



《 THE TRAINING TECHNIQUE 》

DK YOO

DK ChamJangGong <The Training Technique>

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Completing DK ChamJangGong

It has been two years since the Ultimate Principle of DK ChamJangGong was published in 2016. In fact, my books, ‘The Ultimate Principle’ and ‘The Training Technique’ were written at the same time. However, it took two more years in order to describe more delicate movements and techniques in a straightforward language.

I have been exploring the ultimate principle of my body for a long time referring to a lot of domestic and foreign resources, and overseas’ books. Based on this ultimate principle, I have been training continuously for a long time every day. Moreover, last year, in 2017, I hosted seminars in many countries in Europe, and I was able to meet about 1,500 overseas martial arts practitioners there.

At that time, I did not get a chance to have a one-on-one time with every single attendees, but I was able to verify my strength by

exchanging each other's movements with around 1,000 practitioners. While practicing pushing hands with them, I verified that the connection between the center of the body and limbs. I also proved the body relaxation, and the unification of the body and earth by the demonstration of the heavy weights which means taking root in the ground.

Moreover, by demonstrating striking and avoiding the fist in a standstill position, I was able to confirm the movements of gathering and releasing the inner wave power. I had exchanged a lot of moves with 1,000 overseas practitioners, but I had never been pushed out of my standstill, nor had anybody avoided my punches. Thus, I was able to prove that my martial arts ability from DK CJG practice, corresponding to the ultimate principle.

Some of the overseas practitioners whom I met have profound skill, but had weak Kwon (technique), others, strong Kwon (technique), but weak qi energy. There were also some people were both excellent in skill, and Kwon (technique), but they were lacking the skills to convey their knowledge and principles to others. These practitioners did not know the origins of their strength and techniques, but they were only able to utilize their strength through innate ability, which they were born with.

While meeting these people, I realized that it is difficult to know the theory and prove them. Furthermore, it is far more difficult to explain it to others.

As an old proverb says, "You might be able to achieve a great

strength by chance, however, finding the origin of that strength is very difficult.”

Thus, Isaac Newton (1642~1727), who uncovered the structure in which the law of gravity works, could not explain how that strength was created. It is an entirely different matter to know the structure and explain the principle that the structure is created. Much later on, after Newton died, Albert Einstein (1879~1955) was able to explain the structure. Though we can uncover the structure, explaining it is a completely different matter.

Thereby, it is right that we should follow the principle of our ancestors until we somewhat get used to it. The ancestors had dedicated their lives to research the one principle and have passed on their achievements to later generations so that this allows us to save time to spend the same study in finite human life. If one teaching has survived for thousands of years and passed on, it must have its reasons. Therefore, at first, you can save time by following the principle handed down from the past.

However, it is difficult to grasp the true meaning of the ancestors' teachings because the past's studying approach is different from the present one in teaching and explaining the principle. Although actual past teaching methods are reasonable and excellent, its meanings are often esoteric and uncertain to explain the principle and method. Moreover, the training technique and solutions to train the highest stage are often hidden by designating it as secret teachings, and the ultimate law is rarely mentioned, so it is very insufficient to base the ancient teachings on the beginners.

Their interpretation has been passed down the misinterpreted practices, unlike the intentions they had in the beginning. The reason is that it has been passed down as a tradition, so it was unconditionally accepted and regarded as the true principle. Modern society has developed incomparably in the past. This is an indisputable fact. Therefore, the secret teachings that have been hidden for a long time could have been interpreted mostly as the science has developed.

Much progress has been made in all fields today, unlike in the past, but the martial arts have not made any significant developments over the past. This result comes from only accepting the past as a true nature and indiscriminately admiring the old ones without verification and criticism. Many tradition-minded people are bound up in the past and refuse to reform themselves, only praise the old and do not learn the logic of the present.

This attitude can carry on the legacy, but it does not help the development and the progress of technology at all. The past keeps its principle for being, and the present does, too. Now it is time to review and analyze the past principles in a present point of view and develop it one step further. This does not mean denying everything from the past.

The progress of modern science does not have established by new principles from denying past ones. Of course, many theories that have been disappeared at the stage of hypothesis, but some of them were proven by experiments or observations, and have become the basis of the subsequent theories, and the next generations have extended them. I do not deny the ancestors' previous study and achievements,

but now we should focus on verifying and researching their theories and further expanding what they have achieved.

Therefore, with the view of modern science logic I have reinterpreted the principles and foundations which have transferred from the ancient times by the old masters, and also, I have explained them to understand more efficiently and easily so that I have completed the Training Technique of the DK CJG. It is not because the principle of the ancient is wrong, but by interpreting it as the modern language and expanding its logic so that people in modern day can more easily approach and understand it.

A lot of ChamJang Method and Internal martial arts training methods have been passed down by forefathers. Most of these training techniques are based on Chinese ancient philosophy, ideology and traditional Chinese medicine. Therefore, to catch these techniques precisely, you should know the Chinese ideas of Wuji (無極), Taegeuk and Yin-Yang, and others, and also understand Chinese traditional medicine and philosophy derived from such thoughts. However, complicated and ambiguous explanations ensue from understanding such thoughts, which may cause further disruption of training.

For example, the old theory said that, “Qi arises up through Governing Vessel Meridian (GV), and sinks through Conception Vessel Meridian (CV) and fill Dai Mai (Girdling Vessel: GB 26). Internal energy flows down to Conception Vessel Meridian (CV) through our back connecting to Governing Vessel Meridian (GV) and reverses middle qi and rise slowly to Baihui (Du 20)” or “our feet kick up and hands strike down. This sentence means Yi (Hexagram for Increase).”

This account is different from the modern ideas because it is a theory derived from ancient ideology. People say that the ancient thoughts have profound principles, but the actual achievement to get their essentials through our body has many hindrances. Moreover, sometimes their theoretic ideas can cause many side effects.

For instance, traditionally when practicing ChamJang, the old literature described that breathe while the tip of the tongue slightly touches between the upper gums and the palate. This description does not mean training performance itself, but it is an expression of the will to stop the words (tongue) traditionally came from the practice of Taoism. However, this performance has been modified into many meanings, which eventually has changed its original purpose and caused many side effects. In fact, the achievement obtained through training is the same whether you follow the ancient principles or not.

The theories are simple tools to help the body training. If the complicated theories disturb your body training, you should discard them. In fact, the results obtained through training are the same even if they do not follow this method during the field training. No matter how perfect the theory is and how many generations have passed down for a long time, if it does not fit to your body, you should throw it away.

You should not blindly admire the old theory and try to keep its tradition thoughtlessly. We need a process to examine it step by step, and apply it to our bodies, and verify the principle. Academic traditions have been disconnected and inherited repeatedly. The reason for this is that people who learn academics have different body

types and different learning method that they have learned.

Without verification and effort by ourselves to find out the principle in this process, the wrong principle can be applied to the body and cause serious side effects. Our forefathers have argued that ChamJang Practice can develop many functions of our body. However, this argument is not from the result of an accurate evaluation and verification process, so we cannot confirm that it is true.

Therefore, in my second book, the Training Technique of DK CJG, I wrote down only the results that I have experienced and verified and excluded those parts that I have not. I excluded the wrong principles and techniques that have handed down from the past, disclosed the secret and revealed the truth. I did not write anything that is considered baseless or could possibly mislead people.

Moreover, some theories and explanations biased to oriental philosophy, religion, and ideology were excluded as much as possible, and have written in words that anyone could understand based on modern science and medicine with logical thinking, as much as possible. Although it does not follow the old way of training, it can suggest a right and an accurate training direction. If you can teach people with simple words, you don't have to use a complicated language.

True education is a way to ensure that everyone, from low to high learners, can follow the teaching. Therefore, I have made an effort to teach a method that is easy to practice, systematically, scientifically, and naturally. If the readers of this book train from the basics step-

by-step, the Ultimate Principle will undoubtedly be embodied in their body.

After that, if you can correct your mistake by yourself without instructor's guide, you will achieve what you want without falling into the wrong path. Bodhidharma said, "Many Buddhas' enlightenment come from many years of their devotion and endeavor." If you continue to practice with your effort and sincerity for a long time, your body will inevitably change just like as the caterpillar turns into a butterfly.

Without a microscope, you cannot see the bacteria, and without a telescope, you cannot see the distant objects, similarly, without creating a unified internal strength in your body, you cannot see the perfect power of your body. If you tune in your body by the DK CJG practice, the dispersed strengths will be united as one strength, and you will be able to see every part of your whole body.

All studies begin with understanding the basic principles first, and the learning starts from there step by step. I hope this book will be the first lamp to brighten up your principle and become a pure light that you can learn the basics.

Written by DK Yoo in the year of the golden dog, 2018.

The Ultimate Principle of DK CJG, published in 2016, described in detail its fundamentals based on 31 theories.

In this book, the Training Technique of DK CJG, will explain the essential principles and the origin of using our body, and disposition change, and then focus on how to practice DK CJG.

Also, readers who are willing to learn more about DK CJG can have a look and take lessons through master's online courses. There are lots of practical demonstrations of the details.

<https://dkwcs.com/online-course>

For the readers who want to know more detail theoretically, refer to the Ultimate Principle.

Handing down the Secret



« THE TRAINING TECHNIQUE »

01

Disclosing the secrets of Song · Chim · Joong · Yong · Bal

What are the secrets of the movement?

Master the five secrets first and you can use your body naturally as a whole. All of the advanced practitioners move the body according to these five secrets, whether they know this principle or not.

1. Song: Relax
2. Chim: Sink
3. Joong: Getting Heavy
4. Yong: Adjust
5. Bal: Perform

Once the body reaches Song state, the body will become completely relaxed.

In other words, both mind and body are in a pure state without any tension. When reaching Song state, the consciousness in muscles and the outer surface is transferred into the deep inside. This state is the process in which we enter the calm and deep sea from continually swirling waves on the sea surface. When the external tension gathers into the internal side, all functions that were working outside cease.

Therefore, when the song state becomes deepened, every joints, and muscles, and nerves are relaxed, and accommodate to the gravity. In this state, not only body function, but also our mind subsides. Therefore, when you achieve the song state, you can create the most effective movements and the ideal thoughts.

This state is called ‘the beginning of Qi energy (Gong).’

When the song state becomes deepened, the mind and the body naturally subside.

This outcome is caused by every function of the body accommodates to the gravity. All the process in which we pass by swirling waves on the sea surface and calm waves, and finally enter into the deep sea, comply with the gravity. Surrender to the gravity means that unnecessary tensions against the gravity have disappeared. When this state has deepened, every body function has sunk into the deep sea.

This state is called the Chim (sinking) state.

Since the Chim state is the result of a deepened state of the Song, if you can't achieve the Song state, you can never reach the Chim as

well. Thus, the Song achievement is the starting point of all practices.

This state is called ‘Qi energy cultivation.’

When Chim State deepens, the mind and the body reside in the deep ocean. Since the tension against the gravity has disappeared, the power has accumulated into the deep ocean. Thus, the weight center descends along the gravity and accumulates on the body bottom weight, so our body is getting heavy and firm.

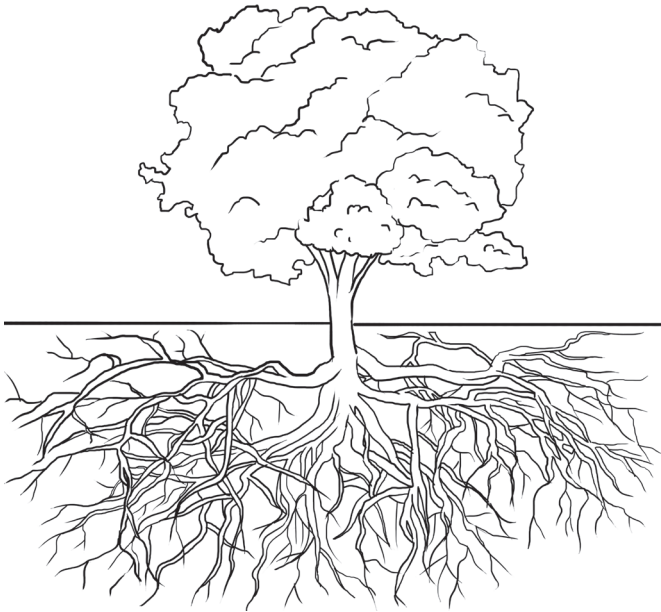
This is called ‘the state of Joong (weight).’



The old saying goes, “If you are going to climb up, you must be ready from the below.” And also, the Taichi proverb says, “The secret of the

internal strength starts from the heel.” Just as the soil is fertile, the crop can grow, and the ground should be firm to build the building.

As an old saying goes, “When they nourish the roots, the branches and leaves densely grow thick, and everything gets along with the way of nature.”



When the Joong (weight) has deepened, you can achieve the heavy weights. The heavy weights mean ‘the strength of body’s bottom weight,’ with which you are not pushed even when the opponent pushes you. It’s because the body energy sinks in the bottom weight.

The ability to freely use the heavy weights proves whether you have

achieved the Joong.

This strength of the Joong in your bottom weight is the source of kinetic energy. As if the well was deep and had a lot of water, the pump could draw water for a long time. Likewise, as the Joong state has deepened, the energy of movement will continue longer and stronger.

This state is called ‘the Achievement of Qi energy (Gong).’

Thus, these three stages of the Song·Chim·Joong is the stage of Qi energy practice.

If you get Song state, also can spontaneously achieve the Chim state, and if you get Chim state, can naturally achieve Joong state as well. Each process is followed by the consequences of the consequences. Since many practitioners don’t know these processes, they are longing for achieving the Joong state right away without attaining Song state, but if they cannot reach the Song state first, they never obtain the next status.

Therefore, every training begins with relieving the tension from the body, which is the Song.

Grandmaster Cheng Man-ch’ing, who introduced Taichi to the West for the first time, said, “Song is the source and the foundation of all movements, so it’s the most challenging stage to achieve. If you obtain the Song state, nothing else matters.” He had an insight into the importance of the Song accurately. If you reach Song state, Chim and

Joong state will naturally follow.

Thus, starting from the Song (鬆, loosening), stopping by the Chim (沈, sinking), and reaching the state of Joong (重, getting heavy); increase the Gong (功, foundation) day by day and become a strong foundation for Yong (用, adjusting) and Bal (發, performing) for practicing afterward.

Yong and Bal are Gwon, techniques, to use Gong (Qi energy-功).

When Gong is sufficiently accumulated in your body, you can use Gwon more precisely using the Gong as a fundamental resource. As ancient people say, “The Gong is preparing food ingredients, and Gwon is cooking with the ingredients.” If the food ingredients are excellent, all you need to do is simply follow the recipe. Therefore, before practicing the Gwon, it is crucial to reach the deep state of the Gong first.

Breathing, meditation, and DK CJG training are all methods of reaching three stages, Song·Chim·Joong. If you achieve the deep state of the Gong, you can naturally acquire the state of the Yong and Bal as well. The Yong uses the internal pressure by moving each joint sequentially, and the Bal creates an explosive flash power by moving the inner strength to the distal end of the limbs.

This book is explaining all these ancient secret techniques in a modern language. In the following chapter, I will explain in detail about the state of the Song and how to achieve it.

02

The whole body SongJeong

Empty completely and calm your mind

Song means ‘loosening,’ and Jeong means ‘serenity.’

When your entire body gets loose and reaches SongJeong state, we can say that you are in the grade of advanced masters. The old saying goes, “The tranquility cultivates innate wisdom.” To become tranquil means that you can accommodate all sorts of noises.

Martial arts proverb says, “The secret of the internal strength is in SongJeong.” Besides, Bible of swords says, “To achieve the strength, you should seek softness first.”

These all statements indicating the relaxed and tranquil SongJeong state, and once you reach these states, you can finally use the body function efficiently. Therefore, at last, when you are in SongJeong state, then and not till then, all your body function will start its

movements. It's like melting frozen water and letting it flow to the direction I want.

This state, as interpreted by the modern language, means that you control not only the muscle tensions but also your mind. Because you are maintaining the SongJeong state without tensing any part of your muscles, you are able to control your body movement as you wish by giving strain to the parts you want.

Besides, when your mind is also in the tranquil SongJeong state; you can focus on your thought process. Therefore, when accomplishing the SongJeong state, all the human behaviors become profound and gentle. On the contrary, a person who does not achieve the SongJeong state, will not obtain much by learning anything.

One martial art saying goes, "Without building the body, even learning by the highly advanced master cannot follow his teaching."

This statement indicates the importance of the SongJeong. When muscles, nerves, and joints are not relaxed, even if using fancy footwork and body movements, you cannot create natural movements at all. It is because muscles are stiff, so the joints cannot move nimbly.

It is similar, as driving a car through a road that is broken apart in pieces here and there. If you continue to hit the road ignoring it, you will probably have a big accident. Likewise, if you try to move forcefully without your body relaxed, it causes unnecessary muscles to move and creates unstable postures, resulting in physical damage and injuries.

As if an unqualified person tried to get the qualification, it could cause many side effects. A Taichi proverb says, “First relax your mind, second your muscles, and the last your skills.”

A body that does not accomplish the SongJeong state causes the unnecessary strength and fruitless power. Therefore, the martial artists of the past emphasize the importance of relaxation, which is the Song.

Grandmaster Cheng Man-ch'ing (1902~1975), for the first time, introduced Taichi to the West was the disciple of Yang Chengfu (杨澄甫, 1883~1936) who was a Venerable Master of Yang Family Taichi. Master Yang always emphasized the importance of the Song to his disciple Master Jeong.

“All the power of the Taichi comes from the Song.”

“After achieving the Song, you can obtain the next level more easily.”

“Do not practice anything before achieving the Song.”

He had heard the Song for two years, focusing on the training of the Song. However, he couldn't achieve the state of the whole-body SongJeong and even thought about giving up the martial art. But one day in his dream he felt [his both arms disconnected from his body], and after that, his routine of movements in martial arts (Space) had grown day by day. Both arms disconnected from the body means that his muscles, which hold the joints were relaxed and it indicated Song state. He had finally achieved the state of the whole-body SongJeong.

Since then, he always said to his disciples, “If you can't feel your

both arms disconnected, how could you understand the Song and achieve it? Since I have achieved the Song, my pace of progress has dramatically changed.”

He added, “The Song is a source and foundation of all movement. Therefore, the Song is the most difficult thing to achieve, and if you can achieve this, nothing else will be difficult.”

He had precisely reached the state of the whole-body SongJeong.

As this SongJeong state has deepened, you feel as if all bones of the body had disappeared, and experience that you couldn't distinguish whether the body is you or you are the body. It is because the body functions no longer resist gravity, and the whole body is getting loose to the gravity.

Master Yang said, “The arms of a person who is very skilled in Taichi is like an iron wrapped in cotton, and the weight sinks down to an extreme level.” Master Jeong dreamed about the state of the whole-body SongJeong in which all the strain against the gravity had disappeared.

Once the whole body can be relaxed like this, and the body becomes one unit to the gravity, you can feel the body as one mass. This feeling of the body creates the unified body, enabling the body to move as one unit. In other words, all the muscles can be unified and used as one, and they can create a mighty strength.

The scientists said, “If every muscle in our body integrated into

one muscle, the whole power built in our body would increase tremendously.” Therefore, as an old saying goes, “All power depends on the union of the body and all techniques depend on the Song.”

Empty the space before filling others. The passage has to be cleared to move the strength freely. You should achieve the whole-body SongJeong state in advance so that you can obtain the Chim(sinking) · Joong(weight) · Yong(adjusting) · Bal(performing) state later on.

Farmers plant wheat in the field before planting ginseng.

It is the ancient wisdom to grow ginseng by cultivating rich soil using wheat as a fertilizer. Like this wisdom, as the soil is healthy, the seeds can grow well, so the body condition should be clean before applying any types of movements.

03

Disclosing the masters' movements in modern perspective

The secret of the internal strength and
the maximum value of the movement

As explained earlier, it is difficult to disclose the principle of a phenomenon, but it is much more difficult to explain it. In this chapter, I will disclose, in detail, the principle of the whole-body SongJeong from the modern point of view.

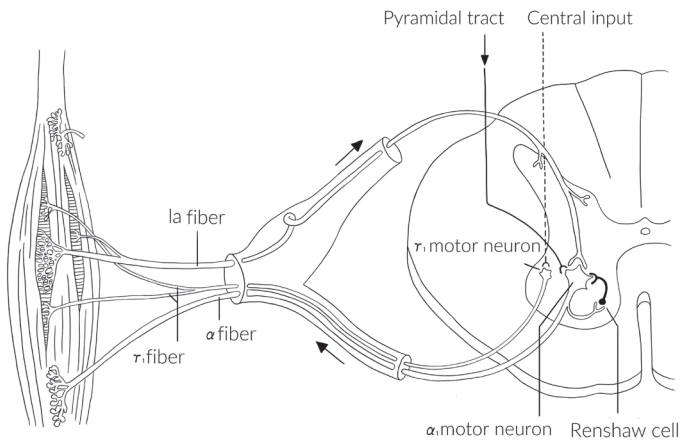
The base of all movement starts from relaxation.

To understand this correctly, you need to know muscle motility and central nervous system first. All human motility begins with muscle contraction. Muscle contraction occurs when the central nervous system's command stimulus transmission travels to the muscle fibers by the motor neuron in the form of electrical signals. The signal transmitted to the muscle fiber contracts toward muscle fiber, causing the muscles and around parts to get close to each other, and generates tension.

This is the muscle contraction process.

When the electrochemical signal is cut-off, the muscle stops shrinking, and the muscle fiber lengthens and returns to its original length.

This is the muscle relaxation process.



Without electrochemical signal of the central nervous system, muscles do not contract and keep its original length. It is because the muscles have only one action, which is to say, contracting motility. Thereby, relaxation is a state in which the muscles are not working on and keep their original length. When all muscle motility is in 'zero' state, the muscular bundles naturally stretch toward the gravity and it starts to get heavier.

This stage is Chim (sinking) and Joong (weight) state after Song (loosening) as I explained in the previous chapter.

As an old proverb says, “The power comes from elasticity that is from the whole body loosening by relaxation.” This saying described the result value that forms in Song·Chim·Joong state of the body. When the whole body is relaxed, joints, ligaments, and muscles are gradually loosened toward the gravity. Since the muscle has a natural ability to recover to its original form like an elastic band, the body has elasticity as much as the increased length.

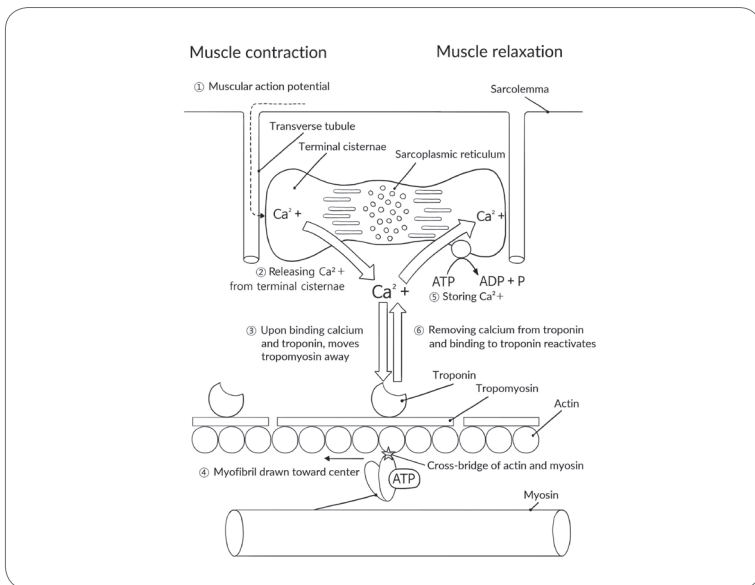
Thus, when your muscular tissues stretch, it is loaded with elasticity. The strength of this elasticity is secret of inner strength in the internal martial arts. Relaxation preserves muscle motility by completely controlling body elasticity and electrochemical signals from the central nervous system. As a result, you can control the contraction of the skeletal muscles at your direction and move quickly using the body elasticity.

