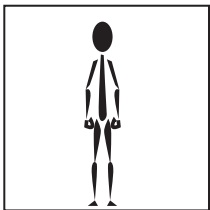


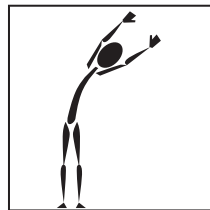
I Chin Ching

I Chin Ching is considered one of the foundations to Shao-lin kung fu. There are many variations of the story, but the general idea is that Bodhidharma, (Pu Ti Ta Mo in Chinese) traveled from India to help spread Zen Buddhism. He met the monks of the Shao-lin temple and taught them to meditate. However, they kept falling asleep, displaying a lack of the fortitude required for deep meditation. Ta Mo developed a series of postures to strengthen their bodies and minds.

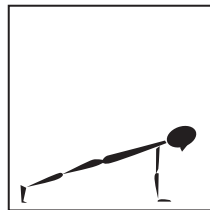
In performing these postures, we'll be targeting specific areas for conditioning and using our breath to progress through them. I Chin Ching translates to Muscle Tendon Change Classic, so we'll be using our muscles and tendons to develop strength and flexibility. The breath is used not only to measure how long to hold a posture, but to give focus and direction throughout the pose. Breathing should be centered around the tan t'ien, and the muscles should be generally relaxed when not the targeted area.



