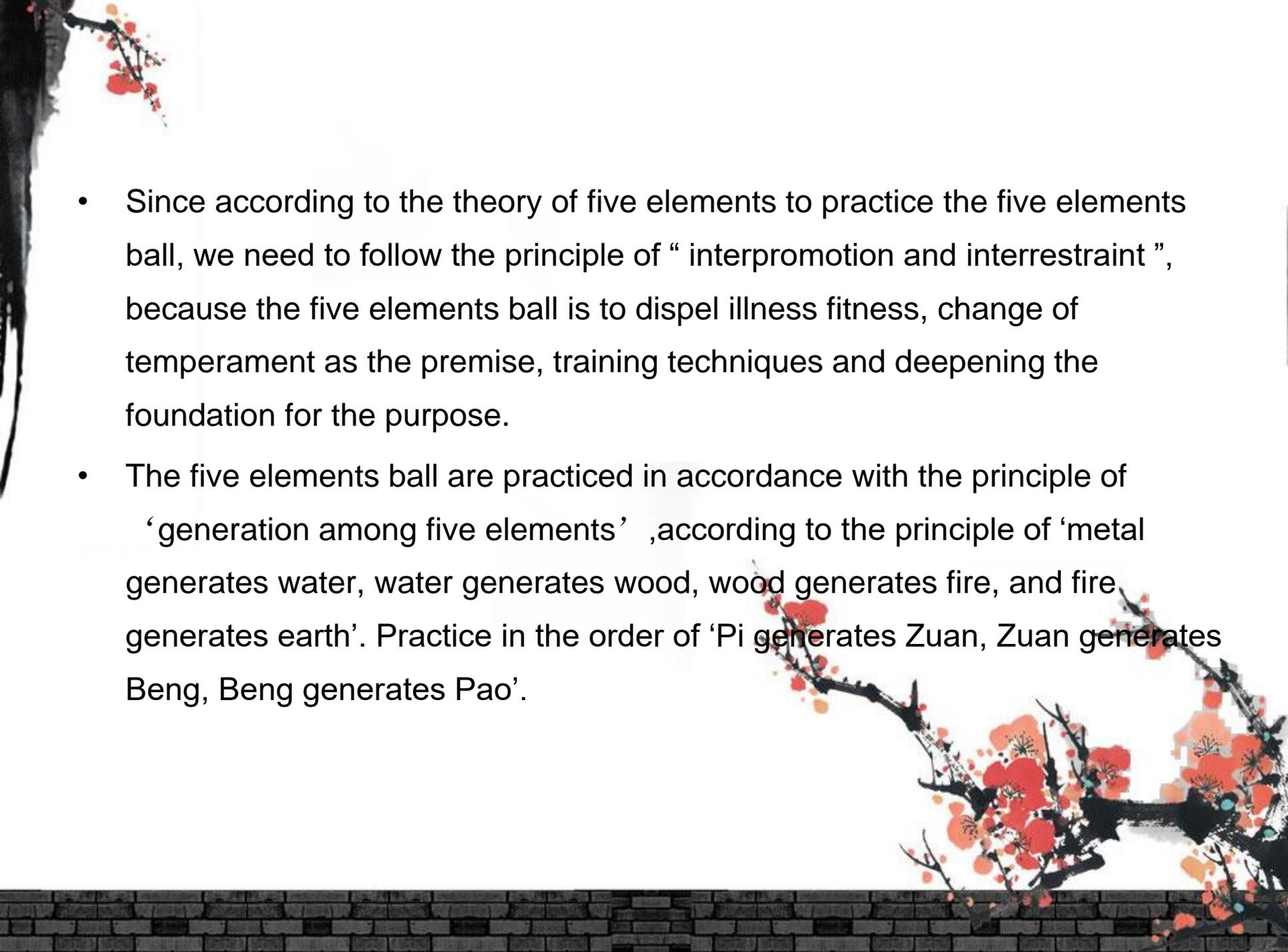
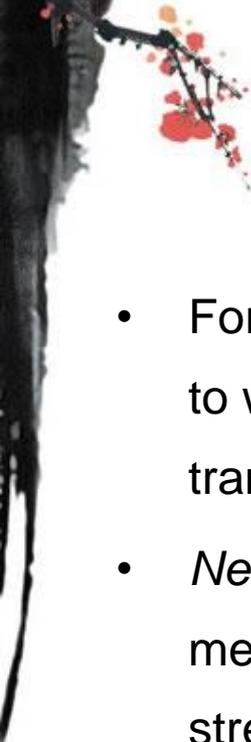