On the other hand, if the muscle is tensed, muscular tissues lose their elasticity. The reason is that stiff muscles do not comply with the gravity’s direction and fixate the tissues in one position, narrowing the nerves and blood vessels between the muscles. This condition disrupts blood circulation and nutrition supply and result in excessive use of the chemical energy in the central nervous system, which eventually causes muscles stiff.

Therefore, the difference in exercise performance between people is because each person has different levels of relaxation. As the body capability changes significantly depending on how to control and apply muscular strain, relaxation, which can ultimately control the tension, is essential to all movements.

If you can control the muscle motility through the relaxation of the nervous system, you can trigger muscle contractions immediately. In this event, when the muscle contracts, the size of contractile strength depends on the number of muscle fibers to be used. If a large number of muscle fibers are used for muscle contraction, the strength will increase, and if only a few, the generated power will be weak.

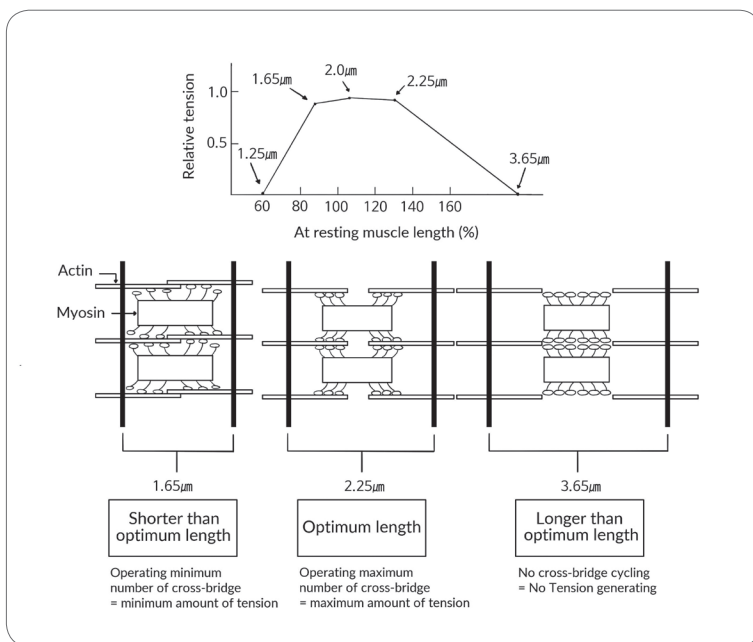
In order to understand the muscular fiber, you must understand the contractile proteins called actin and myosin, which constitute myofibril. These two proteins' interaction results in muscular contraction. When the central nervous system sends an electrochemical signal, the released calcium ion (Ca^{2+}) bound by troponin to slide over the tropomyosin, exposing a binding site for attaching the myosin head to actin.



Myosin's head then binds with the actin attracting it in the middle of the myofibril junction like pulling the rope. And then, actin slides over between myosin and myofibril shortened. Muscle contraction occurs by narrowing the distance between the Z-bands, which is on the muscle fiber junction.

In this process, binding between myosin head and actin is called the cross-bridge of actin and myosin.

Physiologically, the size of the muscular power depends on the number of cross-bridge between actin and myosin. Therefore, the more numbers of actin and myosin are, the larger the size of muscular power.



For instance, in a relaxed state, much more actin and myosin can be obtained without binding of actin and myosin since the muscle keeps its original length. When muscle contraction occurs, actin and myosin are bound in maximum, and a lot of cross-bridge forms, which results into an explosive power.

On the other hand, when the muscle is tense, the cross-bridge of actin and myosin is already in progress. In this event, when the muscles become tense again, the maximal binding of actin and myosin cannot be formed because only remaining of them can be bound. Therefore, when the body is tense, you cannot build an explosive power.

Of course, after relieving tension, relax again so that you can bind actin and myosin in maximum level. However, this process takes time and eventually, it cannot produce the maximum power because of the elastic nature of the muscles. Kinematically, muscle contraction speed rate and muscle strength are inversely proportional.

In other words, as movement speed increases, muscle strength declines.

The muscles tend to return to their original state due to the elastic nature of the muscles. Within the shortest time, to increase the maximum speed before the muscle strength declines, the maximal binding of actin and myosin has to be formed. In the relaxed state, maximal binding of actin and myosin should be formed in shortest possible time so that we can produce the maximum power.

Therefore, if the muscles are tense, no matter how quickly the contraction occurs, an explosive power cannot be generated, and if the maximal binding of actin and myosin isn't formed within the shortest time, maximal muscle power will not be produced due to the decrease in muscle strength. In full relaxation, the maximal binding of actin and myosin in shortest time can enable muscle power to the limit.

However, these two conditions are not enough because we are not using just strength but we must practice exercising that accurately fits our purpose.

There is a more critical condition than these two. That is, these two conditions, maximal number of muscle fibers to be used in shortest time, should be performed only in agonistic muscle. Besides agonistic muscle, if other muscles, which disrupt agonistic muscle are tense, the number of muscle fibers increase, but they interfere agonistic muscle moves. Therefore, an efficient exercising practice cannot be performed.

To reiterate, the maximal numbers of muscle fibers used for muscle contraction should be formed only in agonistic muscle. By that, that power, speed, and movement can be used in balance. When the body is at ease, and all the joints get loose, the power passage is open. Through this unstoppable path, the strength can be generated by the maximal contraction of agonistic muscle without interruption. It's like a car is driving at full speed on the highway.

Thereby, in martial arts saying, "If you accomplish the Song, all the joints will naturally follow internal qi."

When the body is relaxed; the muscles, joints, ligaments, and others get loose. The whole-body elasticity has been achieved. The elasticity allows forming the maximal binding of actin and myosin in the shortest time to move the body. In this event, the joints of the relaxed whole-body produce the ideal body state without disrupting agonistic muscle movements.

This is the secret of the advanced masters' movements.

Therefore, when the whole-body SongJeong, the complete relaxation state, is accomplished, the body can be moved like the masters. To reach this whole-body relaxation, at first, we should train breathing technique and meditation.

In the next chapter, I will explain the stability of the nervous system to achieve the whole-body SongJeong.

04

Reaching the whole body SongJeong

The tranquility of the nervous system

As explained earlier, the body capability depends on how to control and apply the body tension. In this chapter, I will explain how to stabilize the nervous system to reach a complete whole-body SongJeong.

All body tensions start by chemical signals from the central nervous system. The nervous system affects the body relaxation. When the nervous system settles down, the muscles and the joints of the whole body are relaxed. If not, the subtle tension of the whole-body continues to stiffen the mind and the body.

As an old proverb says, “The mind is the root of all actions.”

When the mind relaxes and the nervous system calms down, the muscles of the whole body relax and reach the state of the whole-body

SongJeong. Therefore, we should stabilize the nervous system first in order to accomplish complete relaxation. The nervous system consists of the central nervous system and the peripheral nervous system. The central nervous system, which includes the brain and spinal cord, allows us to reach deeper relaxation when it is stabilized.

How can we stabilize the central nervous system?

The answer is very simple: Just take a rest.

Our muscles and nerves, and our minds have attributes of tranquility by nature. Therefore, if you do not use them, they tend to return to their original state. It is like rubber bands snap back into place after being stretched. So just relax your body, and you can naturally reach the whole-body SongJeong state.

The whole-body SongJeong is the natural trait of every human. All you need to do is simply to take a rest. You do not have to put an effort to relax, because relaxing requires no effort. Just put everything down and relax. Then the nerves will relax naturally, which allow the joints, muscles, ligaments, and other parts to relax and comply with the direction of the gravity.

After this, all body parts will feel as one, and if they do, that is the state of the whole-body SongJeong. As a matter of fact, relaxation is very easy to accomplish. Just relax and wait for the right time.

However, many people cannot reach the state of Song (loosening).

Why?

It is mainly because they try too hard to relax. Putting an effort to relax means that they do not understand the essence of Song and also does not understand the principle of the body. Trying to reach Song state by putting an effort is like holding a wind that cannot be held. When spring comes, you can feel the warm air everywhere. Likewise, when you are in deep tranquility by getting rest, all the senses of the body relaxes so that you can feel whole-body energy without the intention to do so.

If you do nothing, nothing works. Only the minimal body functions can be maintained for survival and to continue the body's homeostasis. As you feel at ease, your nervous system gets loose, and as it gets loose, muscle also gets loose so that all of your body integrates into the gravity.

This method is the easiest way to achieve the whole-body SongJeong.

Therefore, in order to reach a relaxed state, just take a rest without putting an effort. Start by breathing comfortably, rest the nervous system in the deep inner layer of the body. Unless the nervous system settles down, body tension won't be relieved. Therefore, stabilize the nervous system first through breathing. In this training, breathe naturally, and do not use any artificial breathing techniques. Since artificial breathing techniques disturb relaxation, it should not be utilized in the first stage.

When you are breathing, lay down on the floor to comply with the gravity. Even flying birds get down on the ground to take a rest. It is to comply with the direction of the gravity. Full rest is not to resist the

gravity, but to fully comply with it.

Breathe lying down on the ground.

This method is the easiest way to achieve relaxation.

Slowly breathe as lying down, the speed of breathing will slow down, and the deep breath follows naturally. As long as you don't put an effort into it, the whole-body SongJeong can be achieved by anyone.

In order to reach this status, just lie down and take a rest. Through this method, you can achieve the state of the whole-body SongJeong.

05

Reaching the Chim · Joong state

The body condition that can perform any training

When the body is in deep relaxation, the joints, muscles, and ligaments get loose and comply with the direction of the gravity. Surrender to the gravity means that unnecessary tensions against the gravity have disappeared. Of course, using the minimum tension is necessary to function for survival, but the rest of body structures get loose toward the gravity.

This state is so-called Chim (sinking) state.

We often say that it is much difficult to carry a drunken man on the back. That's because his body is in the Chim (sinking) state. When some is drunk, the central nervous system's effectiveness sharply declines and relieves the tension of the skeletal muscle. Muscle relaxation does not disperse the center of the body into many directions, but it directs all the body parts toward the gravity. The

body weight that is not dispersed into many directions, and sinks into one direction will become heavier in the bottom and it will become a lot heavier.

This state is so-called the Joong (weight) state.

When the central nervous system relaxes like this, the skeletal muscle also relaxes. The relaxation of the skeletal muscles stretches the distance between the joints bones, making the dense micro-vessel system in the tissue flows more smoothly. As a result, the muscles are getting looser, and the joints respond to each other and feel like one united mass. Thus, the mass descends toward the gravity and accumulates on the body bottom weight, so our body is getting heavy and firm.

You have reached the Chim (sinking) Joong (weight) stage after the stage of the whole-body SongJeong. In the Jackie Chan's movie, *Drunken Master*, 1978, the drunken hero tottering to his feet like a roly-poly, kept his balance and knocked out the villain. How could he do that? That's because the drunken condition caused the central nervous system to relax and reach the ChimJoong state, and his bottom weight became heavy and firm.

However, the movie just showed us the principle of the ChimJoong state. In fact, when drunken, you cannot keep your body balanced nor use the body properly. However, if we can achieve the state of the whole-body SongJeong by proper training, we can use our body only as we need, and able reach ChimJoong state far more powerful than getting drunk.

Therefore, the most crucial point is to practice proper training.

As explained in the previous chapter, breathe and rest your entire body lying down, and your body will achieve whole-body SongJeong state, reaching a state of ChimJoong naturally.

When you reach this state, whatever you learn, the learning will become profound, and you will achieve a subtle body state. After that, if you practice meditation and DK CJG, your inner disposition will change, and you will acquire a completely different body and mindset.

The beginning of this condition is to practice the whole-body SongJeong and ChimJoong.

06

Strengthen the use of Imagination

Utilizing 100% of your body

Song·Chim·Joong state is not something you can achieve by trying.

To get there, just take a break and rest your body function. The rested body naturally relaxes and stretches, sinking toward the gravity, and gets heavy. Relaxed state can be naturally reached not by trying to do something.

Be sure to keep this in mind.

After reaching the Song·Chim·Joong state, train your mind to strengthen the Imagination. As explained earlier, unless accomplishing a complete relaxed state, you cannot achieve much with this practice. Therefore, training should start after reaching the Song·Chim·Joong state. From this stage, you can use artificial tensions to build your body shape for the proper purpose.

In other words, since you have built your basic body status, you can start utilizing your body's maximum potential.

Concentrating on the breathing, stabilize all the nervous system. Stabilizing the nervous system is to settle down the musculoskeletal system, and the stabilized musculoskeletal system can help to relax the joints and muscles. However, stabilizing the nervous system does not mean all parts of the body are stabilized. All consciousness works in the brain. The impulse of the sense organs is carried to the brain by sensory neurons, and the movement signal of the brain is transmitted to the muscle fibers at the distal ends. These all processes are parts of consciousness.

Thus, the brain regulates all nervous systems. However, consciousness is not a substance, so it does not calm down quickly. Therefore, although the nervous system is stabilized by breathing practice, the human mind continues to move.

When we are stressed or suffer some sort of trauma, our minds keep fluctuating. Even though breathing with lying down in a relaxed position, your mind doesn't calm down. Although you sleep well, the mind fluctuates again the moment the consciousness wakes up. Since the human mind lies in the deepest level of the human body, the relaxed nervous system cannot impact there.

For instance, physically, the deepest part of the body could be muscles and nerves attached primarily to capillaries and bones. If these parts are damaged, they cannot be recovered easily. It's because the healing effect cannot reach the deep level of the body. So, if you

have congestion or hurt the deep inner part of the body, the pain will last long.

However, there is a deeper part than these. It is the human mind.

The mind lies in the deepest part of a human and regulates our body from there. When we are at puberty, we suffer illness of the mind. It is called a lovesick. When someone loves or likes somebody, it is said that “There’s no cure for this illness.” No medicine can cure it because the source of pain comes from the deepest mind.

As such, the human mind is at the deepest level is very tricky to handle. Thereby, the ancient people create meditation to calm down fluctuating mind. Just like catching a fish with a fishing rod, catching human mind by meditation tool.

Therefore, the ancient people say, “Meditation controls the mind movement.”

If controlling the mind, we can save an unnecessary use of brain resource. This way, the saved resources can be stored as extra available resources of the brain and can use. As an old saying goes, “The mind can lead the inner energy, and the inner energy leads the power. Therefore, the strength can be formed in the whole-body.”

In this saying, the mind refers to the heart, and the heart means it is the king of the human body. For example, when we think of a person we like, our heart starts to run fast and we are in a glow on our face. As such, thinking makes the heart, so-called the king, move and the

whole body, so-called the servants, follows its move. Thereby, at first, using your mind commands the body to get the most efficient and ideal movements.

It is the principle of the body movement with imagination.

The use of imagination carries the brain resources to all parts of the body. Therefore, in the old proverb, “You should train the Qi instead of Power and you should practice the Will instead of Qi.” The ancient people also know that the ‘Imagination’ should move first and the rest of the nerves and the musculoskeletal system can move correctly. However, they couldn’t explain it precisely.

Thoughts and imagination stimulate the nerves, capillaries, and micro muscles of the deep layers. When these muscles are stimulated to create elasticity, the elasticity of the whole tissues will be enhanced, and then this will increase the overall strength of the body. Though they are not so much compared to use of the whole muscles, when these micro muscles gather, they can build explosive power.

At sea level, water boils at 100°C. Water does not boil even if only 1 degree is short at 100°C. When 1 degree is added, 100°C is set and water starts to boil. The strength of only 1°C turns 99°C of water into vapor. The strength of 1°C, the elasticity of the micro muscles in the deep layer, is added to the rest of the 99°C muscle layer, creating explosive power as different before.

Therefore, the Imagination integrates the whole body into one unit.

This is what ancient people meant when they said, “The mind can create the Qi first, and the Qi controls the body for the perfect power.” In other words, cultivating the natural human power to use it where needed.

The master Wang Xiangzhai (王芗斋, 1885~1963), the founder of Yi Quan (mind boxing), said, “We should know that using mind is to use power so that mind is power.”

Thereby, we have to relax our minds by meditation after we have relaxed our nervous system and body for complete relaxation and the use of the most efficient imagination by that, when we practice DK CJG, we can entirely use one integrated strength.

Thus, if mind and body are both relaxed and able store abundant amount of resources, whatever you practice will lead you to greater knowledge.

07

Utilizing powerful energy resource

The gravity

Gravity is the combined strength of the earth's universal gravitation and the centrifugal strength by the rotation of the earth. As we know, the gravity pulls all objects down to the earth. This strength, which draws heavy objects as we know the meaning from the Chinese character of 'weight strength (重力),' regulates our earthly life.

Since we were born, we have grown up feeling an in-depth effect of the gravity. Our body has naturally learned how to resist the gravity, and we straighten out the spine upright and able to move the body. There is no creature on the earth like humans who can move freely with the spine upright.

With this ability, the humans become the center of all creatures. Since the humans can freely move against the gravity, they were able to create many things. The pull of the gravity varies slightly by the

earth position, but the fact that it constantly pulls all objects toward each other with steady strength remains unchanged.

When the small water drops persistently fall on the rock, they will hollow out the stone. Water is fluid, but its fluidity with persistence can produce powerful energy. The water, in its position, just before falling from the above is called ‘potential energy,’ and as the water starts to fall, it is converted into energy of motion which is called ‘kinetic energy.’ The kinetic energy of water is the strength that hollows out the rocks.

Water drops can hollow out the rock because the gravity is persistently pulling water drops. The persisting strength of gravity that causes all this process makes even water in fluid powerful. Therefore, to train the most flexible deep layer of the body, we must use the gravity. Since the gravity continues to pull with the same strength without stopping, the gravity strength reaches in the very deep part of the body. Moreover, in this process, many changes will occur.

When you are relaxing for the first time, you are laying on the ground breathing, therefore your joints and muscles are not tense. Since the skeletal muscles have no tension, the body does not resist the gravity but it complies with it. The joints and muscles do not stretch that much, but all the tension are gone, so you can fully be aware of the body weight lying on the floor.

This state cannot build strength because it does not use muscles and joints. It is a formatting process, before you start your main training to build strength, it empties the body in order to form the ideal body

shape as you desire. After this process, when you stand the body upright, it will start to tense up.

This tension occurs naturally against the gravity in the muscles, ligaments, and joints. Since then, the gravity pulls the body to the ground. Since the gravity does not disappear but continually pulls with the same strength, it strengthens the body parts against gravity and loosens them to comply with the gravity. This persisting strength permeates into the deep layer of the human body and stimulates all organs.

Without gravity, we cannot enhance our body structure and function. In the zero gravity of the universe, muscle contracts and calcium excrete from the bone, adversely affecting your health. Without gravity, there is no need to resist the gravity, so the muscles are not utilized and it will gradually degrade, and similarly, the bones do not uphold the same weight consistently, so they will slowly deteriorate and decline.

Whatever you do not utilize, it will degenerate.

As such, if you stand your body straight, you will have to use your muscles against the gravity, and the bones should endure body the weight, then your muscles will become stronger and healthier. By this principle, DK CJG practice makes use of gravity to make the body parts that resist gravity stronger, and the parts that complied with the gravity get looser to build elasticity.

However, the crucial point here; is to build the strength, you should

use correct body structure and imagination. The gravity persistently pulls the whole body but it does not participate in building the body structure. The exact body structure should be adjusted by you so that the gravity can pull your body according to the changed body structure.

Before building your body structure, it should be completely relaxed to form the structure correctly. Your mind must be tranquil in order to use strong imagination, and then you can stimulate the deeper layer of the body. That's why you should form body base first before utilizing the gravity.

By that, when you practice DK CJG, the gravitation will correctly stimulate the deep layer of the body.

08

Incubating the integrated energy in the body

The principle of sensing the flow of inner body

Since the appearance of Australopithecus for the first time about four million years ago, the human body has evolved continually. During this long evolutionary process, the unnecessary parts of the body have degenerated, and the necessary components have further evolved. Thereby, a current human body is the ideal form that has been built through a long evolutionary process.

So what is causing the human body evolution?

The answer is the result of 'used and unused' parts of the body.

The human body will degenerate, if it is not utilized. All body parts such as muscles, nerves, and blood vessels and others follow the same evolutionary process. Whatever it is, if not used frequently, it will degenerate and disappear. For example, there is a pink part in the eye, which is a trait of the third eyelid. This part can be seen in reptiles

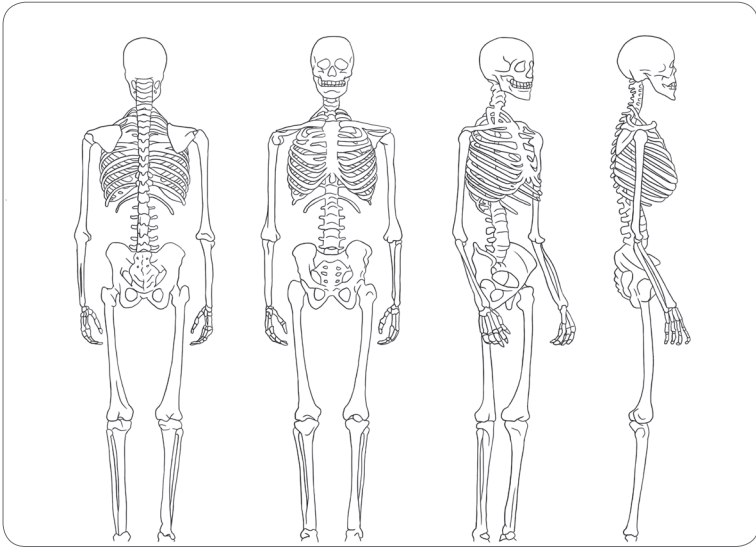
and other mammals, but humans have atrophied due to the evolution of eyebrows. Therefore, the present human shape remained the most used parts, and disused functions and organs all diminished, and left only some genetic traits or completely disappeared.

For instance, the muscles are the essential parts to produce human motility; mainly, by the contraction of the skeletal muscles. Therefore, without muscles, humans have many difficulties in daily routine.

While the constant disuse of muscles will diminish its faculties, and finally cause it to disappear. Reduced muscle mass causes nerve impulses carried from the brain to diminish, which results in muscle weakness. Muscle weakness breaks the body balance and eventually weakens the joints and ligaments of the body. As a result, body activity and its vitality are reduced, which causes frequent injuries, resulting in decreased movement.

Besides, I can explain it from the neurological and brain science point of view, but I will not be mentioning it here because I have described it in detail in my other book, 'The Ultimate Principle of DK CJG.'

Disuse of bones, as well, brings same results as mentioned here.



Unless human bones take some weight or strength to resist gravity, they also grow weak. Therefore, a person who is always in bed without exercise will suffer frequent fractures and injuries from the decrease in bone density.

The blood vessels are also in the same way.

