body and Consistency between Knowledge and Behaviors by training breaths and concentrating the consciousness is the same as the goal that martial arts orient. Jeongsinjigi - Qi of Mind, Kyeongmaekjigi - Qi of Meridian and Hoheupjigi - Qi of Breath of YiJinJing have correlation with martial art training methods such as mental training, body training and breath training. It can be interpreted that YiJinJing training is a method of martial art training, health management method where Geumchok through body, Jigam through mind and Chosik through breath are balanced and martial art technique for self-protection.

5. References

5.1. Journal articles


5.2. Thesis degree


5.3. Books


5.4. Additional references


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