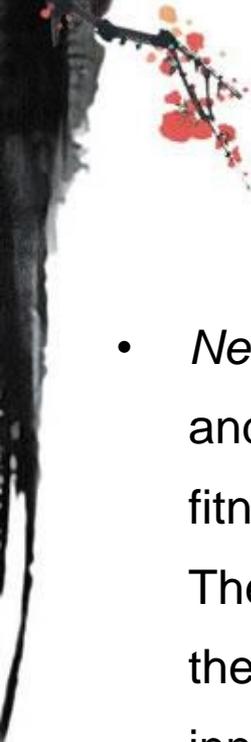
Five Elements Ball Training Methods

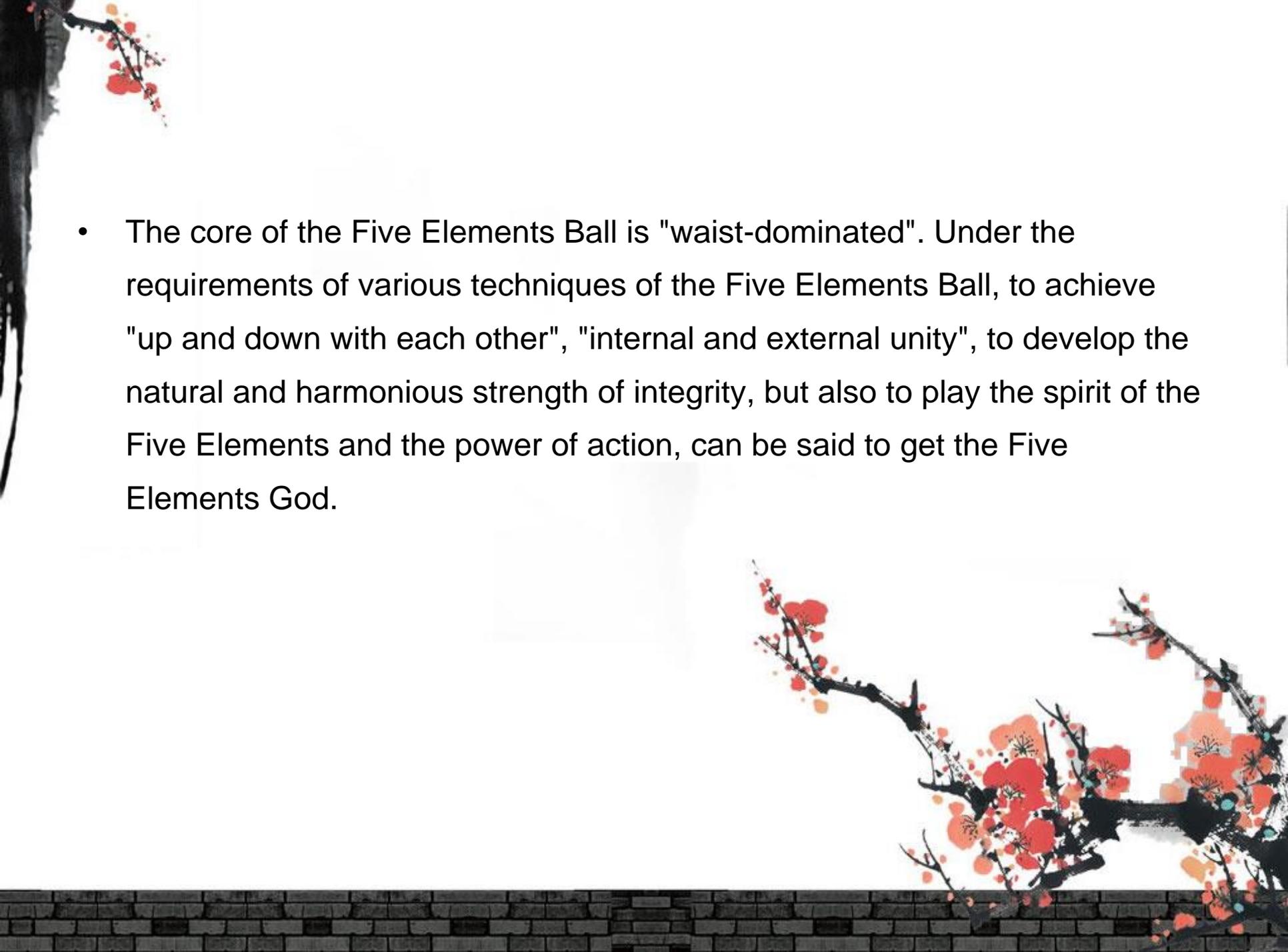


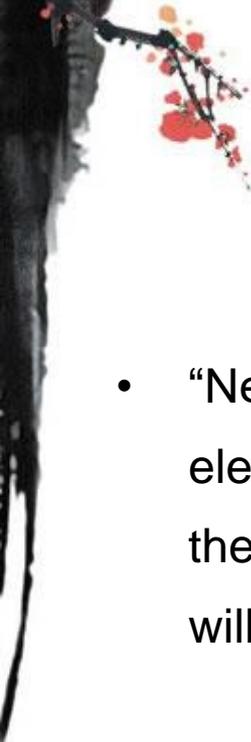
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- The five elements ball is based on the theory of Yin and Yang and five elements in the “Nei Jing” , and is used in accordance with the five elements “interpromotion and interrestraint”. Neijing says: “The shape of a chopping ball like an axe belongs to metal, the shape of a drilling ball like electricity belongs to water, the shape of a breaking ball like an arrow belongs to wood, the shape of a gunball like a gun belongs to fire, and the shape of a horizontal ball like a bullet belongs to earth.”
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- Since according to the theory of five elements to practice the five elements ball, we need to follow the principle of “ interpromotion and interrestraint ”, because the five elements ball is to dispel illness fitness, change of temperament as the premise, training techniques and deepening the foundation for the purpose.
 - The five elements ball are practiced in accordance with the principle of ‘generation among five elements’ ,according to the principle of ‘metal generates water, water generates wood, wood generates fire, and fire generates earth’. Practice in the order of ‘Pi generates Zuan, Zuan generates Beng, Beng generates Pao’.

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- For example, splitting the ball belongs to metal, and collapsing ball belongs to wood, and drill ball belongs to water, and shot ball belongs to fire and transverse ball belongs to soil.
 - *Nei Jing* says: “The shape of a chopping ball like an axe belongs to metal” . Splitting should not only be like the shape of ax, but also like the strength of ax.
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- *Neijing* says: “the shape of a drilling ball like electricity belongs to water , and connect to the kidney internally.” There are both practical skills and fitness functions. In the absence of one, the real value of "drilling ball" is lost. The 'drilling ball' is shaped like lightning , and it has the function of shaking the waist and helping the kidneys. Therefore, both the appearance and inner meaning of the exercises and fitness effects are more significant.