The exercise promotes blood circulation in the whole body so that oxygen supply can flow well. As a result, the blood vessel wall has strength and elasticity. However, without exercise, it results from poor blood circulation and your blood vessels narrows and gradually diminish its function. This condition causes symptoms in the blood vessels.

The language has the same process as well. Disuse of the language results in losing its ability. The deep-sea fish and the underground

mole have not used their eyes for a long time, so they have gradually diminished and eventually lost their eyes. No matter which function it serves, without constant proper use of organs, it will deteriorate or eventually degenerate.

There are no exceptions.

Therefore, humans must continuously use the body at the proper level. However, excessive use can also damage the body. On some occasion, athletes using specific parts too much for a long time can cause pain or injury. So, keep moving persistently at the appropriate level is quite important. Taking strengths at a certain level consistently maintains our body organs elasticity and firmness without deteriorating or diminishing: the muscles, ligaments, nerves, bones, and blood vessels and so on.

What is proper level of using the strength?

The answer is the amount of strength that can resist against the gravity.

The proper level of the strength increases the body balance. Of course, we can use our body intensely by raising up our exercise intensity. When the stability of the joints declines, suffering frequent injuries from joint inflammation and ligament damages. While hiking up the mountain, the knees are alight, but when coming down, the knees take a lot of weights and their stability declines. Because of this, knee joints are damaged and it causes the knee pain next day.

Therefore, it is better to avoid explosive body movements or intensive

exercises as much as possible until strengthening the deep inner body first. In the beginning stage, it is essential to stimulate deep layers of muscles, joints, ligaments, capillaries, and so on with appropriate strength so that can increase the body balance. The critical point here is to practice only the strength levels enough to stand against the gravity to stimulate the deep layers of the body organs and not use any equipment.

Not to use the equipment is to further activate the muscles, capillaries, and ligaments of the deep layers. Exercising with over one-kilogram tools cannot stimulate the organs' inner layers. So, people who undergo rehabilitation treatment due to significant injuries are doing exercise slowly with very light equipment, or just stretching to stimulate the inner body.

Master Wang Xiangzhai, the founder of Yi Quan (mind boxing) said, "To understand the true meaning of the martial arts, we should start training from the deep inside of our body by ChamJang. Arrange the body structure appropriately and keeping it tidy. Empty your mind in the tranquil state. Align the nervous system in order. Calm your breath, build up the muscles, and then each cell will be naturally activated. By then, the strength inside will come out and flow through the whole-body. With this practice, your muscles will train itself without muscular exercises and your nervous system will activate by itself without training."

This statement refers to cultivating the inner layer of the body.

Once cultivating the inner layers of the body is completed, we can

also develop the external muscles. However, that does not mean developing external parts first is wrong. Simply, training little by little increasing the stability of the body from the inner layer, the joints' balance will grow, and we can utilize the body better because we understand how to use the delicate muscles. When we have trained our body with this method, the body becomes elastic and firm both inside and outside.

Therefore, at first, the inner layers of the body are stimulated through the proper level of training with the minimal tension. This movement is performed through isometric exercise in which joints do not move. It is because, as explained earlier, just use the strength against the gravity to protect each joint and build up the inner layers of muscles and nerves while all movements stopped.

If the isotonic exercise has performed without the inner layers of the body being developed, it can cause injury due to incorrect postures and wrong movements. So, the ancient saying goes, "The more subtle the movement, the calmer the spirit is." The subtle movement stimulates the deep layers of the skeletal muscle, promoting the body firmer.

Thereby big movement is no better than a small movement, and a small movement is no better than non-movement. Stop your movement and use the strength against gravity and the inner tension will build the elasticity and firmness inside the body so that it can promote the strength of the whole body. Moreover, we acquire the method for applying correct posture and exact strength by ourselves.

The isometric exercise efficiently develops muscles that keep the body in a consistent stance being tense the muscle fascia, which is connective tissue, and muscle in deep layers. In other words, the isometric exercise is called ‘the exercise for postural muscles’ because it can functionally stabilize the body by simultaneously generating resistance and contractile strength while maintaining the muscle length with immovable joints.

When practicing DK CJG, we use the isometric movement. As described earlier, since the isometric contraction puts all movements in order, there are no incorrect postures or unsettled joints caused by body movements. Therefore, there are not many mistakes to make, and further, it can build the power more steadily.

And so, the ChamJang stances being passed down from the ancient days are in the form of isometric movements. Assuming that this technique has been naturally developed to strain the whole body without joint damage.

Therefore, everything has its reasons.

When the spine is straightening upright and standing on the ground, since then the gravity continues to pull down our body downward. The body should use the minimal strain to stand upright. In doing so, the body is not dispersed and naturally accumulates toward gravity. Once the weight stacks up naturally, body’s weight will shift towards lower body.

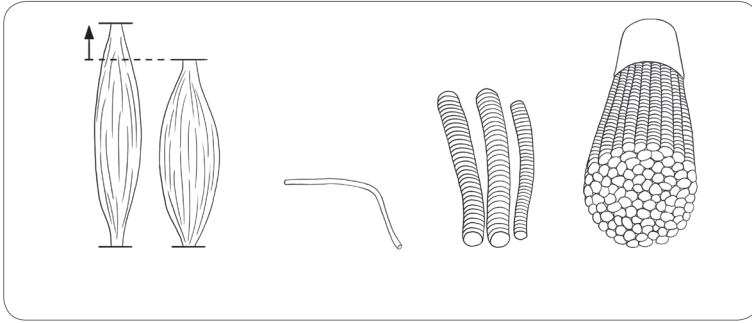
Song·Chim·Joong state will be created spontaneously.

Assuming that human body is a three-story building, the first floor would be the lower body, the second the upper, and the third the head. Since the gravity continues to pull down the building, the weight of the 2nd and 3rd floors presses on the 1st floor, the lower body. The lower body needs stable structure and firm strength to support the weight of the building called the body.

So, the strength of the legs is the strongest among the body organs. The legs have the most muscle fibers in the human body and have the most massive muscle size. So, the lower body needs strong structure and powerful strength to support the weight of the body. In particular, the femur or thighbone is harder than steel and can vertically hold up to 4,300 kg. It is because muscles and bones are being used to support the whole-body against gravity so that they will get firmer.

The lower body always keeps tension because it supports the upper weight accumulating from the pelvis. However, since the arms are not affected by the gravity amongst the body organs, they relax loosely in surrender to the law of gravity. Unless being tensed, the arm's ligaments, muscles, and joints become loose toward gravity due to gravity.

Muscles are as much elastic as stretched, so the elasticity is naturally built in the arm.



This principle is not only applying to arms, but also joints, ligaments, and muscles are the same. With adjusting lumbar vertebra, S shape spine straightens up; gravity pulls spinal muscles vertically. In this event, relaxing the back slowly with the minimal strain for vertical alignment of the spine, the spine becomes loose entirely, thereby the ligaments and spinal joints will gradually stretch.

As mentioned earlier, the muscles have elasticity as much as they have stretched for their length, so there will be elasticity throughout entire back as well. Because of this, the torso has become an elastic body and can enhance the strength rising from the lower body. With this regard, I will discuss it later in this book. In this way, by using gravity to train our body, muscles become elastic, joints keep supple, and bone density has increased.

As explained earlier chapter, the gravity persistently pulls us with constant strength. The constant and even strength create a dominant strength, so based on this strength, the body parts that resist the gravity become firm, and that comply with the gravity become loosened so that they can build the elasticity.

Thus, using gravity along with body tension and relaxation at the same time is the base of every ChamJang training. Removing all unnecessary part of this training and explaining the only substantial piece that is DK CJG practice what I want to tell you in this book.

However, the gravitational strength has its limit to use for the training.

Gravitational strength stimulates the inner body but cannot do the deeper layer of nervous system and capillaries. We emphasized the importance of meditation after relaxation in the previous chapter because we stored all energy of mind to stimulate the deepest layers that gravity cannot reach.

Based on the stored mind energy, we use imagination.

Using imagination, we can stimulate the most buried layer of the nervous system and capillaries. Thus, the dense micro-vessel system at inner muscle flows well, and the metabolism of the tissue cells is increased, thereby stimulating life process of the cell tissue in the body. With this process, the central nervous system learns how to control the whole body by itself.

When most of the people use imagination for the first time, as body's function improves, the information carries from hypothalamus in the brain to pituitary gland. The pituitary gland discharges the thyroid-stimulating hormone and corticosteroids to regulate the body's basic metabolism and improves the immune response. The pituitary hormone works on each part of the body and the organs so that you

can gradually feel fullness and stability in the limbs and mind.

This feeling is what the ancient people said, “The body expands like a balloon.” At this time, generally at first the expansion feeling around the waist region is felt.

It is because the waist is the center of the gravity field in the body.

Of course, not everyone has expansion feeling around the waist. Since people have different body conditions, the response varies accordingly. There are differences in age, gender, health, and the presence or absence of disease. However, usually gravitational strength gathers around the center of the body, and we feel best there, most people get some feeling first from the waist.

In this state, when the imagination deepens, the physiological function of the body is working well, and strong, mind and body become stable, and we can feel the flexibility in throughout the whole-body. It is because sympathetic and parasympathetic nerves are balanced so that the stimulation and inhibition of the autonomic nervous system are in equilibrium.

Because of this process, mind and body will be in the maximal stable condition. Furthermore, in this state, the metabolism proceeds fast, and the level of immunity in the body naturally increases. Therefore, the ancient people refer to the ChamJang as a secret of health and treatment.

After that, if you take one step further from this stage, you will feel

as if your bones were disappeared from your body. The reason for this is the whole body fills with the same energy. Thereby an average feeling of an unbalanced body completely has gone and feels like a one big balloon with very little tension left to keep our body form.

When you reach this state, you feel your body is empty as a unified one, and also feel the intense internal pressure as a whole. If you touched this feeling strongly during the training, you could have reached a profound stage of the practice.

The ancient people mentioned this state, as ‘sensing the flow.’

All of these processes are caused by stimulating the deep layers of the body with imagination. The important point here is: When you use imagination, you have to do it naturally without any exertion. If you use a lot of exertion, your body becomes tense, and muscles and nerves in the deep layers of our body cannot be used.

Imagination is to use the central nervous system to move the delicate muscles. Since the joints do not move, there are no externally visible moves, but the micro-vessels and the muscles in the deep layers are delicately tense. External tension causes inner moves to stop. Do not use imagination excessively or insufficiently but use it very delicately and loosely in slow tempo.

Never try to feel something with exertion during the training process. If the process is correct, the result naturally follows.

Thus far, the principle of the DK CJG practice has been explained.

DK CJG is the most settled whole body exercise to train muscles, bones and muscular strength without suffering joints stress. This training provides many effects for muscle strength improvement, bone density increase, and brain cell activation.

However, this exercise can be a bit boring because it's just taking a stance and has no movement at all. So many people give up during the isometric exercise.

But the persistent practice improves all the functions and structures of our body and makes them compelling. With trusting the power of constant training, if you practice daily routine, our body will undoubtedly change. The correct function always works with the right structure. Appropriately adjusting the body improves the function of the body organs, thereby increasing the efficiency of the nervous system. After that, you practice with these bodies; your learning will increase and improve every day.

09

An elasticity of the body and the secret of the seven bows

More power as you stretch

In the martial arts classic, “The bones are heavy like the back of a bow, and the spread tendons are like a bowstring. Regulating the strength is like pulling the bow tight, and the discharging hand is like shooting a bow.”

What does this mean?

The grandmaster of Taichi, Feng Zhiqiang (冯志强, 1928~2012) said, “The body of Taegeuk can be expressed as ‘Five Bows’. Two arms are two bows, two legs are also two bows, and a spine, a torso, is one bow, so our body consists of total of five bows.”

The Tai Chi Chuan classics says, “If someone’s body forms five bows, there is no one to stand against him under the sky.” His body is one bow. Sunken Chest is also a component of the bow. We can cultivate

energy like spring through the technique that has slow moves. The springy object is strong. Even if you drop it, it will not be smashed. However, the object is hard but fragile, it will shatter. Therefore, the senior said, “If you get the strength like the spring, you are invincible.”

All these processes mean that the body has accomplished an elastic body.

As explained in earlier chapters, the gravity persistently pulls down our body with constant strength. During the process, the body parts complying with gravity are loosened to build elasticity, and resisting organs become even firmer. Due to the elasticity and firmness of the body formed by this process, our body has a different condition from the previous one.

That's is called a change of disposition.

This change makes our body completely different. The firmness of the bones increases the body balance and forms the basis of the strong power structure. Besides the elasticity of the vessels, muscles, ligaments, capillaries, and other organs build an elastic strength on our body like a spring. By this change in disposition, the use of the body will become different from the old one.

Once Samsung Electronics Chairman, Lee Kun-Hee, tried to change Samsung's corporate disposition by so-called 'Mach management.'

He said, “If we want a jet flight to fly at twice the sonic speed, is it possible just to make the engine power double for that? Material

engineering, fundamental physics, all components, and materials, and so on, must be changed to produce supersonic.”

For an airplane to exceed sonic speed, everything from design to engine, parts, and materials must be replaced. Otherwise, we cannot fly past that limit. In other words, disposition should be changed for making everything possible. He frequently told his board members in Samsung, “Change everything but your wife and children.” and has tried to change the Samsung’s enterprise culture.

After all, Samsung has become a leading global company.

Body change is the same in this case. When the body structure has changed, and its capability changes, too. Therefore, national athletes are trying to build a body to use skills by arranging extra time in addition to routine of movements in martial arts training. You should build a perfect body first so that you can use techniques efficiently.

Japan’s swordsman classics say, “You must build the body first before you train your sword skills. Only then, you will learn a lot.” Japanese martial arts master, Sagawa Yuki Yoshi (1902~1998) said, “When you continue to train your body, your body will change and new ideas will pop up.” Abraham Lincoln (1809~1865), the 16th President of the United States, said, “Give me eight hours to chop down a tree and I will spend the first six sharpening the axe.” All of these mean that the body condition should be changed before skills and your thoughts will become more delicate.

Therefore, we practice DK CJG practice to make body structure

the most efficient. However, as explained earlier unless mind and body is relaxed first, there is nothing to gain through training. It is because the tension of mind and body do not allow us to use gravity and imagination completely. By that, muscles and nerves in the deep layers of our body cannot be stimulated, and also the bone density is reduced because the strength that relays to bottom weight decreases. Therefore, to build our body as an elastic body, we should reach a relaxed state of the mind and body first.

Thus, we can build the elasticity of muscles, ligaments, and bones.

In the martial arts classic, “Using awkward effort, the blood vessels immediately do not flow well, the muscles and bones are not at ease, the whole body is unnatural, and limbs are not vital.” The still water can flow in any direction and transform its shape fitting to the place form, but frozen water cannot do that.

That is why we have to relax before practicing DK CJG. Relaxing correctly using the gravity and imagination will change our disposition of the body entirely. Since the relaxed body is ready to accept everything, we only train ourselves to fit for the right principle.

Create a condition first and the rightful results will come naturally.

When you stretch a rubber band, it lengthen and its shape is deformed, and then removing applied strength to it, it returns to its original state. When the stretched rubber band returns to its original state, it is called elasticity, and an object with elasticity refers to an elastic body, and a strength to restore the elastic body to its original

state is described as an elastic strength.

The size of elastic strength becomes larger as the deformation of an elastic body gets bigger. For example, when applied strength to the band, if the length is 5 cm longer than the original one, the elastic strength of the rubber band becomes 5N. Therefore, the longer the stretched length, the greater the elasticity.

Shooting an arrow is to use this elastic strength. When drawing back a bowstring, it tries to retract to return to its original state. At this moment, because the elastic strength is pushing forward when the externally applied strength is removed, the arrow will strongly bounce forward immediately.

In this event, elastic energy is accumulated as much as we draw back a bow. When the bowstring lengthen by 5cm, the elastic strength of the bowstring becomes 5N, and by 10cm, it becomes 10N. Therefore, after pulling back a bowstring to make it tight, we release an arrow by accumulated elastic strength. The bigger the elastic strength, the stronger and faster the arrows move forward.

Human muscle works in the same way.

Since human muscles are elastic bodies with elasticity, we can build a body like a bow. If you pull your muscles, the muscles will stretch to some extent. Removing the external factors that extended them, the muscles will restore their original state. This feature is the inherent elasticity that the muscles have. Thereby the muscles get as much energy as they are loosened. The elastic strength of these muscles

enables humans to have rapid movement and explosive strength.

The relaxed body can feel full gravity.

Gravity continues to pull our body with constant strength. Due to this law, we can stretch our bodies. As explained earlier chapter, the moment holding a 1 kg weight, the deep layers of the body cannot be used. Moreover, if you move your body with exertion, you can't use the deep layers of your body because of its motility. Therefore, when restricting joint movement by isometric exercise, and you can feel full gravity in the relaxed state.

If you are standing comfortably and feeling the gravity, you can first sense your arms are loosening slowly. Unlike other organs, arms are hanging by the torso, so it does not need to resist the gravity. Therefore, if you relax your arms completely, gravity will stretch the distance between each joint of your arms, loosen your muscles and ligaments, and make your arms a strong elastic body.

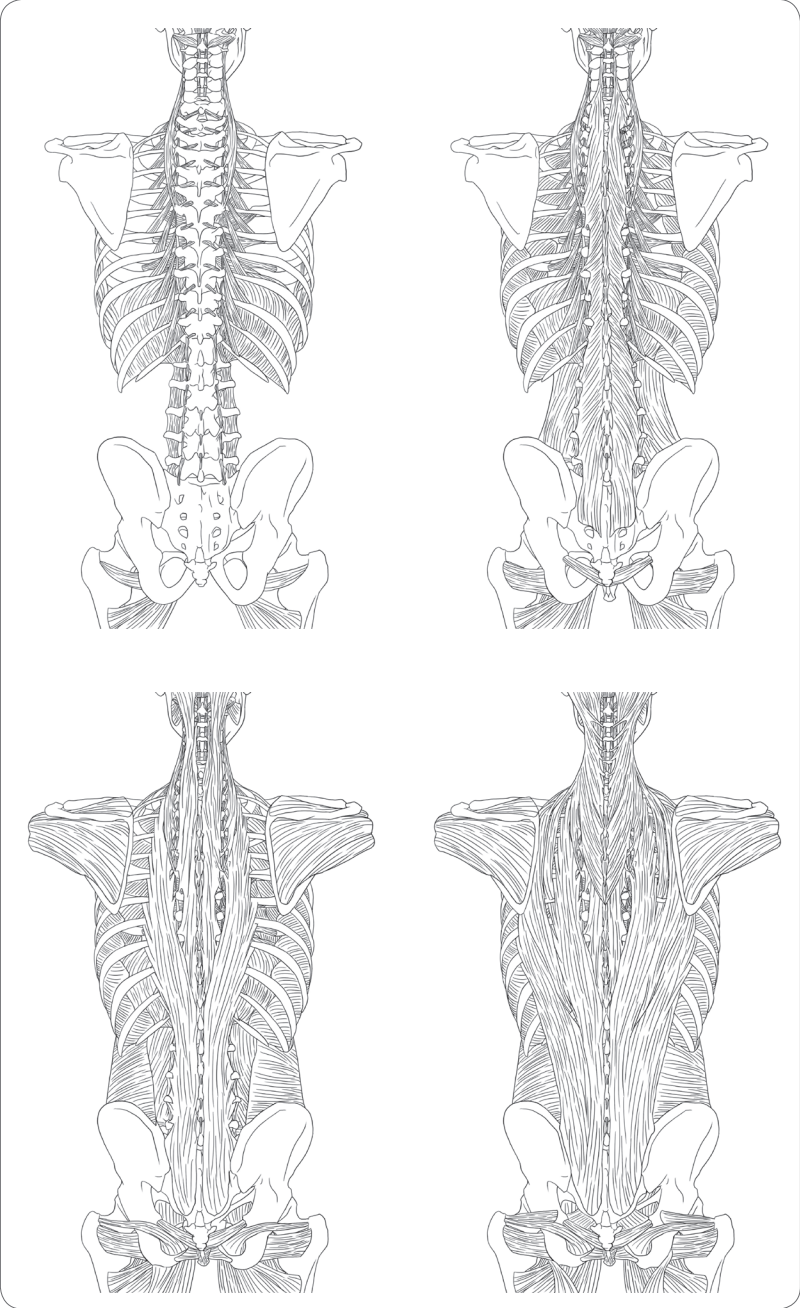
The martial arts classic says, “When the elbow dropped, and the shoulder lowered and reached the fingertip passing through the shoulders, elbows, and knuckles then the bow is immediately formed on the arm.”

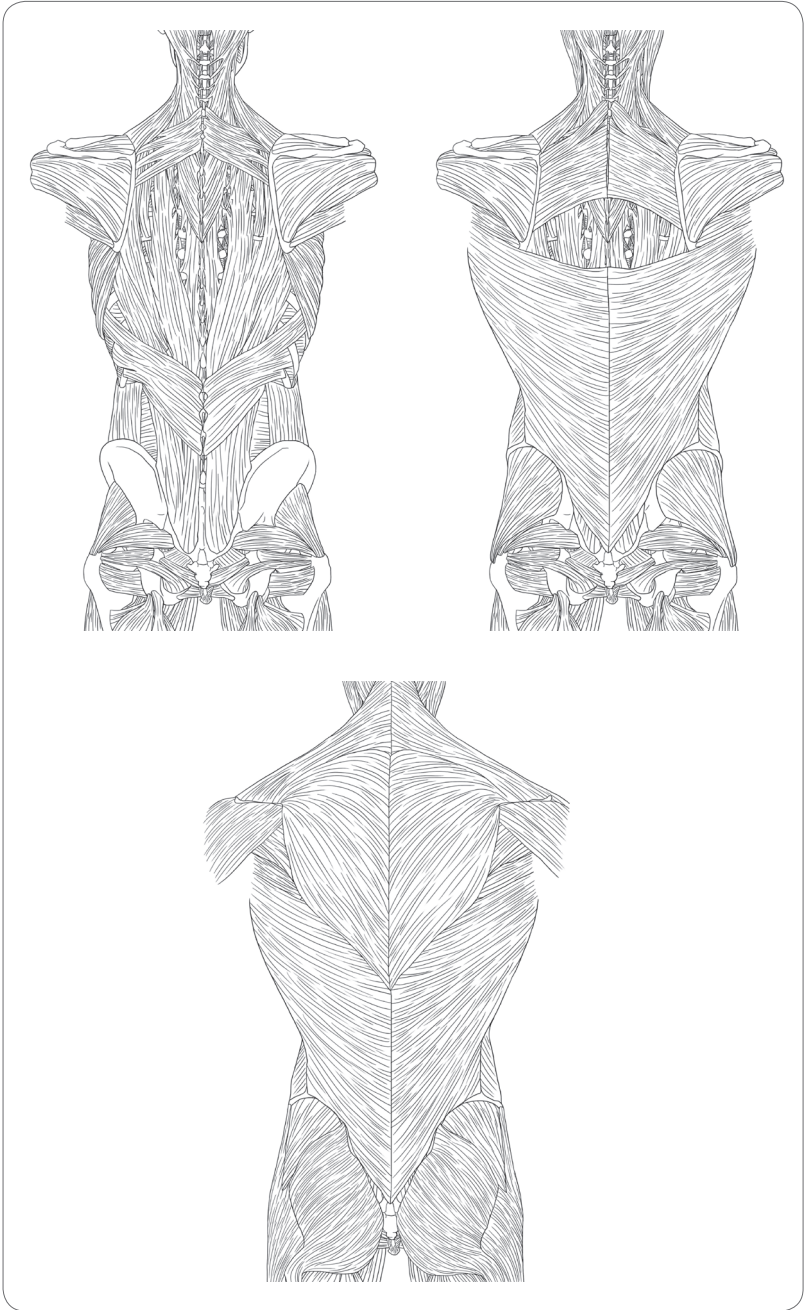
It is the process of making the arms elastic by the constant gravitational strength. When this condition deepens, the arms are gradually extending to have more extended ones than before.

