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Letter No 305

MOVEMENT PHI-YEN

(unedited document)

“LIFELONG LEARNING”

A series of Teaching Letters
from Master Phan-Hoang

The way you
learn is the way
your life heading.

Letter No 305 (draft)

Adirondack Mountains, May 2009

(I start writing this from the Adirondack Mountains on a long trip through Green Mountains, Blue Mountains, Pocono Mountains, and down to the end of Appalachian system.)

My dear disciples,

This is the last letter of a series of five letters on "SPRING Exercises/TIEP-XUAN".
Congratulation on having been in this virtual learning journey. Please do the last exercise PHI-YEN DAO-VAN as described below.

MOVEMENT FOUR: PHI-YEN DAO-VAN/ FLYING SWALLOW

As previously said, the series TIEP-XUAN/SPRING consists of four Movements to do especially in springtime: KHOI-A; TUOI-DAO, SON-THAN KHAI-QUAN, and PHI-YEN DAO-VAN.

PHI-YEN is a general name for a number of Movements (and Poses as well) related to the spirit and training method of the bird “YEN” (swallow). We use the term *Movement - CHIEU* - for a set of sequential patterns, and *Pose (sometimes Position) – THE^* – for one stationary posture. PHI-YEN as a *Movement*, can be found for example in Ngu-dieu-bo, Bat-dieu-bo, Thap-bat-dieu-bo, Phi-dieu, Tuyen-sinh, and as a *Pose* in a number of martial art training methods (VO-VIET, CHI-KIEM, CHI-BONG) and in static breathing exercises VIETTAICHI, VIET-KHI-PHAP). In TIEP-XUAN the full name of this fourth exercise is PHI-YEN DAO-VAN which can be interpreted in English as “*flying swallow and swerving cloud*”, or perhaps “*a flying swallow can make the cloud move*”.

Physical form and breathing method- To do this exercise please see the attached pictures, they are numbered from one to ten. **Inhaling:** By *Tho-Phoi/lungs breathing*. the

movement starts very slowly in the inhaling phase, see pictures 01 and 02. Then there is a short holding of breath at the pose shown in the picture 03. **Exhaling:** By a combined *Tho-Phoi and Tho-Bung/ lungs and belly breathing* the exhaling phase starts with both arms , each arm drawing a circle counter-clockwise (see picture 03 and picture 04). The movement in this phase is accelerating in terms of speed and firm in physical action. The movement ends here. Take a normal breath, then restart the same movement with the opposite side in clockwise direction (see pictures 05 to 08).

Terminology- We call “*a set of swallow exercise*” for the whole movements performed with both side (right and left). Nine sets make “*a round of swallow exercise*”. One round of PHI-YEN DAO-VAN is recommended for daily routine exercise.

Physiology- The training of PHI-YEN DAO-VAN is well known for preventing stress which is one of the causes of high blood pressure. The stance at the end of this movement (standing on one leg) has specific effect in strengthening a number of muscles of the leg while stimulating the brain which will work to maintain the body in equilibrium.

Inner-energy and vital points- In term of inner-energy, PHI-YEN DAO-VAN is to facilitate the flows of inner-energy through the whole body thanks to the specific breathing method described above. It is important to keep in mind that in the inhaling phase inner-energy is focused toward the area called *Trung-Dien* which is located between the solar-plexus and the belly (Dan-Dien/Hara). Then, in the exhaling phase, intrinsic energy dynamically flowing through the whole body will clean toxic substances and remove obstacles on its way. This is to be done under strong order from your brain to the organs and systems of your body. The power of your thinking is in action to command your brain.

Vital points- There are two vital points which are already shown in the first Movement Khoi-A:

- *C1 (Cuc-tuyen)*, on the Heart Meridian (*Thu-Thieu-Am Tam-Kinh*)

- *R1 (Dong-tuyen)* on the Kidneys Meridian (*Tuc-Thieu-Am Than-Kinh*)

and an important area to keep in mind that is the *Khi-hai* zone located at the well known point *Dan-dien/Hara* at your belly.

Mind and Thought: During doing this movement PHI-YEN DAO-VAN imagine you are freely flying as a swallow in the beautiful blue sky. Experience the feeling of being you. Focus the thinking on your true-nature (*ban-lai dien-muc*), this means strongly believe that the *self* in you is pure and free. Your spirit and your body are in harmony (no conflict). You fly like a swallow because you are free (being unattached) and happy (being in harmony by yourself).

Getting back to the metaphor: Imagine how large the Milky Way is and how small the earth is in this galaxy; it is like a grain of sand in the Sahara. Compared to the earth we are small like a speck of dust. However, at the instant you are doing the PHI-YEN DAO-VAN (*Flying Swallow*) your thoughts can cover the whole Milky Way! As you (*Flying Swallow*)

are viewing any object from high up in the sky, everything is small to you. So stop thinking you are small and not strong. Balance and harmony make you stronger.

Symbolism- Swallow is a symbol of Spring, Love, and Success. Confidence (self-assurance) is the spirit of swallow.

Behavior- Being a “*swallow/yen*” is being in permanent springtime; being joyful and resourceful. PHI-YEN DAO-VAN advises us that we should not worry too much about all kind of small problems in our day to day activities. Do not care much about what the others say about you, care about who and the way you are.

If you have any question, please do not hesitate to contact VIET-CHI POST at vovietmailbox@vovietjournal.org. or Master Phan-Hoang at vovietblackbelt@yahoo.com .

Now let me say ni-amahoro to you, and hope to see you at our coming Summer Training Stage at the beautiful beach of Ofir (near Porto), from 22 through 26 July 2009.

Best wishes.

PHAN-HOANG, VIET-CHI POST No 32 © 2009

MOVEMENT FOUR - PHI YEN DAO VAN





PHI-YEN 03



PHI-YEN 04



PHI-YEN 05



PHI-YEN 06



PHI-YEN 07



PHI-YEN 08



PHI-YEN 09



PHI-YEN 10



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