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- The core of the Five Elements Ball is "waist-dominated". Under the requirements of various techniques of the Five Elements Ball, to achieve "up and down with each other", "internal and external unity", to develop the natural and harmonious strength of integrity, but also to play the spirit of the Five Elements and the power of action, can be said to get the Five Elements God.

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- “Nei Yao Ti” means lifting up the inner spirit, including inner the five elements. "The heart moves like a flying sword, the liver moves like a flame, the lungs move like thunder, the spleen moves like a bow." Such strength will naturally multiply the faith and power of the enemy's victory.
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- According to Yin Yang and five elements, Chinese medicine treats diseases, and we use the Five Elements Ball to remove diseases and keep fit. If the liver is not healthy, more drilling ball, nourishing kidney water to nourish the liver, and more Collapsing ball to soothe the liver wood, this is the principle of intergrowth. If the liver meridian "hyperactivity", excessive liver fire, instead of using the principle of phase control more practice chopping ball, with gold wood, and then more practice crashing ball to ease liver hyperactivity. This is better than regular exercise or single shot collapse. In order to cure the disease, we might as well try it.
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Section 1: splitting the ball

- *Neijing* says, "The shape of the split ball is like an axe belonging to the metal", " inside to the lung, outside to the nose, related fur on the body", the first of use the Five Elements Ball . Since it is said to be like an axe, it must be practiced in the form of an axe to gain its strength. This is the palm of the forearm and the forearm as the point of strength, also known as the "split ball shaped like an ax." Because of the strength of the midsection of the forearm, there is a saying of "splitting with the palm and striking with the hand."