Therefore, the ancient saying goes, “The masters’ arms are always long.”

You can build all other body parts to be elastic by this principle.

Notably, the muscles and joints around the spine have the strongest elasticity. The vertebrae are covered by three layers of tissues to protect the spinal cord, the bundle of nerves, which carries messages between the brain and the rest of the body. Since spinal cord carries incoming and outgoing messages, it is the most important information channel of the body. If it is injured, the body will be paralyzed and cannot be used.

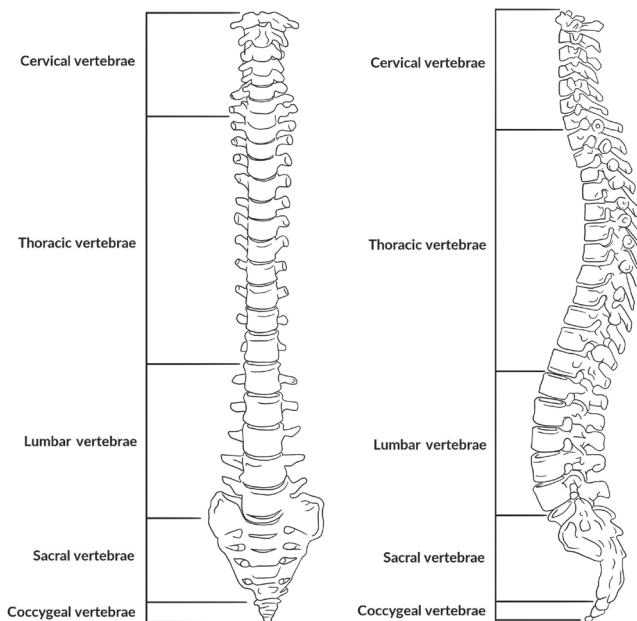




Therefore, general muscle fibers are layered only in the movement's directions, but only the tissues around the vertebrae are layered in the vertical and horizontal directions. These muscles enclose around the spine so that we can use our body safely. Thus, when the muscles around the spine stretch by gravity, the accumulated muscular layers become all elastic so that the body can be powerfully elastic.

The vertebral column is connected to the back by the most joints in our body. They are facet joints. The vertebral column is connected to each vertebra, which is piled up one after another sequentially and can be called a pillar of the vertebra. The vertebrae usually consist of two parts: the movable vertebrae, the cervical, the thoracic and the lumbar vertebrae, and the fixed vertebrae, sacral and coccygeal vertebrae. And intervertebral discs, a cartilage structure made of fibrocartilage, connects the vertebrae from each other.

A human body has a total of 23 discs, which provides the surface for the shock-absorbing from the external impact and help the spine smoothly move as ligaments do. These discs allow the spine to be flexible and stable so that they can build one complete pillar.



The stability of the vertebrae helps the body to stand upright and maintain a perfect balance while supporting the weight of the head and arms and at the same time it allows free movement in the body motion. If these vertebrae are relaxed by gravity and have an elasticity of the bones and ligaments, they will increase the flexibility of the whole body with the spinal muscles.

Chinese martial arts proverb says, “Tongbeiquan (通背拳) is origin of all Chinese martial arts.” Tongbeiquan is literally ‘spreading power from the back boxing (as tong means “through,” bei means “back” and quan means “fist”).’ If the spinal column, which is the center of the human body, is developed and all the limbs move along the spine,

we can get explosive power, so it is regarded as an axis of the Chinese martial arts.

After full relaxation, when we build elasticity of the arms and spine by gravity, we can create the movement of the upper body like a spring. As I will explain it in detail later, the upper body's elasticity maximizes the strength coming from the lower body, which allows us to utilize the quick speed and powerful strength freely.

Thus, 'the three bows on the upper body' has been built.

When the upper body stretches out and becomes a robust elastic body, the lower body is more vigorous and firmer. That's because the more the muscles, ligaments, and bones of the upper body relax and become loose, the upper body's weight stacks on top of lower body. The weight of the whole body transferred to the lower body makes the soles, knees, and the thighs naturally tense.

The tension used here becomes the ideal power to stand the body upright.

The strength created in this way does not become an artificial tension, but the most stable power used to support the whole body and unifies the upper and the lower body. Since gravity persistently pulls down our body with constant strength, the weight carried to the lower body also remains continuously. This persistent strength increases the bone density and makes the bones stronger and firmer. Furthermore, the muscles and the ligaments are used continuously and become more stable to build the muscular strength stronger. The

strength of the lower body formed in this way works on pushing the ground strongly later on.

This state indicates ‘the two bows on the lower body’ has been built.

It is, thus far, the method about how to build the upper and the lower body strong elastic body by using the gravity. Then, when stimulating the deeper layer by the imagination, you can achieve a more superior elasticity and structural strength.

When all these processes are integrated, the whole body becomes an elastic body.

This state indicates ‘the five bows of the whole body’ has been built.

In the ancient saying, “Song stretches the body, limbs and the muscles, and it pulls the bones and loosens the tendons long. When the bones and muscles are separated, and the joint bones begin to broaden their gaps, the meridian smoothly flows without clogging.”

Moreover, grandmaster Feng Zhiqiang said, “If you take ChamJang stance for a long time and cultivate your inner strength, you will become stronger. If your dantian is full of energy, meridian starts to activate, and the body will be full of Qi like a rubber balloon, and the internal elastic strength will make the body more elastic.”

After relaxation, loosening the body using gravity will increase the elasticity of the muscles and ligaments as much as they relax. The accumulated weight by loosening is carried to the bottom weight,

increasing its bone density and forms the legs firmer. However, the important thing is that you should not artificially loosen your muscles intentionally just because you can have as much power as stretched.

When the muscles are stretched to a certain extent by strength, it has elasticity up to a specific range. When the tissue is out of the spectrum, its flexibility is completely lost. It is because if the muscle gets out of maximal contraction point, the tensed tissue gets loose and become relaxed.

For instance, when jumped, bend our knees to build elasticity of the lower body muscles. However, when we bend too much, the muscles lose their elasticity, and gets loose and become relaxed. So the muscles should be stretched only to the length that they can produce the maximal elasticity, and should not go beyond that. Moreover, stretching muscles with exertion can damage the muscles and ligaments, and cause inflammation of the joints, so you should not do with strength.

The ideal strength to stretch the muscle is to use gravity.

As I explained repeatedly, gravity pulls the body with the ideal strength and does not damage any parts of the body. Thereby in addition to gravity, you should not use strength such as pulling your body with exertion. The critical point should be for our body to receive constant strength persistently. Thereby the strength should be carried to the deepest layer of our body and can build explosive power and elasticity.

This way, when the five bows of your body are built; you will make another bow through imagination. It is called ‘the bow of consciousness.’

It performs in or out of the body only through imagination. Though we cannot see it, can feel it in the body and also in the space. Just as it is ready to draw a bow at any moment, the imagination always performs with elasticity in body and space. It is the bow of imagination.

Furthermore, the four parts of the limbs, spine and imagination are unified to create a long bow. It is the last and seventh the long bow.

This way, the seven bows of the body have been built.

1. The bow of the right arm
2. The bow of the left arm
3. The bow of the spine and pelvis
4. The bow of the right leg
5. The bow of the left leg
6. The bow of the imagination or consciousness
7. The unity of the long bow

This way, when completing the seven bows, we can finally say that you have achieved an advanced master’s the body.

10

Condensing the energy of the whole-body

The reservoir of the strength: ‘foot’

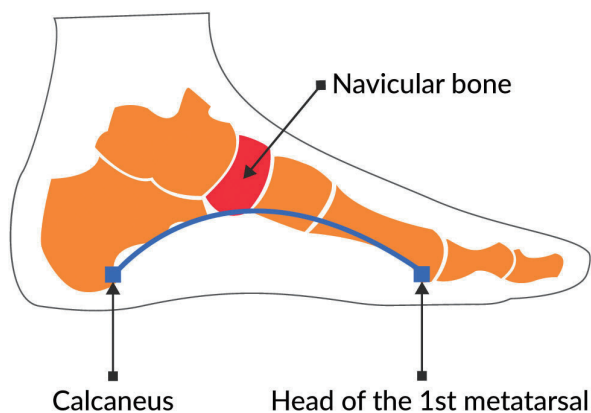
When the body is relaxed and loosened; muscles, ligaments, and joint bones will get stretched downward by gravity. As the body loosens, the weight of the body shifts to the bottom, and it accumulates in the foot, the most distal end of the lower body. For this reason, the foot bears the most weight among the body parts.

How can a small foot stand the weight of the whole body?

That’s because of the arch-shaped curve of the foot.

While we have been living for a long time, generation after generation, the human body has evolved gradually into the most stable and robust structure. By this evolutionary process, we have built the ideal modern day body. Among our body organs, the foot has developed into its ideal structure that any other creatures do not have on this planet.

It has evolved to have a curvature in the soles to bear the body weight. The arches of the foot in rounding shape, allow the foot to support the weight of the body by getting dispersed. Therefore, no matter how long you walk or stand, they can bear your body weight. This structure of the foot allows us to relay the body weight to the foot and we can store the whole body energy into the earth.



As the tree trunk grows rooted in the ground, the body also takes root in the foot to build a solid structure. The old saying goes, “When you put your feet on the ground, the roots grow under your feet.” When you stand upright on the ground, you feel the strength as if your feet took roots on the earth, and this indicates that whole body’s power gathered in your feet. When the strength of the whole-body accumulates on your foot, it tightly sticks on the ground, and the grip strength between the ground and the foot also increases.

Therefore, the foot can push ground strongly.

The stored strength at the foot rises by knee's bending and straightening movement. It is the principle of action-reaction. Unless the strength is pushing the ground, a human body cannot move by itself. Therefore, we must need pushing strength acting on the ground to move the body in reaction to the pushing effect.

The stronger pushing strength acting on the ground, the more powerful the reaction strength is. That's why weightlifters push their feet to the floor to shift their power to the upper body when they lift a heavy barbell. Thus, the shifted strength is further intensified by connecting to the pelvis and spine, and the enhanced strength is carried to the arm to release.

Grandmaster Zhang Sanfeng, known as the founder of Taichi, described this power delivery in detail in his book, Interpretation of Taichi.

“基根在脚，發於腿，主宰於腰，行於手指：The roots are in the feet, released through the legs, controlled by the waist, performed in the fingers.”

Thus, the body strength stored in the foot is rising to the upper body again by the principle of action-reaction and intensified and used. The grandmaster of Yang Family Taichi, Yang Chengfu (1883~1936) said, “Only when you get the power, you can use it. This strength comes from the foot.” The heavier the bottom, the lighter the top and the lighter the top, the stronger the movement.

This state is where the body has achieved one unified strength.

In this state, the relay of the strength quickly performs, so the strength movements from the bottom to the top. The upper body is naturally agile with sturdy legs. That's because the strength from the bottom makes the relaxed torso move quickly. Thereby the boxers only use their fists in the ring, but they continue to train their lower body to make it sturdy.

Former heavyweight boxing champion, Mike Tyson said,
“My punch comes from my legs.”

When the foot is firmly rooted, the movement of the hip joint becomes agile in action, and the move of the upper body is also quick in motion. Therefore, the whole body weight should root on the feet so that we can make strong strength and quick movements.

11

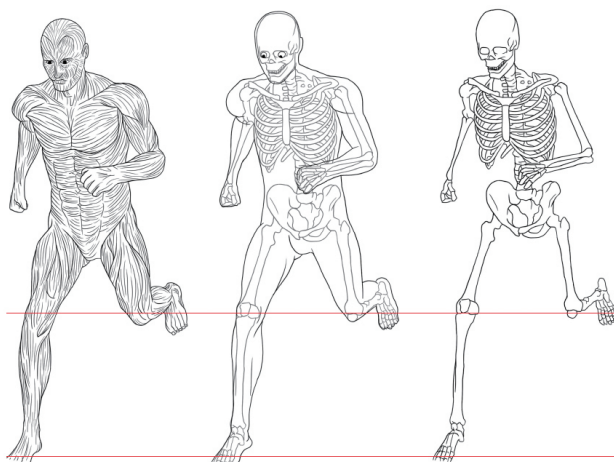
The first stage that pumps your strength

The pump of the body, pillars of the whole-body

The relaxed body allows its whole weight to root down on the feet like a tree rooted on the earth. The body formed this way tightly sticks on the ground, and we can feel it like the body and the earth are glued together. The Taichi grandmaster Cheng Man-ch'ing said, "It is contacting the earth strength." Thus, if the contact between the earth and the foot is fully tight, the body strength stored in the bottom weight becomes more powerful.

As explained earlier chapter, the body strength stored on foot moves up to the upper body by the knees' muscle stretching based on the law of action-reaction. Therefore, the knee is a first user of the whole-body strength stored in the foot among our body parts. Without using the knee, the foot only stores the whole-body weight, and cannot use the strength. It is like saving money in the bank, but not using it.

So, the knees' muscle stretching play the most crucial role in moving the body. This action allows you to use your saved money. When both feet touch the ground, the knees cannot move left and right but can do only up and down. This top and bottom movements are connected to [knees - shins - feet] and push the ground to move the body.



Thus, the vertical line connecting from the knees through the shins to the soles becomes the “pillars of the whole body” to keep the body moving and standing. The body can be moving and standing stably by these pillars. In this event, since the knees can only move up and down, the muscles on the pillars of the whole body are forming on the vertical lines except for the feet.

It is a natural result of human evolution over millions of years.

Therefore, when the weight of the relaxed upper body is relaying to the bottom weight, the pillars of the whole body naturally support

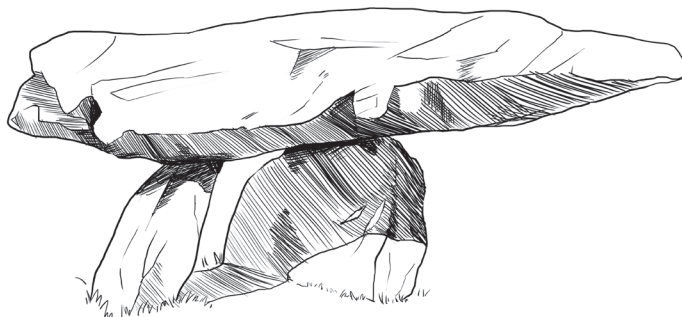
the weight, and the bones and muscles around become firmer and stronger. Furthermore, the central nervous system increases the perception of the pillars of the whole body, so that this region can be used more delicately. Thus, when the pillars of the whole body become solid and delicate, the pushing strength on the ground becomes strong so that the whole-body can move swiftly, and the power of the lower body can be shifted quickly to the hand.

Moreover, naturally, the heavy weights can be possible. This is because the opponent's pushing strength can drop into the firm pillars of the body and you can hold the body in balance. If the pillars of the body are not perceived, you do not know how to store the opponent's strength on the posts of your body or how to use your body. Therefore, even if you have achieved the Song·Chim·Joong state, so the weight of the whole body is accumulated on the soles, you cannot use the strength.



Without a solid pillar, nothing can stand strong.

The dolmens could have stood firmly for thousands of years because the pillars supporting the stone-top are solid. Moreover, the pedestrian flyover can support a lot of weight, such as pedestrians and its weight, and stands stably because the pillars of the overpass are firm enough. Therefore, if the vertical lines of the whole body's pillar, such as soles, shins, and knees, are not firm, the human body cannot stand stable, and the accumulated whole-body strength on the soles cannot be used thoroughly.



The martial arts classic says, “It is not a real martial art only trying to acquire techniques without achieving a solid foundation first. The beginners want to acquire the martial arts ability too hastily, so they make this mistake.”

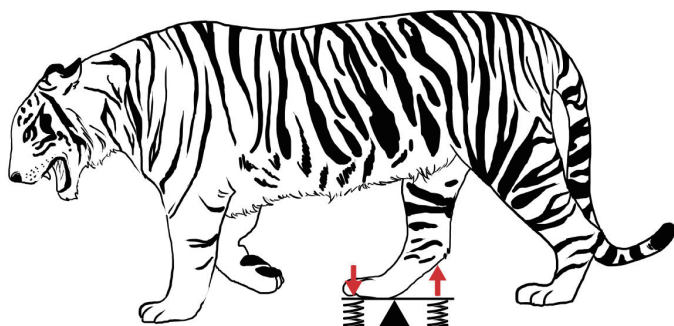
Perceive and practice your pillars of the whole-body. That is crucial.

Practicing this correctly, when you stand with DK CJG, bend your knees slightly to build the whole-body pillars. It is because that the

weight of the upper body is entirely accumulated to the pillars of the whole body to enhance muscle strength and to increase the bone density and also it allows you to perceive this region by the central nervous system. This enhanced body pillars more tightly stick to the earth, so that if you push the ground slightly, its power will extend to the whole body.

Therefore, in the martial arts classic, “To regulate countless changes, the lower body’s feet should be rooted on the earth, and the foundation must be stable.” Furthermore, “in order to utilize explosive power, squat and spring from the ground with your legs.” This saying explains how to use the strength of the whole body stored in the foot as if a spring bounced back through the pillars of the body.

In this way, use your body as a spring and make a quick step and a movement if possible. Therefore, animals running fast like tigers and cheetahs use the pillars of the whole body as a spring to push the earth, and they expand the strength to the whole-body and runs at a fast speed elastically. The upper body running like this does not interfere with the movement of the bottom weight but follows the strength that the pillars of the whole body move.



It is the ideal method of applying the body using the weight-load in the relaxed state of Song·Chim·Joong. The secrets of the strength that the ancient people have passed on are here. Only a slight difference is from how to describe it.

Therefore, using the pillars of the body after relaxation is the very base and the beginning of the movement.

12

Maximizing and increasing the power

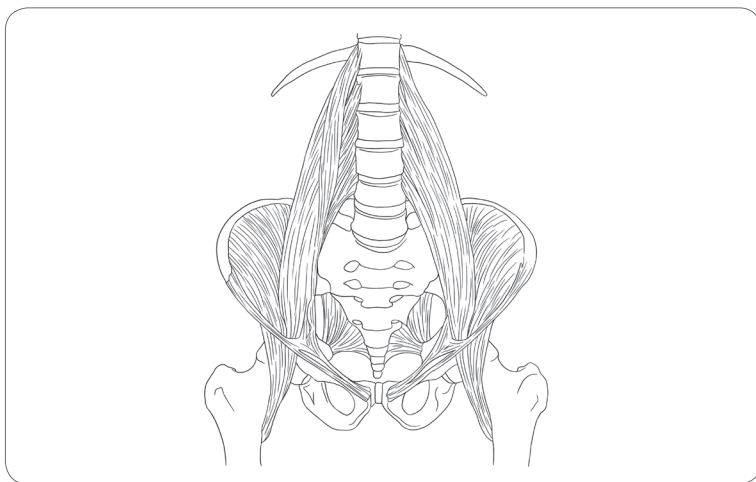
Center of the body and the strength momentum

When we stand upright, the gravity pulls our body to the earth. The center of gravitational strength in the body is placed between the lower lumbar spine and the pelvis, and this center is the waist, the center of the body. From a medical point of view, the lumbar region is distinguished by the hip joint, the sacrum, and the buttocks, but from the kinematics of movement point of view, it is convenient to explain from the lower lumbar vertebrae to the hip joint as one bundle.

So just conveniently pelvis and the lower lumbar region are regarded as the waist: the center of the body. If the lower spine region is sturdy enough, our body stably resists gravity, so that we can stand our body upright. However, when the lumbar region is weak, the spine and knee joint get a lot of pressure because of the unbalance posture.

Elders always say, “Man should have the hip joint power.”

The firm waist can connect the lower and the upper body correctly so that the body can stand upright and the strength can be used as one unified body. The source of the strength is built at the lower body, but the ability to regulate is at the waist. Controlling all the movements, the waist should be stable so that the arms and legs of the limbs can be stabilized.



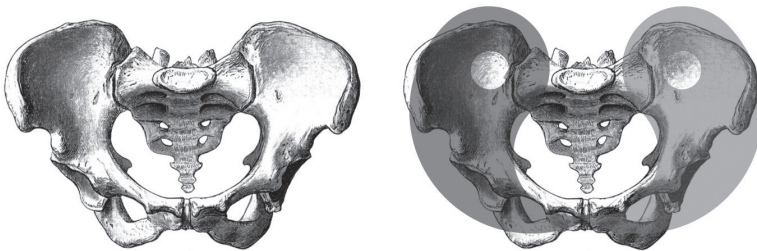
The martial arts classic says, “The strength rises from the ankles, transforms at the legs, and controls by the hip joints.” When the strength of the body accumulated on the soles rise through the pillars of the legs, the waist controls it and relays to the upper, lower, left and right parts of the body. Thus, the waist controls the whole-body, and it is the central axis that connects the upper to the lower body, and switches left and right.

Since the waist is the pivot of the whole body, when it moves, the upper and the lower body respond to each other and move together.

The waist is like the law of the human body so it maintains and controls the order of the upper and lower body. This way, the body has a personality. Therefore, Japanese martial master Sagawa Yuki Yoshi (1902~1998) said, “Strength should come from the waist. The strength from the upper body is easily avoided, but the strength from the waist is difficult to avoid.”

That’s because waist controls the whole-body.

Notably, the pelvis among lumbar region is like the pillar of the hip joint that forms the center of the body. Interestingly, the structure of the pelvis resembles the shape of Taegeuk. See the shape of the left and right pelvis in the figure below, and you can notice it quickly. I think that the jokes of the ancestors that the shape of Taegeuk comes from human pelvis may be right.



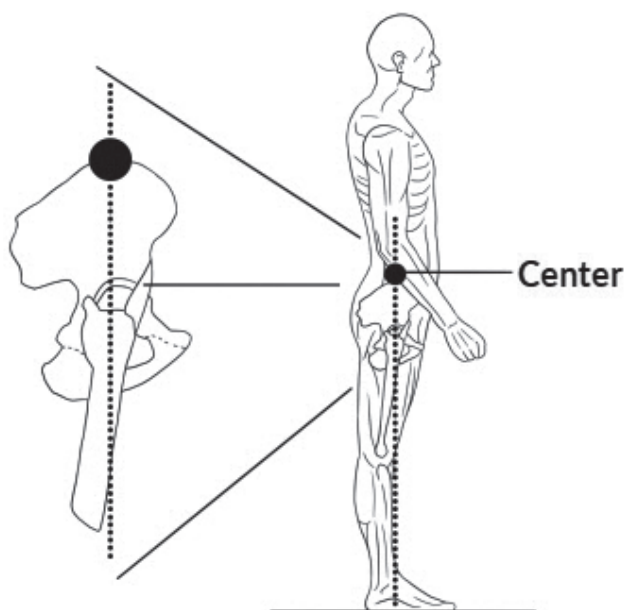
In fact, the pelvis resembles not only the shape of the Taegeuk but also principle of it. Just as the yin and yang coming out of the Taegeuk and divide the world into YinYang, the pelvis also separates the human body as the upper body (yang) and the lower body (yin), so that it can keep the body balance and works as leverage of them. On the

inside and outside of the pelvis, there are starting and ending point of various muscles so that the pelvis can move the upper and lower body simultaneously.