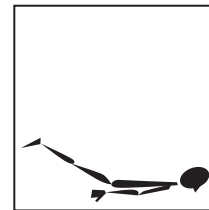
1. Coil Fists



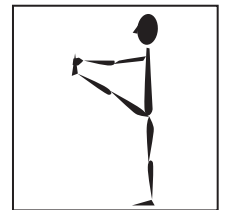
6. Side Bend



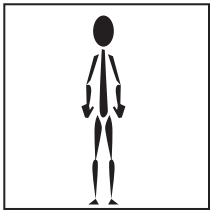
11. Plank



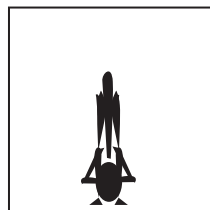
16. Locust



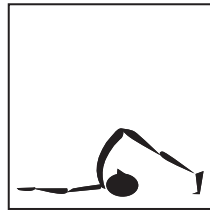
21. Standing Leg Lift - Front



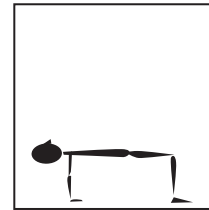
2. Palm Press



7. Forward Fold



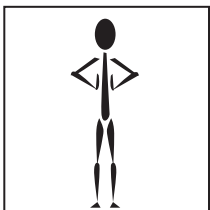
12. Plow



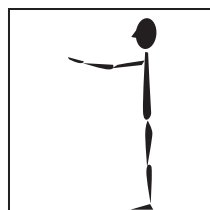
17. Tabletop



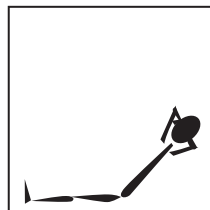
22. Standing Lift - Side



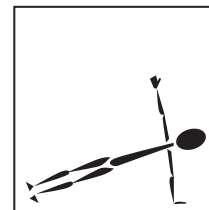
3. The Crusher



8. Front Shoulder Hold



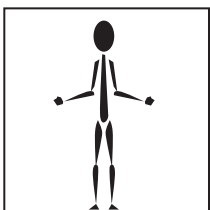
13. Sit Up



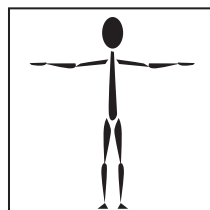
18. Side Plank



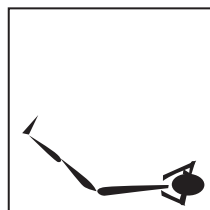
23. Warrior 2



4. Open the Gates



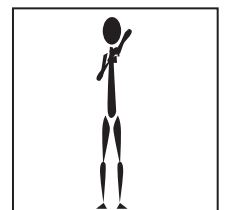
9. Side Shoulder Hold



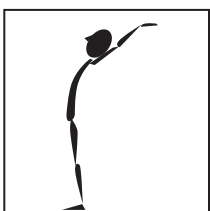
14. Leg Lift



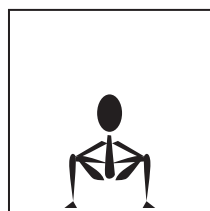
19. Floating L



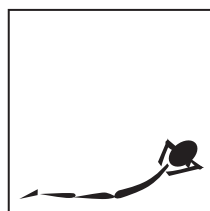
24. Archer



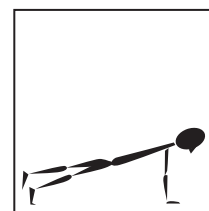
5. Laughing Buddha



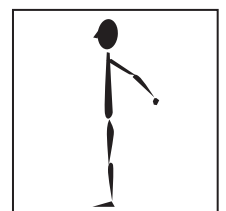
10. Squat



15. Cobra



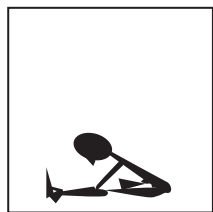
20. Plank Leg Lift



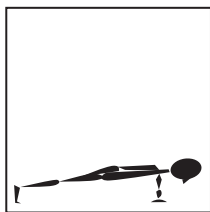
25. Back Arm Raise



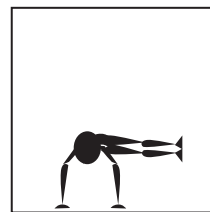
26. Pyramid



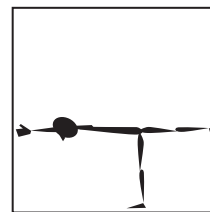
31. Half Split Fold



36. One Arm Pushup



41. Side Crow



46. Warrior 3



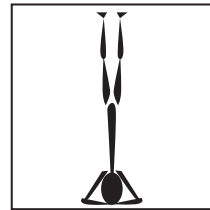
27. Triangle



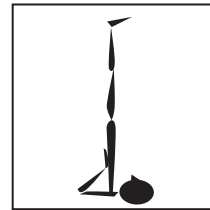
32. Seated Twist



37. One Leg Squat



42. Head Stand



47. Shoulder Stand



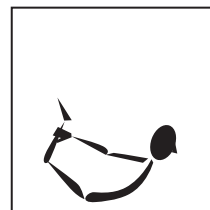
28. Chair



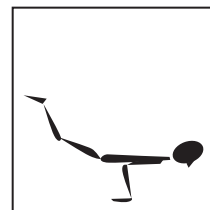
33. Pigeon



38. Side Splits



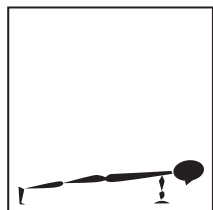
43. Bow



48. Peacock



29. Chair Twist



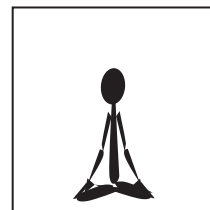
34. Stick Pose



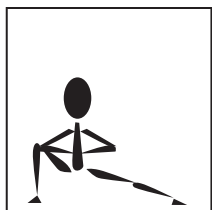
39. Front Splits



44. Wheel



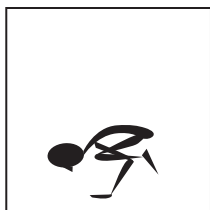
49. Lotus



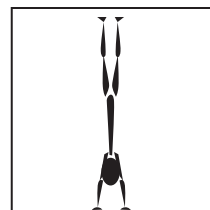
30. Side Squat



35. Square



40. Crow



45. Hand Stand