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- Practice creed: The axe-like nature of the split ball belongs to metal, drilling restrict collapsing is wonderful . Related fur on the body, the nose is associated with the lungs, Strength of the forearm is god.
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Section 2: drilling ball practice method

- *Neijing* says, “The shape of the drill ball is like electricity, like flash belongs to wood”, “ inside access to the kidney, outside associated to the ears, related to bone on the body ”, belongs to the second of the Five Elements Ball. In ancient times, "electricity" means lightning in thunderstorms. But the so-called "electricity" or "flash" of the ball spectrum is not the speed, but the shape of objects. It is said that "like flashing, internal access to the kidney," it must have the shape of flashing, but also to help the kidney and waist of the meridian.
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- Practice creed: Drilling ball like electricity, property belongs to water; Beng restrict Pao, like lightning. Inside access to the kidney, outside associated to the ears, related to bone on the body; Use your waist to swing your arms and shake your wrists.
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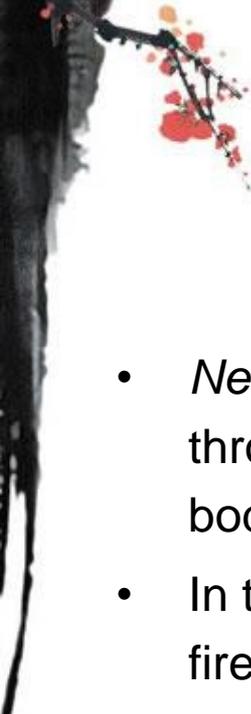


Section 3: Collapse the ball training methods

- *Neijing* says, "the shape of the Beng ball is like an arrow belongs to wood", "inside access to the liver, outside associated to the eyes, related to tendons on the body", ranking third among the Five Elements Ball. Its shape is like an arrow, indicating that its strength is straight and illness, the ball is straight in, the road is close, the ball is fast; and in the "foot in the door to grab the position, is also difficult to defend the hand," the technical guidance, it step in the door, so its progress is not only rapid and violent; coupled with "dip in the longitudinal force" whether it is a close hit, or a long fall. Light and easy to use balls are also effective.



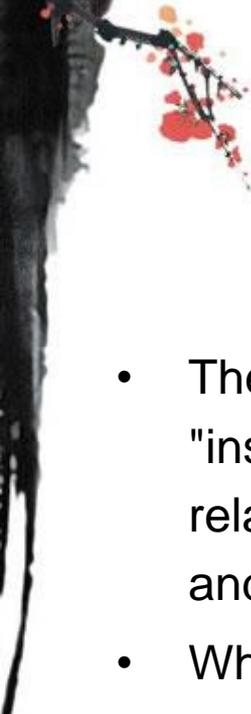
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- Practice creed: collapsing ball is like arrow, the nature is wood; Pao restrict Heng. Inside access to the liver, outside associated to the eyes, related to tendon on the body.



Section 4: Pao ball training methods

- *Neijing* says, "The shape of Pao ball is like that of the guns is fire", "pass through the heart, reach the tongue outside, and are blood vessels in the body". They are the fourth of the five balls, and their traveling path is zigzag.
 - In traditional internal work, the "heart and kidney intersect" and "water and fire coordinate each other" are all used to train the heart and kidney to play a health care role.
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- Practice creed: The shape of Pao ball is like that of the guns is fire; pass through the heart, reach the tongue outside, and are blood vessels in the body.



Section 5: Cross the ball training methods

- The inner meridians say: "the shape of the cross ball is like that of the earth", "inside access the spleen, outside pass through the mouth, in the body related to muscle", the fifth of the Five Elements Ball. The path is serrated and curved.
 - What is the reason to ask " Nature belongs to the earth. "? It's more interesting to say that the ball goes in and out by twisting the waist and smoothing the two ribs, one by one stroking the liver and the spleen and stomach, which can strengthen the spleen.
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- Practice creed: The Heng ball is elastic and the nature belongs to the earth. Ping restrict Zuan; Inside access the spleen, outside pass through the mouth, in the body related to muscle。

Thank You