Thereby the pelvis is the center of the body and a pillar of the waist, which links spine in the upper body with legs in the lower body. Due to the structure and function of the pelvis, the weight, which is carried down through the spine, can be accurately delivered to the legs, so that it can stand correctly and walk naturally.

In the old saying, “The tailbone plays a vital role in shifting the full strength on the left foot to the right.” The pelvis consists of two hip joint bones, sacrum, and a tailbone (coccyx). The tailbone is the very bottom portion of the spine below the sacrum and is located at the end of the pelvis, controlling the movement of the spine and pelvis. The tailbone is the center of the pelvis and spine, and it is a conductor.

In a whole-body standing position, we can relax the upper body and fully shift its weight to the weight-load by owing to the tailbone of pelvis, coccyx. Since the tailbone is attached to the pelvis and spine, so when pulling in the pelvis, and flexing backward, the pelvis and vertebrae are simultaneously tucked-in. In doing so, S-shaped lumbar spontaneously straightens up, this way, the curvature of the spine becomes a correct vertical alignment.



Therefore, in Taichi, it is called “proper centering (or alignment) of the tailbone” emphasizing vertical alignment from head to the

vertebra by moving the tailbone. In the vertical alignment state of the upper body, when the pelvis is relaxed with minimal tension, the lower lumbar spine around the pelvis gradually loosens and begins to loosen the muscles, ligaments, and joints of the lumbar spine toward gravity.

The loosening of the lumbar spine pulls the thoracic and cervical vertebrae to loosen the entire spine as if a connected train wagon pulled another wagon. This stretched spine has elasticity as much as it loosens and becomes a powerful elastic body. Moreover, as the upper body is extended, the weight is accumulated to the bottom weight, so that the bones of the bottom weight become firmer and sturdy. Since the muscles of the bottom weight keep use to support the upper body, the muscle strength becomes firmer as well.

Therefore, in the Taichi classics said, “When you relax your waist, you are sinking down. When you are sinking, you will immediately become agile. When you are agile, you will be able to turn. When you are able to turn, you can move quickly.” When the waist relaxes, the upper body relaxes. When the upper body also relaxes, the weight of the whole body drops down to the bottom weight. The lowered load on the bottom weight is deeply connected to the earth in touching with the soles, and the combined strength rises to the waist again through the pillars of the legs. The raising strength builds the propulsion power by commanding of the waist, and when it is exploded by the elasticity of the spine, the whole-body power instantly transmits to the distal end of the limb.

It is the secret of the ancient swordsman’s message to say,

“Give up myself, but gain the whole.”

Thereby, the ancient martial arts masters said, “There are two spots for releasing the power of the body. One is the foot deeply rooted in the earth, and the other is dantian, in other words, the waist.” To create the driving strength, build the reaction power obtained by pushing the ground with your feet adding the high pressure of the dantian, namely, the waist.

All of these physical changes start from the pelvic region, the waist.

The pelvis drops the weight of the upper body to the bottom weight, and it also carries the strength from the bottom weight to the upper body. The pelvis allows the strength of the whole body to move up and down so that the strength of the whole-body can be used anywhere. Therefore, a person with a firm waist can use the whole-body as a unified one.

This waist is the central axis of the upper and lower body, where the transformation of all the strengths and movements performs, so it should not be too relaxed or too tense. You have to take the middle way before you can get the strength of your back, which is the training using the gravitational strength explained in the previous chapter.

Using gravity with the training of DK CJG, stimulates the muscles, ligaments, and joints in the waist and you can find the ideal strength of your waist. Based on this strength, spontaneously adjust the accomplished upper and the lower body for utilization.

13

The long bow of the body

The explosive elastic strength of the body

The power rising from the bottom weight obtains driving strength while crossing the pelvis and once again explodes through the spine. That is because the power is increased by the tremendous elastic strength formed in the backbone.

As explained earlier chapter, when the pelvis flexes backward, and lumbar spine straightens up, spinal joints are vertically aligned and slowly loosened by the gravity. At this time, the spinal muscles, ligaments, and joints are stretched toward the gravity, building the elastic strength of the spinal column.

This elastic strength becomes the elastic strength of the long bow, which is the highest size in the body.

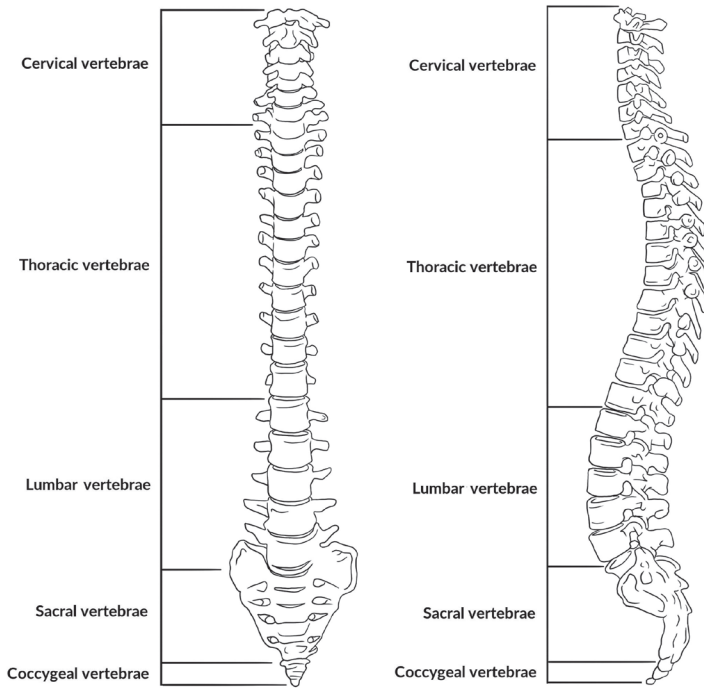
This is because of the various muscles, ligaments, and joints that

surround the spine, as explained in detail in the Ultimate Principle of the DK CJG. In general, the layers of the muscle fibers are formed in only one direction depending on the course of the joint movement. However, it lay on upon another around the backbone in various directions to protect the joints and spinal cords.

Unless the spine is well protected, it can be broken, and the spinal cord which is the bundle of nervous tissue to transmit from the brain's information, snaps and causes quadriplegic. For this reason, the human body has evolved into the ideal structure, generation after generations, for a long time to protect the spine and stably move the body.

Various muscles around the vertebrae and twenty-four joints, ligaments, etc., protect the spinal cords in the vertebrae and enable stable movements of the human body. Therefore, if the spine loosens toward the gravity and has elasticity, we can build the long bow which is the height elastic strength in our body.

The martial arts classic says, "If you want to know the real secret of the power, you must seek it through your vertebra."



The vertebrae are connected down to the pelvis and up to the upper arm. All the joints are organically linked in the skeletal structure of the human body. Thus, when the strength rising from the bottom weight is shifted up to the spine through the waist, it is expanded by the elasticity of the vertebrae, and the grown strength is carried to the connected arm. Therefore, the strength of the whole body is delivered naturally to the arms.

For this reason, the grandmaster of Taichi, Chen Fake (陈发科, 1887~1957) said, “Taichi circles around between waist and spine

constantly.”

When the pelvis and spine, center of the body moves by which all the joints of the upper and lower body connected to them also move, eventually the whole body can move. In this movement, because the elasticity of the pelvis and vertebrae firmly developed, the acceleration of the strength is increased to build swift and explosive movements. Therefore, the movement of the pelvis and vertebrae is significant for the movement of the whole body.

Thus, the movement of one joint part immediately affects the other joints' move. Thus, if one joint performs its function fully, it gives positive effect to other joints as well. On the other hand, if one joint has got a problem to perform its function due to the tension, other joints may have a harmful effect as well. So, it is essential to relax the muscles around the joints first. By that, it will allow all joints to move organically without misalignment of the joints.

Therefore, the long bow, namely, the spinal joints of the human body should be relaxed.

Unless the spinal joints such as cervical, thoracic, or lumbar vertebrae are relaxed in between, even though the strength has increased through the pelvis, the strength disappears due to the tensed vertebrae. It is like a fast-driving car reducing the speed due to the heavy traffic.

For this purpose, we use gravity as explained earlier chapter.

The gravity persistently pulls down our body with constant strength. This strength loosens the deep muscles, ligaments, and joints of the spine and relaxes the entire spine. This way, the relaxed vertebrae have the function of joints that can shift the strength organically with the elastic strength. It would be the same condition as if a car with the excellent performance was driving open road circuits.

Thus, if the vertebrae are in the relaxation with elasticity, the long bow of the body will be utterly used, creating the elastic whole-body.

14

Last fruits

Non-using hands and whole-body connection link

The giant tree must root deep in the earth, and the firmness of its roots grows dense growth of thick stems and ripe fruits. The body is in the same. When the strength of the whole body accumulated on the soles in the Song·Chim·Joong state, the strength swirling up again through the pillars of the whole-body. The rising power is enhanced through the waist and spine and releasing its strength to the arms.

A Taichi classic says, “Taichi strength is an internal strength, which rises from the foot soles, releases through the legs, controls by the waist and spine, and materializes in the hands and fingers, and rotatory force is a long line of motility route through which the internal strength passes.”

Therefore, the arms use the whole body power with no exertion naturally. To do this, simply rest your arms loosely toward the

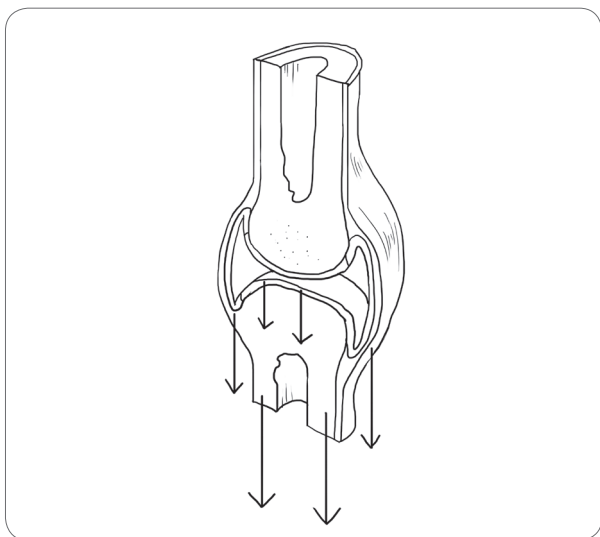
gravity, remove tension, and form the elasticity of them, waiting for the strength to come. The arms are the only organs in the body that don't need to resist the gravity, so you can relax your arms without a minimal tension.

After shoulders loosen and the arms drop down, the gravity persistently pulls down the arms with constant strength. On the contrary, if you tense the shoulder or raise it, the entire arm becomes tense, and it does not drop toward gravity. The shoulders ensure to relax, and the whole arms drop toward gravity loosely. As you relax your shoulders with dropping downward, the gap in your shoulder bones opens slightly and elbows, wrists, and fingers extend upon one another and muscles will slowly loosen.



When the arms become deeply relaxed, all the weight from the shoulders to the arms falls downward along with the gravity and accumulates on the fingers of the distal end, so that feeling like pulling

your fingers by someone from beneath. Otherwise, you may feel like your hands are swollen with expanding or feel like a bit pricking sense with a needle. This feeling is the proof that blood circulates through the very minute muscles and vessels of the arms.



If this feeling persists, the relaxation of the arms becomes deepened.

The grandmaster of Taichi, Feng Zhiqiang said, “When the elbow is loosened, the shoulders are settled down, from the shoulders, across elbows, three knuckles, and it has to reach the fingertips so that the bow will be formed immediately in the arm.” This way, when the joints, muscles, ligaments, etc. of the arms are loosened, and elasticity is built, the bow will be formed in both right and left arms.

When building elasticity in the arm, you can freely use the dominant strength rising from the bottom weight. Developing flexibility in the

arms indicates that the shoulders and arms are relaxed, and when they are relaxed, the strengths move naturally to the hands, so that the strength of the whole body can be used.

On the other hand, when tension remains in the shoulders and arms, it shows that while the strength of the whole-body stored in the bottom load rising to the upper body, it is cut off at the shoulder, and only the strength of the arm can be used. Thereby the ancient people said, “When you feel as if your hands disappeared, you could perform flexibility in every joint during the practice combat boxing.”

The grandmaster of Yang Family Taichi, Yang Chengfu said, “Make sure to utilize non using hands (不動手).” However, it does not mean that you do not move your hands, but rather wait for the strength of the bottom weight increased at the pelvis and spine and then use the movement naturally connecting with your arms. Therefore, be sure to deliver the power of the whole body to the arm without losing, which gathers through each joint from the bottom weight.

It is what the movement of the whole body finishes to the arms.

The coordination between top and bottom (上下相隨) is in the Taichi Classic; “The root is in the feet, released through the legs, controlled by the waist, and performed in the fingers, and must be integrated and one unified Qi (完整一氣).”

Moreover, Taichi proverb says, “Move everything including every strand of hair.”

It means that using the whole body to move, not to use separate movement. Therefore, the arms are always relaxed and wait to deliver the power of the whole-body at any time. It is the true meaning of non-using hands and the reason for building the bow of the arms using gravity.

When you take the DK CJG, do not raise your arms.

If you raise your arms without relaxing, it cannot make the arms elastic, and also your arms will not be relaxed. Standing ChamJang with your arms lifted in this condition causes shoulder tension and breaks the body's balance.

So, when standing DK CJG, do not lift your arms, but use gravity to relax your arms and focus on making your arms elastic. If you practice for a year like this building elasticity in your arms, then your arms will be naturally lifted by themselves.

When this happens, it shows that the arms have become wholly unified with the whole body.

15

Peeling off the accumulated habits

There are a lot of martial arts in this world that explain the ChamJang and lots of books and videos are open to the public. However, most of them are describing outdated methods, which is much more complicated for beginners to learn ChamJang.

The following note came from the Great Taichi master, grandmaster Feng Zhiqiang.

“When the waist is relaxed and opened, the abdomen also relaxes and opens. This state is called ‘Complete relaxation of YoBok (waist and abdomen),’ and in this state, GiChimDantian (sinking Qi into the dantian) is performed spontaneously, and Qi is also easily circled in Dai Mai (Girdling Vessel: GB 26) circulating the whole body as well. Here, the hip joint(胯) is relaxed and subdued, and at the same time, by adding a round crotch(圓襠), the strength

of waist reaches the bottom, the energy is full on both legs, the Qi sinks to the soles of the feet, and the whole lower body is strong and stable. Therefore, the upper is empty (上虛), and the lower is full (下實).”

As expected, we can see the profundities of the great master in the article. However, can the beginners understand this?

If you can teach people with simple words, you don't have to use a complicated language. In fact, it is much easier to explain under challenging terms than through simple language. All you need to do is connect the principles, ideas, and medicine of oriental philosophy to one and write in a book. Although it can be used to show off your knowledge, you cannot provide the correct direction to your readers.

Therefore, I did not use any complicated terms but I focused on what mechanism could change our body through ChamJang using modern terminologies. Thus far, in all of the theories described in the previous chapters, I have explained the secret of ChamJang with the modern interpretation by eliminating old abstruse theory.

If we say this in one sentence, by the whole-body relaxation, we can push down qi energy of the body from the upper → across the middle → to the low, and use that qi energy again pulling up from the low → across the middle → to the upper body.

In here the former is a technique applied to the DK CJG training and the latter is to utilize the power acquired through the practice.

That is pretty much it about ChamJang practice. The previous master Feng Zhiqiang's note described the same thing, but the explanation is too difficult to understand. His teachings can be explained more to understand as shown below.

When the arms and the spine are relaxed by breathing, the waist and pelvis relaxes naturally. The waist relaxation means that the entire upper body is relaxed, and this signifies that you are ready to use the strength that comes from your weight at any time. When the upper body relaxation is completely achieved, the weight of the upper body drops down to the bottom weight. In this way, if you stand with minimal tension, the weight of the upper body leads to the distal end of the body, which makes your bottom weight getting heavier. If this weight has its constancy, the leg bones become stronger, and the muscle strength improves even further. This way, once your body is made, you feel that the upper body is much lighter and the lower heavier.

The above explanation is interpreted for the readers to understand the grandmaster Feng Zhiqiang's note easily. If we can explain the principles of the body in these simple and easy words, it becomes easy for the readers to understand. Also, using the strength is easily explanation as follows, so that you can understand how to use this method.

In the relaxed whole body, the power is stored in the feet, and the stored power is used to push the ground. At this time, the pushed power is arising by the principle of action-reaction to the waist and increased. From there the power is accelerated through

the spine and reaches the hand. At last, we can use the whole-body power freely.

This is the method to make people understand the principle instantly through a simple explanation.

Handing down
the training technique



« THE TRAINING TECHNIQUE »

01

Seven training methods of the DK SongGin Technique

To practice DK CJG accurately, you must fit in your basic body condition in advance. The basic required body condition is the perfect relaxation as explained in my first book: the Ultimate Principle. If your mind and body are not completely relaxed, you will not be able to achieve your training results regardless of how hard you have practiced.

If you don't build your body strong through the basic training, you cannot achieve the advanced level.

Therefore, before practicing DK CJG achieve the mind and body relaxation first by DK SongGin Technique. After that, learn how to strain your body step by step based on your relaxed body, and your body will efficiently become tense under any circumstances.

In the DK SongGin Technique, the Song means relaxation and the Gin means tension. In other words, on the basis of the relaxed body, learn how to strain your body step by step.

Therefore, relaxation values [0] and tension values [infinite (∞)].

To use this infinity value setting to my desired point, we need to train the body's adjustment ability, which is the DK SongGin Technique. This practice is designed for every movement that we usually use. Therefore, starting from the complete relaxation [0], you will practice to learn step by step, [Step 1 tension], [Step 2 tension], [Step 3 tension], [Step 4 tension], and [Step 5 tension] which are gradually being used in everyday life.

DK SongGin Technique consists of seven steps.

1. Basic Breathing
2. Basic Meditation
3. Basic Standing
4. Basic Walking
5. Basic Running
6. The internal limb muscles training
7. Loosening the seven joints

In the beginning, when you practice basic Breathing (0) and Meditation (1), mind and body will deeply relax. Based on this practice, training Basic Standing (2), Basic Walking (3), and Basic Running (4), you can adjust body imbalance by yourself that has accumulated by your everyday life.

This adjusted body will become strong inner resources in the future.

In our daily routine, we lie down, sit, walk and run repeatedly. No matter how long you practice, your training hours will not be equal to the time you spend on everyday life movements. If your daily movement habits are well disciplined, the body functions will improve, and if not, it will collapse.

An old saying goes, “Those who cannot spot flaws in their daily routines will not be able to spot attacking chances when they run into a fight.” This quote explains the importance of utilizing the body in an ideal way through everyday habits.

These types of people are always practicing in their daily lives.

Even in a sleeping state, they are training themselves. Having practiced the same training as others, these people become more skilled. The secret is in their everyday life routines. Therefore, we have to start practicing from the DK SongGin Technique to use the correct postures and movements in our daily lives.

After that, the practice will always co-exist in our everyday life.

1-1. Basic Breathing

[0 Step] of the tension

1. Lie down comfortably on your back, facing upwards.

Do not lie down on a cold floor, if possible.

On the cold floor, cold air enters your body and you may get a cold. When the body is tense, it interferes with complete relaxation. Therefore, lie down on a warm place, or a blanket, or a mat on the floor.

Lie on a flat surface.

If the surface is not flat, the body that should be completely relaxed is tense due to the discomfort of the surface.

Make the most comfortable and ideal environment for your body to fully accommodate to gravity. Thus, any part of your body can be

relaxed without being strained.



2. Adjust the angle of arms and legs.

Do not bend over your arms and legs, and just let them rest on the floor naturally.

Place your arms and legs about 30 degrees apart from the center of the body.

When the arms and legs are too close to, or apart from the center of the body, there is a strain on the shoulder and pelvis. Therefore, adjust the angle of your limbs about 30 degrees from the body, so that the shoulders and the hip joint joints can be relaxed.

However, since every human body is slightly different in structure, the angle of 30 degrees cannot be applied to all the people. Therefore, check the tension of the shoulders and the hip joints, and adjust your

arms and legs by yourself.

When you are lying down, if not strain any part of your body, you can relax the whole body by breathing.

3. Adjust your hands and feet.

Keep your thumbs on top.

When your palms or the back of the hands are facing the floor, the forearm muscle will have a slight tension. Since this hinders the complete relaxation of your body, as shown in the picture, put your thumbs on top, and the hands blade facing the floor.

Do not strain your fingers.

When your fingers are eased, they are naturally bending.

Thus, when you adjust your hands completely, you can remove all the strain on your arms.

Finally, open your feet outward from the center of your body.

When your legs are at ease, they tilt outward in their structure. You do not need to open your feet intentionally. Just relax your legs, and they naturally lean outward.

However, those who cannot relax their legs will not tilt them outward. Those who can't relax your legs, do not exert to tilt them but breathe comfortably until your legs can rest.

Then, at certain point the feet naturally lean themselves outward.

Your limbs adjust delicately like this, not to use the minimum

tension of the body. After your body has completely relaxed, your breathing can relax the muscles, nerves, and capillaries in the deep layers of the body. You need to adjust your body and make a complete relaxed posture first.

4. Close your eyes.

When you have finished adjusting your hands and feet, close your eyes slowly.

You don't have to exert to close your eyes because the strain of the eyelids is relaxed, your eyes will close naturally.

Therefore, you can reach the deep states of the relaxation. This is because the energy used for vision in the brain converted into reserved resources so that the brain can rest.

The body only has minimal tension to be used. Therefore, both the body and the nervous system are in the deepest relaxation.

5. Breathe.

Breathe comfortably.

Breathe in through the nose and breathe out through the mouth.

When breathing, the important thing is never to breathe hard.

Strong breathing causes the neck and collarbone area to tense and disturbs the body relaxation. Use the minimum energy, so that inhaling, and exhaling naturally.

It is essential to know the proper amount of breathing that is suitable for you. Therefore, you can use the least energy for breathing.

How to find your breathing volume is as follows.

To begin with, breathe in slowly through the nose.

When diaphragm contracts, the internal pressure drops.

The difference in air pressure causes the outside air to enter and expand the lungs. At one-point, uncomfortable tension will appear in the chest area. Your inhalation volume is that until the moment which this tension appears.

From that moment, you spontaneously start to breathe out.

When breathing out, the diaphragm slowly releases and the internal pressure increases, which causes the air in the lungs to escape, so there is no tension in the body. When exhaling the air, do not use the muscle around lips excessively.

This way, you can breathe according to your suitable breathing volume.

6. Breathe for 5 to 6 minutes.

Breathe comfortably for 5 to 6 minutes.

Do not put an effort to be relaxed.

Moreover, do not use the imagination. Just breathe through the inhalation and the exhalation. Naturally your nervous system will be stabilized and the muscles will relax.

When you breathe like this, since no part in the body resist the gravity, and your mind is not being utilized, present consciousness gradually disappears and gets sleepy.

This is why everybody lies down to sleep.

You will have a good night's sleep in this state. The reason is that when you fall asleep in mind and body's relaxation, you can have a sound sleep because you don't have the internal tensions like dreams.

7. Lie down on your stomach.

Change your body posture and lie down on your stomach on the floor.

