

VIET-CHI POST No 31

June 01, 2009

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Letter No 304

MOVEMENT SON-THAN KHAI-QUAN

(non-edited text)

The way you
learn is the way
your life heading.

“LIFELONG LEARNING”

A series of Teaching Letters
from Master Phan-Hoang

Letter No 304

MOVEMENT THREE:

SON-THAN KHAI-QUAN/ THE MOUNTAIN GUARDIAN

1. **Physical form-** SON-THAN KHAI-QUAN is an immobile stance as shown in the attached picture KHAI-QUAN No 3. While in this stance, the whole body structure is still except the arms which will slightly move inward and outward according to exhaling and inhaling respectively. Eyes are half-closed.

Physiology- *Luc phu ngu tang is* - a Vietnamese medical term standing for “the six internal organs – viscera, the five internal parts - innards” also stimulated. This physiological effect is due to the breathing method *tho voninra*, and an intensively inner-working exercise (*van noi-cong chi-luc*) as described below

2. **Breathing method-** *Tho voninra* is a specific breathing method consisting of these three steps :
 - a) Inhale, by nose, with widely thoracic movements. Simultaneously with inhaling, slowly move arms inward while keeping the whole body including legs, arms and fists relaxed.
 - b) Hold the air flow for the same length of time as in the inhaling phase while very firmly contracting muscles in whole parts of body including legs, arms and fists.
 - c) Exhale, by mouth, with a strong pressure on *dan-dien* (belly) and lungs while continuing to keep muscles, legs, arms and fists very firm until the end of exhaling time.

This process of breathing and exercising through the whole body is called the intensively inner-working exercise (*van noi-cong chi-luc*).

You can do this SON-THAN KHAI-QUAN exercise nine times then take a break before starting another round.

3. **Inner-energy and vital points-** In term of inner-energy (noi-khi), the goal of this movement SON-THAN KHAI QUAN is to facilitate a good flow of blood and inner energy through the whole body. Moreover this is a dynamic exercise on the Conception Vessel and Governor Vessel.

Vital points to keep in mind are:

-*Conception Vessel*: V1 (hoi-am), V6 (khi-hai), V24 (thua-tuong)

-*Governor Vessel*: VG26 (nhan-trung), VG20 (ba-hoi), and VG4 (menh-mon)

4. **Mind and Thought:** Diseases, such as cancer, can be considered as a result of some disorder throughout the human body. In many cases a strong will can help the brain in issuing powerful order to maintain balance, strengthen defence system, and even to heal diseases. Doing exercise re-educates the brain, the mind, and the body to develop their hidden power and make use of it.

During the breathing exercise of this movement SON-THAN KHAI-QUAN you should focus all your attention to your body and mind; do not let anything from outside, such as telephone, T.V, music distract you. While inhaling you strongly feel you are a very happy person and your body is in very good shape. While exhaling force your brain to give orders to your whole body to clean all impure elements.

5. **Symbolism-** The SON-THAN/ Mountain Guardian symbolizes Protection, Strength, and Quietness.

Behavior- Be Strong, Be Happy, Be Helpful.

SON-THAN KHAI-QUAN is a training technique for developing Chi-luc and Noi-cong/ Inner-Force and Inner-Power. This is one of eight techniques in a method called “Son-Than Bat The”. It was thought that the training of “Son-Than Bat The” had originated in the school of Tam-Su (School of Three Masters) under the authority of master Nguyen-Minh-Khong who was born in the eleventh century, under King LY-Nhan-Tong (1072-1127). According to the authors of LINH NAM CHICH QUAI/Record of Southern Land (i.e.Vietnam) Extraordinary History (written in 1492 by Vu-Quynh and Kieu-Phu) master Nguyen-Minh-Khong was a buddhist monk of the Quoc-Thanh pagoda in the district of Dai-Hoang (near Hanoi); he was a disciple of master Tu-Dao-Hanh.

SON-THAN KHAI-QUAN is a condensed term, and it is not easy for the general public to understand its deep meaning. SON: mountain; THAN: guardian angel, deity, or god. KHAI = open; QUAN = door, gate.

SON-THAN can be translated in English as Guardian-of-the-mountain, or a mountain deity, mountain god. But here, SON-THAN stands precisely for TAN-VIEN SON-THAN, a famous deity among the most famous deities of Vietnamese Shinto (Than Thanh Viet). According to the belief of Vietnamese people, he reigns over a high mountain called TAN-VIEN (about 60km north-west of Hanoi) to protect his people. The TAN-VIEN mountain is also known as BA-VI mountain. In 1947, as an eleven

year old boy, I had the opportunity to live for a relatively short period in this beautiful but very dangerous mountain TAN-VIEN, since tigers and snakes were not uncommon to see around. I have learned a great deal of many things which will soon be the subject of one of the coming letters.

The term SON-THAN KHAI-QUAN can be interpreted as “*the Mountain Guardian opens his gate and allows us to explore the secret of his mountain*”, or in another way, “*the teaching of the Mountain Guardian helps you open the gate*”. In term of acupuncture, *khai-quan* also means stimulating vital points, and in this sense SON-THAN KHAI-QUAN could be understood as “*inner-training method of Mountain Guardian to stimulate the circulation of energy through vital points of the body*”.

Why are there many ways to understand one thing? Because the way of my teaching is not a one way street. J

See you later.

Phan-Hoang, Spring 2009

MOVEMENT THREE