At this time as well, do not lie down on the cold floor, but on a warm floor or a mattress. At this time, put your head on your left or right directions. That's because if you put your forehead or jaw touching the floor, due to the head weight, the tension on them will continue.

Therefore, you always face one direction.

However, if you keep your head in one direction while your body is relaxed, the weight of your head will continue to press your neck. Consequently, the more you relax, the more pain you have in your neck, which naturally turns your face to the other side.

Each time your neck gets ache put your head in the opposite direction.



8. Adjust the angle of your arms and legs.

Adjust the angle of arms and legs.

Similarly, as before, it is crucial to adjust the angle of your arms and legs. Adjust the angle of your arms and legs to suit your physical condition and keep them free of tension.

9. Adjust your hands and feet.

Rest your palms and soles up.

This allows them completely to relax.

10. Drop your shoulders.

When your body completely relaxed, shoulders fall on the floor.

Therefore, both shoulders touch the floor.

If they do not touch the floor, the tension on the upper body continues. In this occurrence, do not exert to drop your shoulders and breathe comfortably.

Breathing will bring them to drop naturally.

11. Breathe.

Breathe comfortably, as before, according to the volume of breath that you have checked.

This posture is different from lying on your back looking upward. Your chest is touching the floor, so it is pressed by your weight. Breathing can be a bit difficult, unlike previous posture.

However, if you breathe comfortably with a minimum effort, you can breathe without a significant exertion.

12. Breathe for 5 to 10 minutes.

Breathe comfortably for 5 to 10 minutes as before.

Thus far is how to do Basic Breathing.

The basic breathing enables mind and body to relax quickly because the whole body relaxes first then breathes. Therefore, you can feel

your body completely, and reserve brain resources which used unnecessarily as available resources.

Thus, take Basic Breathing for a month.

Practice Basic Breathing exercise before and after training.

Before going to bed, practice basic breathing for 5 to 10 minutes and then sleep. You can relax mind and body so that you will have a sound sleep. Breathing exercise just before falling asleep should be done, only when you lie on your back.

After one month of this training, the next breathing exercise to integrate the body will begin.

13. Comfortably take basic breathing.

Lie down looking up and after adjusting every part of your body breathe comfortably while closing your eyes.

Continue this breathing for 5 to 10 minutes.

14. Feel your whole-body weight.

Since you practice breathing enough for a month, your body can entirely rest. When the body relaxes, muscles, joints, ligaments, and nerves, etc. are loose, and the weight naturally leans to gravity.

This state is the Song, Chim, Joong stage as described in the previous chapter.

When this relaxation happens, you can feel the body weight resting on the floor spontaneously. If you feel the weight of a lump, your body has a perfect relaxation, and if not, relaxation is not enough.

Therefore, if the weight is not well recognized, return to the basic breathing stage and check the lying posture and breathing technique before breathing again.

15. Breathe with your whole body.

The whole-body breathing is only possible when you can feel the weight of the entire body.

While slowly inhale the air through the nose, imagine absorbing it through the whole body. As if our body becomes a vacuum cleaner, you will absorb the air through the whole body.

On the other way this time, while exhaling the air through the mouth, imagine that it goes out through the whole body. As if our body is like a fan, exhale the air of the whole body to the outside.

When breathing through the whole body, the central nervous system is used, and very minute tickling occurs in our whole body. This phenomenon occurs when the deep nerves and muscle layers of the body are stimulated, and it is an excellent sign.

Sometimes, when the whole body breathing practice, if the deep joints are relaxed, the bones are set accompanied by a cracking sound. Chronic tension relaxes, and delicate muscles and nerves are used to

find their place.

When you feel a change in your body, you become aware that breathing is not simply a mechanical process that occurs in the lungs, but a process that takes place in the whole body.

Thus, the whole body breathing connects all the nerves into one unified body. This breathing is a great foundation for the imagination training of the DK CJG later.

Keep this breathing for 5 to 10 minutes.

16. Breathe three patterns of [Inhaling - Hold - Exhaling].

After inhaling enough air through your nose, hold your breathing for a while without exhaling. And then count the number.

[One], [Two], [Three], [Four]

When count [Five], expel the air immediately through your mouth.

Do not exert yourself for this practice.

Repeat this breathing 10 times.

This breathing technique improves the strength to spit out the air.

For example, comparing a human body to a dam, inhaling is to store water in the dam, and exhaling is like discharging reserved water. In brief, store the water in the dam (inhaling) and create the strength to pour it out at once (exhaling). This strength applies to the movement

and makes it stronger when used together.

For example, when boxers stretch their fists, they spit out the air from their mouths, making a “chute!” sound. The reason for this is that as the air releases, the pressure becomes stronger in the abdominal cavity, resulting in the stability of the body and creating strength.

Since the stronger expelling power of the air is, the more pressure in the abdominal cavity, the movement of the body is getting sharpened. Therefore, we strengthen the expelling power of the air by this breathing practice.

However, the crucial point is that if you do this artificially, there will be tension on the chest and collarbone, and the breathing will hinder the movement of the body. Thereby, we breathe slowly so that we can breathe spontaneously.

From 1 to 4, break the count when you hold the breathing, and practice adjustment of the exhaling strength intensity little by little.

Weak - Medium - Strong - Medium - Weak

17. Strain 100% of our whole body with breathing.

Lie down comfortably.

In this state, when inhaling, strain 100% of our whole body, and when exhaling relax the entire body.

While exhaling, relax the whole-body.

Repeat 10 times.

In this exercise, the body tension should strain slowly by inhalation pace, and when relaxing, slowly relax by exhalation pace.

This technique strains the whole body intentionally so that you can be aware of the difference between the tension state and the relaxed state. Furthermore, enhance the ability to use the integrated whole body.

18. Strain 50% of the whole body.

While inhaling, strain 50% of the whole body.

While exhaling, relax the whole body.

Repeat 10 times.

This technique improves the body's ability to control tension.

It may be difficult in the beginning, but if you keep practicing, you will know it.

19. Strain 10% of the whole body.

The method is the same as above.

While inhaling, strain only 10% of the whole body.

While exhaling, relax the whole body.

Repeat 10 times.

This technique enhances an ability to use the body's tension as a minimum unit.

It may also be difficult in the beginning, but if you keep practicing, you will know it. In these three steps, 100%, 50%, and 10% in order, if you are straining and relaxing the whole body, you can recognize the difference between strained and relaxed body.

20. Strain the whole body quickly then hold and relax.

Breathing in this step is the process of creating the track of the tension and relax.

As you breathe in the air, quickly strain the whole body, then hold for [3 seconds], then release the air and relax.

Tension (inhaling) → Hold → Relaxation (exhaling)

Repeat 10 times.

Just like our childhood game, [ice-clang game], you stop when someone shouts [ice!] and you completely stop any movements. When someone tags your body shouting [clang!], you tense up immediately and then let go of that tension to relax right away.

However, the critical point here is that you should not be rigid as tension and relax. When the body is stiff, unnecessary strength is used, so the body imprints the wrong tension.

Therefore, strain and relax naturally.

21. Strain quickly and then immediately relax.

While quickly breathing in the air, strain the whole body, and at the same time as straining, immediately breathe out and relax.

As if the hot iron touched our body, the muscle would shrink and relax in a flash, while breathing, straining and relaxing should be that fast.

Obviously, inhale through the nose and exhale through the mouth.

Breathing at this stage, the switch of exhalation and inhalation is so fast that the air quickly enters and exits through the nose and mouth. The nose and mouth are the passage through that the air enters and exits.

Repeat this step 10 times.

By continuing this practice, the reaction speed of the whole body can be improved. Master Wang Xiangzhai (1885~1963), the founder of Yi Quan (mind boxing), trained his disciples that he touched their body with the burning incense to improve the reaction speed by the quick tension and relaxation of the whole body.

22. Stop every imagination and breathing technique, and breathe.

It is the final stage of breathing.

Breathe comfortably.

Continue 5 to 10 minutes.

Thus far, through total 22 steps, I have explained the basic breathing techniques.

For the first month, you should make your body Song·Chim·Joong state not to use tension. After that, using the imagination and tensions to make your body, the internal body disposition will gradually change.

Practicing the basic breathing like this prevents you from creating any wrong postures and tension because we use our body completely complying with the gravity.

Therefore, practice this step sufficiently and then move on to the next step.

Make sure to practice the basic breathing step every day.

1-2. Basic Meditation

[Step 1] of the tension

1. Sit comfortably in a quiet place.

When you are sitting on the floor, place a thin cushion under your buttocks to take the pressure off your hip joints. You can also sit on a floor chair to ease your back.

If you do not have a floor chair, you can sit leaning against the wall. If all of the sitting methods listed above are uncomfortable for you, sit on a general desk chair.

However, do not lie down or stand.



<The correct posture>



<The correct posture sitting on the chair>

2. Choose a comfortable posture for a sitting position.

Though cross-legged or half cross-legged are comfortable positions usually used for meditation, it is not necessary to take that posture.

The posture that you can sit comfortably for about 20 minutes is the best meditation posture. However, when the body center is in the middle, and the left and right sides are balanced, we don't feel discomfort during the meditation, so the body should not take the weighted position.

Thereby, sit in the most comfortable position for yourself.



<Wrong posture 1>



<Wrong posture 2>



<Wrong posture 3>

3. Drop your hands comfortably.

Drop them comfortably.

Rest your hands anywhere you feel comfortable.

You don't need to rest them on a specific position required by other meditation techniques.

Where you feel comfortable is the proper hand position.

However, do not take the traditional way of specific hand gestures, or do not tense your fingers.

4. Close your mouth.

If you do not strain around your lips, your mouth will naturally close.

If you are physically unable to keep your mouth close, just do not tense around your mouth. The important point here is not keeping your mouth closed, but not to be tense.

Therefore, the mouth should be relaxed without tension.

5. Tuck in your chin.

Slightly tuck in your chin.

If your chin is up, due to the head weight a cervical vertebra gets pressure. This pressure discomforts the cervical vertebrae causing a chain of tension in the body.

Therefore, tuck in your chin slightly and relax your cervical vertebrae. If tuck in your chin too much at this time, the neck and the collarbone become tense, so tuck a little inside.

This way, adjust your chin by yourself and find the most stable position of the head.

6. The tongue rests comfortably.

The tongue rests comfortably in your mouth.

Ancient books suggested to roll the tongue and placed the tip of the tongue against the roof of the mouth, but you don't need to follow these techniques.

As I described in the prologue, this is only an expression of the personal will to break talking and thinking.

Therefore, just rest your tongue comfortably.

7. Elongate your spine upright.

Elongate your spine upright in one line.

Use the minimum tension for elongating your spine upright.

Straighten your spine upright so that you can meditate for a long time without any discomfort. If your spine curves, the back pain will occur and it makes your mind consistency to disconnect. Moreover, it is the best to straighten up the spine because it may cause your back injury.

If you have any difficulties to straighten up your spine, you can use a floor chair or put a cushion under your buttocks to take the pressure off your back. Otherwise, lean against the wall to make your back comfortable.

And pull the lumbar vertebra slightly inward to help the spine stand upright. At this time as well, use the minimal tension and pull the lumbar vertebra slightly inward.

8. Open your shoulders and straighten your chest.

When the shoulders and chest shrink, it becomes a heavy burden on the waist.

Thus, straighten out the shoulder and the chest to make a stable structure of the spine.

At this time as well, do not use much tension on your shoulders and chest, but use only minimal strain to stretch your body.

9. Close your eyes.

Close your eyes slowly.

You don't have to exert yourself for closing your eyes. When the tension release around your eyes, eyelids rest down by itself.

When this happens, relax around your eyes and close them comfortably.

When you close your eyes, the brain resources used for vision stops. Thereby, we can focus all the brain resources for our consciousness.

However, this may bring about strayed thought. If you come across distracting thoughts, do not follow them and just leave your ideas flowing.

10. Breathe.

Breathe comfortably.

Breathe both inhalation and exhalation through your nose.

Do not breathe from your mouth.

When you breathe from your mouth, the rhythm of the inhalation and exhalation will change and interfere with your mind consistency. Moreover, if your bronchi become dry, you may feel discomfort in your throat.

This discomfort interrupts the relaxation of the nerve.

Therefore, breathing should be done from the nose only.

11. Listen to the breathing sound.

Comfortably, listen to your breathing sound.

Listen to the sound of your inhalation and exhalation quietly in your inner mind.

Never try to listen, but absentmindedly hear from the sound of your breathing.

This is not the listening nor not-listening. It is the middle state between them.

This way, if you listen to the sound of your breathing comfortably, your inner tension will disappear.

12. Do not adjust your breathing laboriously.

Listen comfortably to your breathing sound.

Sometimes, to listen to our breathing sound loudly, we intentionally adjust our breathing. In doing so, it becomes breathing for listening rather than natural breathing.

This effort makes you tense by caring about breathing adjustment.

Strained mind interrupts the whole-body relaxation. Therefore, never adjust your breathing intentionally, and breathe naturally to listen to the sound comfortably.

13. Meditate for 10 to 20 minutes.

Meditate comfortably for 10 to 20 minutes.

If you meditate for 20 minutes from the beginning, your body may feel uncomfortable in meditation itself. Therefore, meditate for 10 minutes in the beginning. When you get used to meditating for 10 minutes, then extend to 20 minutes.

If you don't feel any discomfort from the beginning, then meditate for 20 minutes.

When meditating, just listen to your breathing sound without any efforts.

That is all.

14. Lie down and breathe.

After meditating for 10 to 20 minutes and lie down on your back comfortably facing upward.

Do basic breathing that we have practiced at the beginning.

Lying down and breathing again is because spread your mind that has calmed down by meditation, to the whole body.

By the basic breathing, we can relax the body and the central nervous system but can't rest our mind in the deepest level. Thereby, through the meditation relax the mind first and then spread the relaxation to the whole body and breathe.



In this way, breathing meditation by 14 steps, releases the tension in the deepest level of the mind so you can relax. Then both your mind and body can be at ease, and you can practice the body and the Imagination training at the same time.

However, this is not enough.

Though breathing meditation relaxes the tension in mind, relaxation level is not deep. Therefore, after breathing meditation exercise for a month, practice So-Hang meditation.

Although there are many meditation stages after So-Hang meditation, but this stage is enough for practicing DK CJG. Readers who want to learn meditation more see my book [Meditation and Insight].

After breathing meditation exercise for a month, change your practice to So-Hang meditation.

15. Practice So-Hang Meditation.

The posture and technique of meditation are the same as described above. However, rather than just listening to breathing sound, practice So-Hang meditation technique that uses breathing rhythm and inner mind at the same time.

First, master the following technique then meditate.

While inhaling, shout “So” and exhaling “Hang”.

Never shout out loud, but just in your mind.

Nobody can hear your shouting. Only you can hear it because it shouts out by your inner voice.

Never endeavor to do So-Hang shouting.

When inhaling come up with ‘So’ and exhaling ‘Hang’ comfortably

and naturally. In doing so, your mind is flowing down into your deep inner side following the characters.

16. Do not adjust So-Hang sound.

Never adjust intentionally So-Hang shouting in your deep mind, and never exert yourself doing so.

As you heard your breathing sound naturally as before, So-Hang sound also shout barely audible spontaneously.

Thereby, your mind is not attached to the letter of So-Hang.

17. Meditate for 20 minutes.

Meditate for 20 minutes the same as breathing meditation.

If you continue to practice steadily breathing meditation for a month, you can practice So-Hang meditation for 20 minutes without any discomfort.

Thereby, do So-Hang Meditation for 20 minutes from the beginning.

18. Lie down and breathe.

After So-Hang Meditation, lie down on your back comfortably.

Do basic breathing that we have practiced at the beginning.

Lying down and breathing again is because spread your mind that has calmed down by meditation, to the whole body.

Thus, breathing meditation and So-Hang meditation technique were explained in detail by 18 steps.

I will explain several more important points here.

- 1) While meditating, sometimes you listen to breathing sound or forget to shout So-Hang in your mind. This state means that your mind goes through deep inside your mind by meditation.

Of course, there will be different mind state such as deep and shallow. However, silence in your mind means that all unnecessary consciousness has ceased.

Therefore, sometimes during your meditation, you may feel as if you are asleep, or half-asleep, or tranquility in your mind that does not rise from any thought.

However, since beginners cannot understand this state, they misjudge that it does not persist, so this state is wrong and therefore, listen again breathing sounds or shout So-Hang awakened from a delicate meditative state.

This is like when you arrived at a destination by bus, but the bus left and disappeared, so you felt restless and went back on the bus again. The purpose of meditation is to reach deep inner state. If you have reached deep into inner mind by meditation tool, forget that and maintain calmness in that state.

Therefore, it is terrific to forget that state, and if you realized you

have forgotten that, the deep inner state is broken, so you can hear breathing sound again or shout So-Hang in your mind.

- 2) When distracting thoughts arise during your meditation, do not follow the thoughts and leave it alone. Just idly, but steadily meditate, and the distracting mind disappear, and you can feel yourself meditating.

Therefore, when all sorts of thoughts come to arise, just leave them alone.

- 3) 20 minutes is the best for meditation.

If meditation time is short, mind consistency becomes shorter, and you cannot achieve deeper meditative state. Reversely, if the time is too long, it will be hard to keep your mind quiet. Moreover, 20 minutes is the most suitable time because we cannot keep practicing meditation every day.

When meditation become profound, meditating time naturally increases. The breathing gradually become deeper and longer and keep your mind in a deep inner state.

This state is called Samadhi.

If meditation time increases like this, it doesn't matter whether it takes hours or even days.

4) While you meditate, do not set up an alarm.

When an alarm rings, your deep inner mind will be startled. This startled mind will generate wrong tension. Therefore, while meditating, mute the alarm or watch the clock and meditate quietly.

5) Meditation every day. The consistency is the greatest of all.

As the dripping water persistently falls on the rock, they will hollow out the stone. Likewise, if you meditate consistently, your mind will reach a deep inner state and accomplish complete relaxation.

Thereby, meditate every day steadily.

If you meditate for about 6 months to 1 year consistently, you will feel free from mind and body. Moreover, you will see yourself only to focus on the process not to cling to the result.

From this type of body state, practicing the DK CJG strengthen your imagination and you can create a strong power your body internally.

1-3. Basic Standing

[Step 2] of the tension

1. Stand comfortably.

While standing, use only minimal tension.

As explained in the previous chapter, the upper body is naturally supporting the pelvis. Thereby, do not bend your upper body and straighten the spinal joints vertically. Use only minimal tension to hold this form.

In this way, the weight of the upper body spontaneously drops on the pelvis. The dropped weight on the pelvis is naturally move to the knees and soles and making your bottom weight heavy gradually.



<Basic Standing - Front>



<Basic Standing - Side>



<Incorrect standing posture 1>



<Incorrect standing posture 2>



<Incorrect standing posture 3>

2. Spread your legs shoulder width apart.

Stand with your legs in shoulder width apart.

Standing posture in shoulder width is the most stable structure using the minimal tension for your body to stand. On this occasion, your body should be centered precisely at 5: 5 not tilted to either side.

Thereby, you can stand comfortably because your weight does not tilt to either side.

3. Get tips of your toes face forward.

When tips of your toes face forward, your legs have no tension.

Therefore, be sure to get your tiptoes point forward aligned with your tiptoes, knees, and pelvis.

4. Bend your knees slightly.

Described in the previous chapter, knees, and feet are like the pillars of the human body.

Therefore, slightly bend your knees to support your body weight firmly. However, you don't have to try hard to bend your knees.

Due to the natural curvature of the body, if you use the minimal tension for standing, your knees will slightly bend spontaneously.

Completely straightening your knees makes a slight tension in your

thighs and pelvis. Relaxing your legs and bending your knees slightly, you can relieve the pressure on thighs and pelvis and stand most comfortably.

5. Straighten up your slouching shoulders.

Hunched shoulders can cause your waist to be stressed. This will cause your body to be out of balance. Thus, straighten out your shoulders naturally to create a stable upper body posture.

6. Drop your arms naturally.

The arms are the only parts of our body that acclimates to the gravity, so do not strain your arms and let them drop to the gravity by themselves.

By that, the joints and muscles of the arms get loose by the gravity, and your arms' elasticity will be generate naturally.

7. Use minimal strain.

Use only minimal strain to build your body to stand.

Do not use muscles forcefully. We only use the strain that formed naturally to build your body for standing. When you build your body in this way, your body can feel the difference between [artificial strain] and [natural strain].

Being able to feel this difference will become a very crucial point of utilizing your body later on.

8. Confirm your body center.

Up to step 7, we adjust the body, and now is the time to confirm the body center and posture.

Check precisely whether or not the center of your body deviates in any one direction, left, right, front, and back. When the center of your body is in a correct position, you can feel your bottom weight by your soles.

If you can feel this, Song·Chim·Joong state is being maintained while you are standing.

9. Breathe.

Breaths slowly while you are standing.

In this exercise, utilize the breathing meditation technique.

That means, listening to the inhalation and exhalation sound.

Since our body has become delicate by meditation practice, during breathing meditation, our body will relax to gravity except for the minimum tension necessary for the body to stand.

Continue this for 5 minutes.

10. Do not adjust your breathing artificially.

Stand and listen comfortably to your breathing sound.

While you are doing this, try to listen to your breathing sound loudly, do not intentionally adjust your breathing.

Just hear your breathing sound comfortably and idly.

11. Feel your whole-body weight by your soles.

Your body should be in a relaxed state except for the minimum tension to maintain a standing position.

Naturally, joints, muscles, and ligaments will stretch to the gravity, and the increased and the accumulated whole-body weight stacked up on your feet, the distal end of them.

You should feel the stacked weight of your entire body by your soles.

The more weight you feel, the higher the degree of relaxation. If you cannot perceive the weight on your soles, that means your body is still tense. So slowly relax your body while you are performing a breathing meditation.

Then you can feel the accumulated body weight by your soles naturally.

Continue this step for 5 minutes.

12. Feel your arms' weight.

Since your arms are acclimated by the gravity, these weights are accumulated on your palms, the distal end of your arms.

Thus, you can fully feel the weight of the arms from your shoulders to the arms. If your arms are completely relaxed, you can feel the arms weight, which dropped from your shoulders and accumulated your forearms, wrists, and hands.

However, if the relaxation is not enough, you can't feel it. Thereby, when you cannot feel the weight of your arms, you should try to relax your arms first by breathing.

These relaxed arms stretch into the gravity, so that joints, muscles, and ligaments, etc. to get loose, and you will create your arms' elasticity naturally.

Continue this step for 5 minutes.

13. Feel your limbs at the same time.

Feel your weight at your soles and hands at the same time.

This technique integrates your body and improves Song·Chim·Joong state more and more.

Continue this step for 5 minutes.

14. Breathe.

Listen to your breathing sound.

When you use Imagination, do not practice breathing meditation technique.

Utilize it only when you are relaxing and finalizing.

I have explained the standing state in 14 steps.

Most human movements are carried out in standing state. Therefore, if you become perfectly aware of your standing state and utilize your body, your everyday life will naturally become training sessions.

1-4. Basic Walking

[Step 3] of the tension

1. Stand upright as the Basic Standing Pose.

As in the Basic Standing position, stand with your legs in shoulder width apart.

Do not tilt your body center in either side and they should be correctly centered.

Use the minimal strain and stand upright.



2. Walk comfortably.

Walk with only the minimal strain.

When you are walking, you should be able to feel that your upper body is stacked on top of your pelvis.

In this way, the upper body can move with only the minimal strain.

Moreover, your upper body can react immediately with the power rising from the lower body without tension. For this reason, the upper body uses a little strain not to bend, but to hold upright.



3. Step on the ground causally.

When you are walking your soles should step on the ground causally.

Do not step on the ground with artificial strain. Use the natural strain

created by your whole-body weight.

As if two space ships are docking each other, the ground and your soles would contact slowly and smoothly, but with pinpoint accuracy.

When the feet touches the ground, tread on step by step from the heel to the tiptoes. In that way, the floor and your feet will contact as if they docked smoothly.

In this step, the most crucial part is to walk with the minimal strain. Be sure to keep this in mind.

4. Imagine that the wind is blowing at your back.

Imagine that a strong wind at your back moves you forward. You can walk with the minimal strain.

Your upper and lower body moves at the same time without being separated simultaneously. Since the upper body is attached to the lower body, when the lower body moves, the upper body naturally follows.

If you perceive the feeling that the lower body carries the upper, you can move the whole body in one unit.

5. Drop your arms naturally.

Drop your arms casually without getting tense.

While walking, let them move naturally.

Never give strain and move your arms with any intentions. Move naturally along your upper body moves.

By that, your arms' relaxation will get deeper.

The fully relaxed arms will feel like a heavy rubber. If you feel that way, that means your arms are fully relaxed.

6. Walk while being aware of your legs as pillars.

The structure from feet to knees is like the pillars of the legs and the whole body. These pillars make your body stand and move.

While you are walking, notice the pillars of your legs.

When your body is relaxed, the whole-body weight accumulates in your legs as pillars, and you can feel your body movements' sensitively through the pillars.

If this feeling persists, the pillars of the legs become firmer.

If you practice these walking exercises through 6 steps, the practice always will be in your daily life. However, just walking without awareness cannot build your body.

Just walking and walking with awareness are completely different.

Therefore, after learning correctly 6 steps of walking awareness technique, then walk. In this walking, you can move your whole body

by yourself with the minimal strain.

In the beginning, walking with awareness may be uncomfortable and awkward. However, after some practice, the body will walk with awareness by itself without your intention.

7. Combine walking with breathing technique.

Walk comfortably while practicing breathing technique described by step 6. Mainly, when you need to walk for a long time, practice the breathing technique in this step.

Walking, while practicing this technique, can be awkward at first as in step 6. Once you get used to it, you can combine walking with breathing technique comfortably, and you will not be tired after a long walk. Notably, such as hikers and soldiers, those who have to walk for a long time, using this technique can be very helpful.

1) Basic Walking

- Walk [one step] while inhaling, and [one step] in exhaling.

2) Walking in sequence (Increase)

- Walk [two steps] while inhaling, and [two steps] in exhaling.

The crucial point here is that during the walk, once inhaling, it should not be hold, but continue breathing smoothly.

If two steps in one breath are possible, walk ascending stepwise.

- Walk [three steps] while inhaling, and [three steps] in exhaling.

- Walk [four steps] while inhaling, and [four steps] in exhaling.
- Walk [five steps] while inhaling, and [five steps] in exhaling.
- Walk [six steps] while inhaling, and [six steps] in exhaling.
- Walk [seven steps] while inhaling, and [seven steps] in exhaling.

The crucial point here is that breathing and walking speed should not be accelerated. Naturally, walk following your breathing cycle.

3) Walking in sequence (Decrease)

The other way rounds this time. Decrease your breathing cycle and walking steps.

- Walk [seven steps] while inhaling, and [seven steps] in exhaling.
- Walk [six steps] while inhaling, and [six steps] in exhaling.
- Walk [five steps] while inhaling, and [five steps] in exhaling.
- Walk [four steps] while inhaling, and [four steps] in exhaling.
- Walk [three steps] while inhaling, and [three steps] in exhaling.
- Walk [two steps] while inhaling, and [two steps] in exhaling.

Increasing and decreasing the breathing cycle combined with the walking steps are called a pyramid sequence. If you train [Pyramid Sequence] for a long time, your body's awareness will be enhanced and you will naturally learn how to use your breathing in your movement.

4) Walking in sequence (Hold)

This step is the last step of the Continuative-Walk. Hold your breathing in the middle of this step and add a walking motion sequence. In the previous step, you do not hold your breathing and

walk during the inhalation and the exhalation in succession.

In this step, we add a step of holding breath, which aims to lengthen your breathing and enhance body movement ability in the situation that you have to pause your breathing.

Inhalation (Walking) - Hold (Walking) - Exhalation (Walking)

This is called Triangle Sequence.

- Two steps while inhaling, two steps while holding the breath, two steps while exhaling.
- Three steps while inhaling, three steps while holding the breath, three steps while exhaling.
- Four steps while inhaling, four steps while holding the breath, four steps while exhaling.
- Five steps while inhaling, five steps while holding the breath, five steps while exhaling.
- Six steps while inhaling, six steps while holding the breath, six steps while exhaling.
- Seven steps while inhaling, seven steps while holding the breath, seven steps while exhaling.

The other way rounds this time. Walk in descending sequence.

- Seven steps while inhaling, seven steps while holding the breath, seven steps while exhaling.
- Six steps while inhaling, six steps while holding the breath, six steps while exhaling.
- Five steps while inhaling, five steps while holding the breath, five steps while exhaling.

- Four steps while inhaling, four steps while holding the breath, four steps while exhaling.
- Three steps while inhaling, three steps while holding the breath, three steps while exhaling.
- Two steps while inhaling, two steps while holding the breath, two steps while exhaling.

In this way, you have learned the basic walking and Continuative-Walk technique.

There are ideal breathing and walking cycle for each person.

The way to find them is the same way as finding the ideal breathing capacity. In other words, as you increase breathing and walking counts, you will find the most comfortable breathing and walking cycle.

While walking in sequence from two steps to seven steps in ascending sequence of breathing cycle, at a specific stage, you will feel a tension in your [neck and clavicle]. That means the breathing and walking cycle right before that tension was created is the right fit for you.

If you walk along the cycles that fit you, your body will walk in its most ideal form for much longer than you have ever walked using the bare minimum amount of energy.

1-5. Basic Running

[Step 4] of the tension

1. Stand upright as the Basic Standing Pose.

As in the Basic Standing position, stand with your legs in the shoulder width apart.

Do not tilt your body center to one side and focus precisely on the center.

Use the minimal strain and stand upright.



2. Run slowly.

Run slowly using minimal strain.

As in walking, you should feel that your upper body is stacked on top of the pelvis. By that, the upper body is moving according to the lower body's guide.

The speed of running is a little faster than the walking.



3. Step on the ground causally.

As in walking, your soles step on the ground causally.

When running, your weight increases more than walking, so your soles feel more your body weight.

Increased whole body weight gets transported to your legs, and the legs get more strain to support the weight.

This strain is the ideal tension condition to use when running. It is not an artificial tension, but natural one from your upper body.

Keep this feeling and run.

Never use artificial tension other than the natural one.

When your feet touch the ground, contrary to the walking practice, tiptoes touch first and then heels. This would be as if walked like a docking of the ground and the feet softly as well.

4. Imagine that the wind is blowing from your back.

This training is the same as the basic walking technique.

Imagine that a strong wind at your back moves you forward. By this imagination, you can run smoothly and effortlessly.

Besides, your upper and lower body moves at the same time without being separated spontaneously.

While running like this, you will feel that the lower body carries the upper body for moving. When this feeling becomes clear in a running movement, you can use your body as one unit in any quick motions.

5. Drop your arms by themselves.

Drop your arms casually without getting tense.

While running, let them move naturally.

Never give strain and move your arms with your intention. Move spontaneously along your upper body movement.

By that, your arms' relaxation is getting deeper.

As your arms are getting more relaxed, you can continue to feel the weight of your arms while you are running. When your arms relaxation is complete, your arms can move quickly and freely.

6. Run with awareness of your legs as pillars.

Run with awareness of your legs as pillars, same as in walking step.

The power of the whole body drops to the pillars of your legs, and the pillars kick the ground with the stored power to move your body.

Run with awareness of this feeling.

7. Breathing in the Basic Standing position.

After running as five steps, breathe comfortably in the Basic Standing position.

Breathe in through the nose and breathe out through the mouth.

Except when meditating, it is better to breathe like this, so the body can relax easily.

Thus far, through total of 7 steps, I have explained the basic running.

If you continue to practice the Basic Running, you will become more aware about how to move the upper and lower body, and your arms. Furthermore, you will notice that the lower body conducts all of the upper body movement while running. And you will understand by yourself how to move quickly while you are performing quick steps.

Finally, as combined breathing cycle and walking, we can connect breathing cycle with running. If you run along with this breathing cycle, you can maintain your body balance for a long time without getting tired even during a long-distance running.

1) Basic Running

- Run [one step] while inhaling, and [one step] in exhaling.

2) Run in sequence (Increase)

- Run [two steps] while inhaling, and [two steps] in exhaling.

If this possible, run in ascending stepwise.

- Run [three steps] while inhaling, and [three steps] in exhaling.

- Run [four steps] while inhaling, and [four steps] in exhaling.

- Run [five steps] while inhaling, and [five steps] in exhaling.

- Run [six steps] while inhaling, and [six steps] in exhaling.

- Run [seven steps] while inhaling, and [seven steps] in exhaling.

If you practice this process for a long time, you can run [twenty steps] in one exhalation. However, this is a result of the training so do not try this intentionally.

1-6. The internal limb muscles training

Stimulating the deep layers of limbs

1. Lie down comfortably on your back, facing upwards.

It is the same as the Basic Breathing position.

Lie down comfortably on your back, facing upwards.

Just like the Basic Breathing, lie down on a flat surface. If the surface is not flat, the completely relaxed body will become tense due to the discomfort coming from the surface.

Lie down in the most comfortable and ideal place for your body to be adequately adapted to the gravity. Thus, your body can be relaxed without being strained in any part of the body.



2. Adjust the angle of arms and legs.

Do not bend over your arms and legs, and just let them rest on the floor naturally.

Adjust the angle of the arms and the legs to around 30 degrees from the body.

This position is the same as the Basic Breathing pose as well.

3. Close your eyes.

This is the same as the Basic Breathing position.

Close your eyes slowly.

When you close your eyes, the brain's resource used for vision is not consumed.

This surplus resource is used for imagination, so we can use

imagination more efficiently. Therefore, there is a big difference between your eyes opened and closed when you use imagination.

With your eyes closed, be ready to use all your resources for imagination.

4. Breathe.

Breathe comfortably.

Breathe in through the nose and breathe out through the mouth.

Do not use imagination while you are breathing.

5. Straighten your right tiptoes up.

Move your right foot tilted to outward to the center.

And straighten your right tiptoes up.

You feel a slight strain on your right leg.

Relax your body except for your right leg.

6. Raise your right leg slowly.

Raise your right leg slowly with your tiptoes up.

Raise it up to a 30 degrees angle between the legs and the ground.

At first, raise it up to 30 degrees not excessively.

You can lift it up to 45 degrees when the power builds up on your legs.



7. Use your Imagination.

Imagine that someone is holding your ankles.

Imagine that person is slowly pulling your legs upwards. If you practice this, your internal muscles and nerves will be stretched delicately.

This technique aims to stimulate the internal muscles, nerves, ligaments, and others deep layers of the legs using imagination. This practice enhances the inner power of your legs.

This power will become a strong body pillars later when you stand DK CJG.

The crucial point here is that you should not move your body forwards. Your body should stay the same and only raise your legs upwards.

8. Slowly dropping the right leg

A lifted leg stops at 30 degrees from the floor and again slowly drops.

At this time, using your imagination and visualize someone holding your ankles and pulls your leg up slightly. Through this practice, your inner layer of the leg will be stimulated.

Repeat this step 10 times.



9. Raise your left leg with left tiptoes up and rest down.

Raise your left leg with left tiptoes up and rest down.

At this time as well, use the same imagination.

Repeat this step 10 times.





10. Breathe.

Breathe the same way.

Breathe in through your nose and breathe out through your mouth.

Do not use imagination while you are breathing.

Continue this step for 5 minutes.

11. Drop your right palm down on the floor and open your fingers.

Adjust your right hand and rest your palms on the floor.

Open your fingers.

Try not to put too much tension on your fingers.

12. Raise your right arm slowly.

Raise your right arm slowly up to 45 degrees from the floor.

As you raise your arm, your fingers should remain open.

Be sure not to move your shoulders.

Just move your arm.

Relax your body except for your right arm.



13. Use your imagination.

Imagine that someone is holding your wrist.

As you raise your arm, someone is slowly pulling your arm up. And your internal muscles and nerves of the arm will be stretched delicately.

This technique aims to stimulate the internal muscles, nerves, ligaments, and others of the deep layers of the arm using imagination. This practice enhances the inner power of your arms.

This power will be improved immensely later when you practice DK CJG.

14. Lower your right arm slowly.

A lifted arm stops at 45 degrees from the floor and again slowly drops on the floor.

At this time as well, using your imagination and visualize somebody holds your wrist and pulls your wrist up slightly. Through this practice, your inner layer of your arm will be stimulated. The fingers should remain stretched open.

Keeping the fingers stretched is for the arm's muscles to be merged as one unit by tuning the fine strain of the arms.

Repeat this step 10 times.



15. Do the same for your left arm.

In the same way as your right hand, rest your left palm on the floor and open your fingers.

Raise your right hand slowly up to 45 degrees from the floor.

At this time as well, use same imagination.

Repeat this step 10 times.







16. Breathe.

Breathe comfortably after stimulating your right and left hand.
Breathe in through your nose and breathe out through your mouth.
Do not use imagination while you are breathing.
Continue this step for 5 minutes.
Practice this for a month.

After a month, the muscles and nerves in the deep layers of the limbs will be stimulated, and your legs and arms will become more elastic.

1-7. Loosening the seven joints

Loosen your major joints

1. Stand upright as the Basic Standing Pose.

As in the Basic Standing position, stand with your legs in shoulder width apart.

Do not tilt your body center in either side and they should be correctly centered.

Use the minimal strain and stand upright.



2. Neck

Major Joints 1

Pull your neck backward to relax the anterior part of your neck.

Pull your neck forward to relax the posterior part of your neck.

Turn your neck to the left to relax right part of your neck.

Turn your neck to the right to relax left part of your neck.

Rotate your neck from left to right.

Rotate your neck from right to left.



Do not move your neck intensely but use minimal tension to stretch your neck muscles.

Feel your neck joint and muscles and move during this exercise.

3. Shoulders

Major Joints 2

Roll your right shoulder backward up, then back, and down.

Roll your left shoulder backward up, then back, and down.



Roll your right shoulder forward up, then back, and down.
Roll your left shoulder forward up, then back, and down.



Move only muscles around your shoulders.
Feel your shoulders joints and roll them.

4. Elbows

Major Joints 3

Raise your right elbow 45 degrees up and roll outward.

In this time reversely, roll inward.



Raise your left elbow 45 degrees up and roll outward.
In this time reversely, roll inward.



Be sure not to raise your shoulders.
Feel your elbows joints and roll them.

5. Wrists

Major Joints 4

Drop your hand and roll your right wrist outward.

Reversely, roll inward.



Drop your hand and roll your left wrist outward.
Reversely, roll inward.



Use your wrists muscles only, and the others relaxed.
Feel your wrists joints and roll them.

6. Pelvis

Major Joints 5

Place your hand on your pelvis.

Rotate your pelvis from left to right.

Rotate your pelvis from right to left.

Move your pelvis back and forth.





Move only muscles around your pelvis and the rest should relax.
Feel your pelvis bones and move it around.

7. Knees.

Major Joints 6

Lift up your right foot and make a 90-degree angle.

Roll your right foot outward.

Reversely, roll inward.





Lift up your left foot and make 90 degrees angle.
Roll your left foot inward.

Reversely, roll inward.





Here, your shin and your foot should be free to move around your knee as the central axis. And feel your knee joints and roll them.

8. Ankles.

Major Joints 7

Lift your right heel.

Roll your right heel outward.

Reversely, roll inward.

Lift your left heel.

Roll your left heel outward.

Reversely, roll inward.

When lifting your heel and stepping on the ground with your toes, give a strain just to touch the surface slightly. This will make your ankle more relaxed and movement easy.

Feel your ankle and roll.





You can create a more comfortable posture when you practice DK CJG by loosening your seven major joints. This comfortable posture keeps your joints from injuries and enables you to take a long posture to build up strength inside.

02

DK ChamJangGong

Changing the inner substance of your body

DK ChamJangGong has total of seven stages.

The 1st stage: Consolidating your body to create a nucleus.

The 2nd stage: Develop an excellent quality of nucleus.

The 3rd stage: The nucleus roots on the earth.

The 4th stage: The nucleus roots into the earth.

The 5th stage: The nucleus spreads its roots under the earth.

The 6th stage: Stems grow from the roots.

The 7th stage: Thus, it bears fruits.

The main focus of DK CJG is to change the internal disposition of your body and applies it on the external use. If you practice these seven steps, your body temperament will change and you will be able to utilize your body freely as it was explained the previous chapters.

2-1. The first stage of the DK ChamJangGong

Consolidate our body to create a nucleus

1. Stand with your feet together.

Unlike basic standing, the feet are placed together.

When your feet are placed together, the inside edges of both feet completely closed together.

Therefore, naturally between your knees and shins are closed together.

However, those who have bowed legs might not close them together. In this case, do not strength it and just hold the feet together.

If you have any difficulty keeping your feet together or much tension, tie around your knees with a strap to fasten them tightly. By that, you can close your feet without much tension.

Moreover, never lift up your heels.

The soles should stick on the ground.





2. Your tiptoes should face the front.

The tiptoe should face the front not to have tension on the leg. Thereby, point the tiptoes to the front so that tiptoes, knees, and pelvis can be placed in alignment.

3. Bend slightly your knees.

If you use only minimal tension for your standing, as in [Basic Standing], your knees will naturally bend slightly.

Thereby, relax around your knees and bend them naturally.

4. Straighten up your slouching shoulders.

Hunched shoulders can cause your waist stressed, so your body would be out of balance. Thus, straightening out your shoulders can maintain your spine firmly.

5. Drop your arms naturally.

The arms should not be tense. Let them drop into the gravity by themselves.

By doing so, the joints, muscles, ligaments and the rest of the arms get loose by gravity, which can spontaneously create the elasticity of the arms, and make the whole body one mass of nucleus.

When your arms are relaxed, arms naturally fall apart by the pelvis. If your arms are in this position, your shoulders and arms should be completely relaxed.

6. Use the minimal strain.

Use the minimal strain and stand upright.

As you have done basic training before, using the minimal strain is not so hard.

The upper body is laid on the lower body, and the lower body straightens up the upper body using only the minimal tension.

7. Close your eyes.

Close your eyes slowly.

8. Breathe.

While standing, do [breathing meditation] slowly.

Breathe both inhalation and exhalation through your nose.

Do not breathe through your mouth.

Listen to the inhalation and exhalation sound slowly.

Continue this step for 5 minutes.

9. Adjust the whole body by your ankles and soles.

After breathing practice, your body will be relaxed naturally.

You will become the Song·Chim·Joong state, and the whole-body weight has accumulated on your soles naturally. The upper body is relaxed, and the pelvis and thighs maintain a minimal strain so that the whole body can rest on the soles and the ankles.

The soles and the ankles adjust the whole resting body in this way.

It is like putting up long and solid pillars on the ground.

The upper part is relaxed, and the lower is centered on to stand our body. By that, the upper body is at ease so that the lower body can coordinate the whole body. Through this coordination of the body, you can understand the ultimate principle of the body movement by yourself.

Continue this step for 10 minutes.

10. Enjoy your subtle body movement.

When you put up a stick on your palm and move your palm, the rod falls by the gravity. To balance the rod, you should move the palm instead of adjusting the stick.

Likewise, the upper body is like a rod stacked on top of your lower body.



Since the upper body rests on the lower standing with the minimal tension, your waist is apt to bend by the gravity. The waist, however, does not bend because it adjusts the upper body moves with minimal tension. Only the subtle strain is passed on to the lower body.

If standing with two legs wide apart on the floor, the body balance is firm, so that the subtle strain passed on to the lower body cannot break the body balance. If standing with two legs narrow apart on the floor, the body balance is unstable, so that the subtle strain breaks the

body balance.

The first stage of the DK CJG is that destabilize the body balance to make subtle moves. In the state that the body balance is not stable with the minimal strain to resist the gravity, your body stands unstable on the ground.

In this state, a very subtle tremor continues to appear preventing body collapses but adjust this tremor only by the soles and ankles.



These subtle moves stimulate the deep layers of nerves, muscles, ligaments, capillaries, and others and enhance the body function. Moreover, we will recognize, step by step, how to move the body, which is consolidated by the lower body because the whole-body weight is under control by the bottom weight.

Continue this step 5 to 10 minutes.

11. Breathe.

While standing, do [breathing meditation] slowly.

Breathe both inhalation and exhalation through the nose.

Do not breathe through the mouth.

Listen to the inhalation and exhalation sound leisurely.

Continue this step for 5 minutes.

After this one-month training, the next stage will be using abdominal pressure.

12. Using abdominal pressure.

At first, adjust subtle moves by soles and ankles.

After one month, add abdominal pressure to use.

When delicate moves arise, using soles, ankles, and the abdominal pressure at the same time adjust your body.

When using abdominal pressure, strain around abdominal region. When the body moves, strain abdominal region to adjust body center,

once it is centered on, release the tension.

Repeat this practice.

Keep in mind that other than abdomen, your body should not be tense. If other parts are tense, the body loses its unity.

Make sure to strain only around abdominal region.

Continue this step for 10 minutes.

These total 12 stages are the first stage of the DK CJG.

Practice this stage at least for two months, and your body will achieve the unity. And if you transform your body into one unit, you will recognize your ability to adjust the upper body by your soles and ankles.

2-2. The second stage of the DK ChamJangGong

Developing an excellent quality of the nucleus

1. Take your position the same as the first stage of DK CJG.

It is the same as the first stage of DK CJG.

Take the same posture on the forefoot, knees, shoulders, arms, and others.



2. Close your eyes.

Close your eyes slowly.

3. Breathe.

It is the same as the first stage of DK CJG.

Continue this step for 5 minutes.

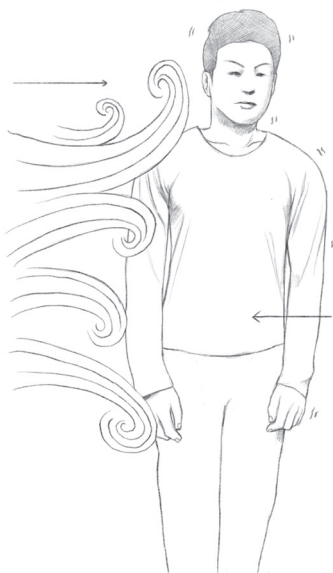
4. Use imagination of the wind.

Imagine the wind blowing in every direction.

1) Imagine the strong wind blowing from the right.

The strong wind is battering the right side of your body, and as soon as you relax your body, you will feel like you will blow away toward the left. To resist this wind, you slightly lean your body rightward. Just imagine with your imagination, not actually to strain or move your body.

Make sure to keep this in mind.





2) Imagine the strong wind blowing from the left.

In the same manner, the severe wind is battering the left side of your body, and as soon as you relax your body, you will feel like you will blow away towards the right side. To resist this wind, you slightly lean your body leftward. Just imagine with your imagination, not actually to strain or move your body.

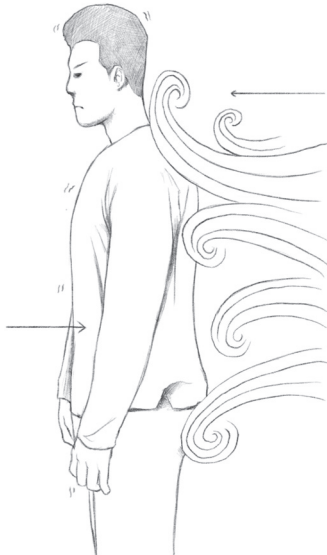


3) Imagine the strong wind blowing from the front.

In the same manner, the severe wind is battering the front of your body, and as soon as you relax, you will feel like blowing away backward. To resist this wind, you slightly lean your body forward. Just imagine with your imagination, not actually to strain or move your body.

4) Imagine the strong wind blowing from the back.

In the same manner, the severe wind is battering your back, and as soon as you relax, you will feel like blowing away to the front. To resist this wind, you slightly lean your body backward. Just imagine with your imagination, not actually to strain or move your body.



Use four Imagination like this.

Since you have already built your basic body condition earlier, using imagination should not be difficult for you. If you feel a severe typhoon battering your body, it means that your basic body condition has been achieved along with the increased concentration of your mind. If you don't feel any wind, your basic body condition is not ready yet.

When you continue this practice, it activates the deep inner layer of mind and body and strengthens the internal energy. Also, the central nervous system will be able to balance your body firmly.

Practice each direction for five minutes and make a total of twenty minutes.

2-3. The third stage of the DK ChamJangGong

The nucleus roots on the earth

1. Stand upright comfortably.

Stand in a basic standing posture.

Stand with the front foot forward and shoulder width apart.

Keep your body center balanced at 5:5 of left and right.

Stand with the minimal strain.

In an old book, you would imagine as if the top of your head is hanging from the ceiling, but you don't have to think like this. This instruction is just the method not to move your body.



Stop any movements and stand upright comfortably.

2. Bend your knees slightly.



Bend your knees slightly more than the basic standing position. You can imagine sitting on a gym ball in waist high or on a highchair.

The reason for bending the knees little more is to stretch the spine upright by pulling round back your lumbar spine. Thereby, bending the knees creates space for the lumbar spine to move.

However, do not bend them too much.

Bending too much puts a lot of pressure on your knees by your upper body weight, which will damage your knee joint. Therefore, do not bend too much. Just bend a little bit more than a basic posture, so that you can prevent your bodyweight pressuring down on your knees.

3. Straighten up your slouching shoulders.

It is the same as the basic standing position.

4. Drop your arms naturally.

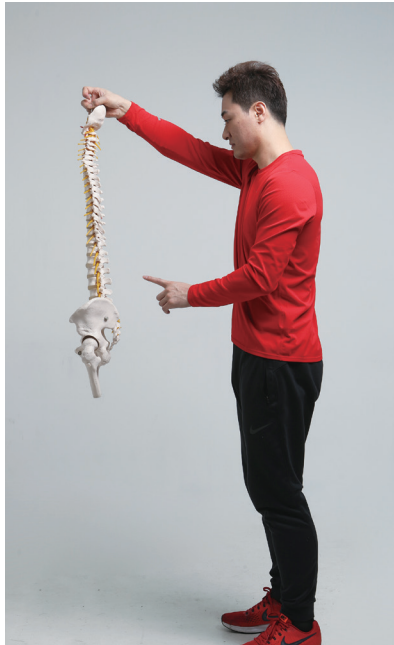
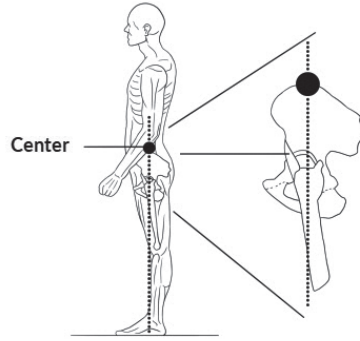
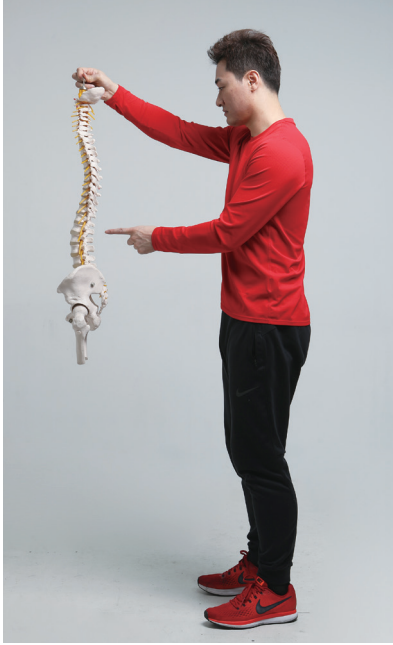
It is the same as the basic standing position.

Your arms are pulled by the gravity so that the muscles, ligaments, and nerves of the arms are naturally stretched.

5. Align your spine column vertically.

Tuck in your S shape lumbar spine and stretch the spine upright.

Using minimal muscles around your abdomen and turning the pelvis forward, the lumbar spine will stretch upright. If you maintain this posture, the spine aligns vertically and stretches upright, which loosens the spinal joints, muscles, and ligaments toward to the gravity.



In an ancient book, this is called ‘proper centering (or alignment) of the tailbone (尾闾中正)’.

When doing tucked-in, at first, abdominal muscle, pelvis, and lumbar spine are tensed. However, continuous training can build the vertical alignment of the spine even with the minimal use of the muscles around the abdomen and pelvis.

This method makes the spine get loose steadily.

Do not relax the lumbar spine, but continually strain and strengthen it.

This point is called the Mingmen point, the Door of Life (GV 4), which is the center of the gravity field of our body. This point should be strained so that the vertical alignment cannot lose its position and can maintain for a long time.

However, this point also uses the minimal strain as well.

6. Use minimal strain.

When the vertical alignment has been built, stand using the minimal strain.

Your arms should be completely relaxed.

The lumbar spine should nearly relieve the strain except for the lumbar spine.

The knees have to bend with the minimal strain.

Your soles and ankles support whole-body comfortably.

There is one part of your body you must check at this point.
It's your buttocks.

When flexing backward, the buttocks should absolutely be relaxed. When your buttocks tucked in, if the strain still left on your buttocks the tension is not entirely relieved yet.

The buttocks tension cannot be relieved easily.

In this case, if you do not try to artificially relieve tensions on your buttocks. Simply continue to train basic breathing and practice the third stage of DK CJG, and it will suddenly disappear one day.

Therefore, steadily practice the basic training and preparing your body to be in an ideal condition is very crucial.

7. Close your eyes.

Close your eyes slowly.

8. Breathe comfortably.

Breathe both inhalation and exhalation through the nose.

Do not breathe through the mouth.

At this time, do not practice with the breathing meditation technique.

Breathe gently and slowly.

9. Drop your pelvis.

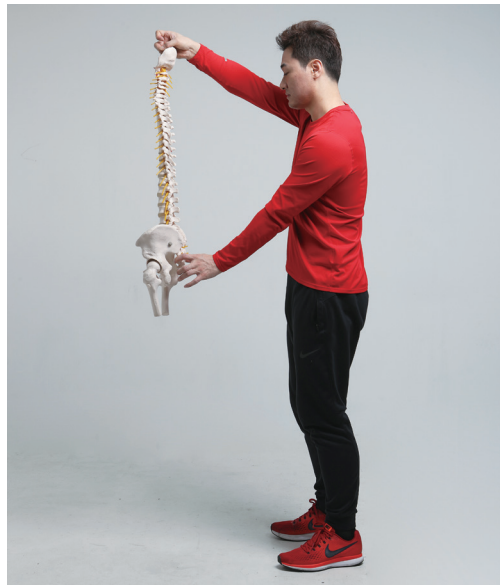
Relax around your pelvis.

And feel that your pelvis is relaxed at the posterior buttocks.

When the upper body and around pelvis are at ease, due to knees bending, the buttocks of the posterior part will get loose slowly to the gravity direction. The body does not move, but along with the pelvis, the spinal muscles pull down each other and move downward as if railroad cars connected to the train.

This is the state of the movement in the stillness.

When the spinal column is lined up and slightly loosened; the joints, ligaments, muscles, and nerves of the spine also get loose, creates a great deal of elasticity.



10. Feel the stretched arms.

The arms follow the gravity and it will keep pull down towards the ground.

Feel the arms pulled by the gravity.

The joints, muscles, ligaments of the shoulders and arms will slowly get loose.

11. Feel the whole-body weight.

Feel your arms and spine stretch loosely at the same time.

You can feel the upper body is getting loose by your bottom weight.

Feel your weight accumulating on the pillars of the legs because of the upper body loosened. The deeper the upper body is relaxed, the stronger and firmer the pillars of the legs will be.

The upper body keeps dropping to the bottom weight, and the lower body maintains to hold the upper body so that it can create the form of rotating Taeguk (Yin-Yang), that is the upper qi down, and the lower qi up. If we look closely,

the shoulders and the arms drop,
and the spine and the lumbar spine fall as well.

The pillars of the legs hold the upper body,
and they root on the earth.

Thus, stand with while you are aware of the whole-body senses.

Continue this step for 20 minutes.

From the third stage of the DK CJG, real training of your body starts.

In this stage, the upper body gets loose, so it will create elasticity, and the legs bones will gradually become dense, so they will become more strong and firm. As a result, the frictional and the grip strength will be enhanced, and you will be able to multiply your physical strength in an instance by the principle of action-reaction.

Thereby, if you practice the third stage of the DK CJG, for 20 minutes every day for six months to one year, you can build the body elasticity and create the internal explosion with your body.

2-4. The fourth stage of the DK ChamJangGong

The nucleus roots into the earth

1. Stand comfortably with your feet wide.

Face the front and stand with your feet 1 meter-distance apart.

If the feet distance is too wide, the hip joint will get tense, so adjust the feet width around 1 m apart as the figure shows.



2. Adjust your tiptoes' direction and the center of the body.

Face your tiptoes at a 45-degree angle.

Move the knees along with your feet direction.

The tiptoes and the knees should face the same direction. Otherwise, it can damage your knee joints due to much weight pressure on your knees.

3. Slightly bend your knees.

It is similar to the third stage of DK CJG.

Since the feet distance is wider, you must bend your knees slightly more than the third stage.

Do not bend your knees excessively. Bend just enough for your body to be stable.

The critical point is that you use the minimal amount of tension just enough to stand up straight without putting excessive amount of artificial strength.

4. Straighten up your slouching shoulders.

It is the same as the basic standing position.

5. Drop your arms spontaneously.

It is the same as the basic standing position.

6. Align your spine column vertically.

This step is the same as the third stage of DK CJG.

Tuck in your S shape lumbar spine and stretch your spine upright.

In the fourth stage, since the feet-distance is far, tucked-in is more difficult than the third stage. Therefore, lumbar spine and the hip joint will slightly tensed up.

However, if you continue to train the [Basic Breathing] step and practice [the third stage of the DK CJG], you can straighten your back with minimal strain.

7. Use the minimal strain.

This step is the same as [the third stage of the DK CJG].

With minimal strain, keep your body in shape.

In the fourth stage, pelvis and legs have much strain because the feet-distance is far. However, this strain cannot be artificial because it is natural to build the structure of the body.

This strain is the ideal tension.

Besides this strain, do not make any artificial tension.

Your pelvis and arms should drop along with the gravity naturally.

8. Close your eyes.

Close your eyes slowly.

9. Breathe comfortably.

This step is the same as the third stage of DK CJG.

Breathe comfortably without breathing meditation.

Inhalation and exhalation through your nose and don't breathe out

through the mouth.

10. Drop your pelvis.

This step is the same as the third stage of DK CJG.

Drop your pelvis to relax the spine.

As explained earlier, since your feet-distance is far from each other, you may feel less pelvis dropping than the third stage. This feeling is just a structural problem, so you don't need to worry about it at all.

It just loosens around the pelvis and keeps the pelvic slack.

11. Feel the stretched arms.

This step is the same as the third stage of DK CJG.

12. Feel the whole-body weight.

This step is the same as the third stage of DK CJG.

The arms, spine, and pelvis get loose and drop to the bottom weight. And you feel the bottom weight will gradually get heavier.

The most critical point is the pillars of the legs.

In the fourth stage of the DK CJG, your awareness and utilization of your legs being the pillars will be enhanced greatly. This result is from

the body weight completely dropping down and rooting on the ground through the pillars of the legs.

Since the weight comes down from the upper body passes down to the pillars of the legs, the bones of the posts become much solid and firm.

This result will take an in-depth effect on steps and body movements later on. In this state, you will be able to perform the heavy weights naturally.

While you feel your arms and spine stretch loosely from the upper body to the bottom weight, and also sense that the strength spreads out from the pillars of the legs into the earth.

Continue this step for 10 minutes.

However, do not practice for more than 10 minutes because it may damage your knees.

Thus, practice the fourth stage of the DK CJG with these 12 steps. You should practice Stage 4 after training Stage 3 at least for six months.

While training stage 3, you should strengthen your muscles, ligaments, and joints, so that you can increase your body power by stage 4 practice. Therefore, when your knees ache or cannot perform retroflexion well during stage 4 training, you have to go back to stage 3 and build your body thoroughly before coming back stage 4 again.

Stage 4 is training with stage 3.

Practice stage 3 for 20 minutes first, and then stage 4 for 10 minutes.

This is the meaning of, 'Rooting down into the ground first, and spreading the root.'

2-5. The fifth stage of the DK ChamJangGong

Nucleus extends its root into the earth

1. Stand comfortably with your feet apart.

Make the same stand as [the fourth stage of the DK CJG].

Turn your torso to the right, so your chest can faces the right side.

The right tiptoe, a right knee, and pelvis turn along the chest.

The chest, right tiptoes, a right knee, and pelvis should face the same side.

And the left foot turns around at a 30 degree to the right.

Since the pelvis turns to the right, naturally left foot also turns to the right slightly.

Keep this postural position with the minimal tension.



2. Lean your upper body.

Lean the upper body at a 30-degree angle forward.

At this time as well, lean your torso with the minimal strain.

3. Adjust the center of the body.

Place your body center in the middle.

Postural of this stage does not create precisely the center of 5:5, as the torso is leaning, as in the posture of [the DK CJG stage 4].

Therefore, though you place the center of your body in the middle, your weight rests a little more on your left foot.

That is to say, your left foot supports the body, and the right foot assists it.

4. Bend your knees slightly.

This step is similar to the fourth stage of the DK CJG.

However, because of the leaned position, the knee of the rear leg will be bent a little more, and the knee of the front leg will be stretched a little more.

For the angle of the knees, see next figure.

The knee of the rear leg supports the upper body, but on the other hand, the front leg is just connected structurally so that the torso may not collapse. When viewed from the side, a diagonal straight-line forms between the head and the back leg. A front leg supports that straight line.

This position would be as if the sprinter were at the ‘on your marks’ waiting for the starting signal.

This posture puts more weight on the rear leg.

Therefore, the knee of the rear leg is under more pressure than the front. In this position, if you bend the knee of the rear leg excessively to reduce the weight pressure, the more weight puts on it so that the knee joint can be damaged.

Do not bend your knee excessively.

5. Straighten up your slouching shoulders.

It is the same as the basic standing position.

6. Drop your arms spontaneously.

It is the same as the basic standing position.

Since the roots and stems are not firm yet, do not move your arms but merely let them drop to the gravity.

These dropping arms take at least one year before complete the relaxation of the arms.

7. Align your spine column vertically.

This step is the same as the fourth stage of DK CJG.

Standing with your feet shoulder-width apart, tuck in your S shape lumbar spine and stretch the spine upright.

Since your upper body is leaning forward, flexing backward is more comfortable than facing forward. However, because every person has different body condition, sometimes flexing backward is difficult for some people.

In this case, tuck in your lumbar spine to build the vertical alignment of the spine.

As every posture of DK CJG, never tense your buttocks. If your

buttocks are tense during the 5th stage, go back to the previous steps and train them completely and then practice the 5th again.

8. Use minimal strain.

This step is the same as [the fourth stage of the DK CJG].

With minimal strain, keep your body in shape.

In the 4th and 5th stage, pelvis and legs have much strain because the feet-distance is far. However, this strain is different from an artificial one because it is a natural strain to build the structure of the body.

Naturally generated tension is not a problem.

Therefore, aside from the strain to form the body shape, relieve all the rest of artificial tension.

9. Close your eyes.

Close your eyes slowly.

10. Breathe comfortably.

This step is the same as the fourth stage of DK CJG.

11. Drop your pelvis.

This step is the same as the fourth stage of DK CJG.

Drop your pelvis to relax the spine.

You feel, in this step, the pelvis less dropping than the previous four steps.

Since the spine and rear leg make a diagonal line, there is a limit to get the pelvis loose in the body structure.

This feeling is just a structural problem, so you don't need to worry about it at all. Just relax around the pelvis and keeps it loose. The weight of the rear leg loads the upper body more than the front, and you feel the weight of the back leg become heavy.

This posture enhances the ability to push the body by building a strong strength on the pillars of the rear leg. Just as a drawn-back catapult moves forward and launches a stone, a post of strengthened rear leg pushes against the ground firmly and make the body move quickly.

12. Feel the stretched arms.

This step is the same as the fourth stage of DK CJG.

13. Feel the whole-body weight.

This step is the same as the fourth stage of DK CJG.

In the position of body leaning, feel that the arms, spine, and pelvis get loose and drop to the bottom weight. As described earlier, you can feel a lot of weight on the pillars of the rear legs, and only perceive the weight of front legs to assist in standing up the body.

Never tense the upper body and drop it loosely.

As the torso loosens and the pelvis relaxes, the accumulated weight on the weight-load will become increasingly heavy.

Continue this step for 10 minutes.

14. Do your left arm in the same way.

Change your position to the left and practice the same way.

Continue this step for 10 minutes.



Thus, practice the fifth stage of the DK CJG with these 14 steps. 5th stage is to train after the 3rd and 4th stage training consistently for at least ten months.

As described earlier, this training enhances the ability of the rear foot to push the ground to move forward quickly. The body with this ability will have explosive power and you will be able to move like a flash of lightning (電光石火).

2-6. The sixth stage of the DK ChamJangGong

Stems grow from the roots

1. Stand your position same as [the third stage of DK CJG].

This step is the same as [the third stage of the DK CJG].

Use the minimal strain.



2. Take your position the same as the third stage of DK CJG.

This step is all the same as [the third stage of the DK CJG].

Take the third stage position: knees, shoulders, head, and backward flexion.

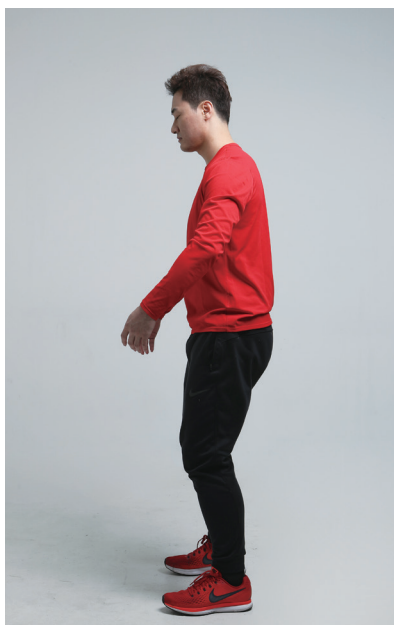
3. Bend your arms raising forward about 30 cm.

Raise your arms about 30 cm ahead comfortably.

When you lift your arm, shoulders should not strain.

Ensure your chest should not be tense.

Use only minimal tension to raise your arms.



4. Adjust your elbows and hands.

Bend your elbows about 30 degrees to make a curve.
Adjust the inside of both elbows to face each other.
The direction of the elbows must be exactly horizontal.

Open all of your fingers.
And make all the knuckles a curve.
Even a single finger should not be straightened.
The wrist also bends slightly inside your torso.
All the fingers, wrists, and elbows should be in curves.

5. Use minimal strain.

Use minimal strain to stand upright.
Particularly, when raising your hands, shoulders and chest should not be strained.
Use only minimal tension to adjust your arms.

6. Close your eyes.

Close your eyes slowly.

7. Breathe.

This step is the same as the third stage of DK CJG.

8. Use your imagination.

Use your imagination to fill your entire body with energy.

1) Imagine a small ball is put in your armpit.

Imagine a small rubber ball is put in your armpit.
Then you can open your arms with least power.

2) Imagine that you are hugging a gym ball.

Imagine you are folding a gym ball in your chest.

The ball is folding in the chest with an entire inner side of the arms from the palm. Use only minimal tension to keep the ball holding from falling.

Since you fold a big ball, you can naturally bend your fingers, wrists, elbows, etc. and keep delicate tension. You also feel great invisible elasticity in the space of your arms and chest.



3) Think that you are in a narrow space surrounded by walls.

Think that lift your arms to bend your elbows in the narrow space.

Since space is too narrow, both elbows touch the wall.

So, even you try further to spread out your elbows, you can't.

Keeping this imagination, feel the touching surface of the elbow and the wall.

Using imagination like this not only prevent elbows spreading out, but also stop all nerves gather inner arms and leaking out from there.

As such, use this three imagination at the same time.

9. Feel the whole-body weight.

Feel three imagination regarding your arms at the same time.

Imagine these processes: The arms are loosened to the bottom weight and become heavy. The spine and the pelvis become loose. The body weight accumulates toward the pillars of the legs gradually.

Feel all these process at the same time.

Continue this step for 10 minutes.

10. Practice in the 4th and 5th stage of the DK CJG stance.

After practicing in the 3rd stage stance, then practice in the 4th and 5th stage of DK CJG stance. Use the imagination in your arms raised with legs apart and then turn your upper body left and right to practice the same way.

This way, continue for five minutes each.

The fourth stage posture: five minutes

Fifth Stage Posture (left): five minutes

Fifth Stage Posture (right): five minutes

Total of 15 minutes



In this way, we start to use the imagination of the arms beginning with the [DK CJG 6th stage]. Up to 5th stage, we loosened the upper body to build the elasticity and increased bone density of the lower body. From 6th stage, we will strengthen the inner arms by shifting the strength accumulated in the root to the arms.

Thereby from the 6th stage, the stem grows from the root.

If you train [DK CJG 6th stage] for 20 minutes every day, the power starting from the root will be transported to your arms, creating a dominant strength inside your body. Moreover, the muscles, ligaments, capillaries, and nerves, etc. of the arms' deep layer will be activated by the imagination.

However, this training should start after at least one year of training at the previous stage. If you raise your arms before that, a lot of tension will prevent 100% of your internal strength from accumulating. It merely becomes an arm exercise.

Therefore, start this training after practicing the previous stage for at least one year.

2-7. The seventh stage of the DK ChamJangGong

As result, it bears fruits

1. Stand your position same as [the third stage of DK CJG].

This step is all the same as [the third stage of the DK CJG].



2. Take your position the same as the third stage of DK CJG.

This stage is all the same as [the third stage of the DK CJG].

3. Bend both hands raise it up to the navel.

At stage seven, lift your arms higher than [DK CJG 6th stage].

Lifting about 50cm, it's around the navel position.

When lifting your arms, ensure not to raise shoulders. Be sure that your chest should not be tense, either.

Use only minimal tension to raise your arm.



4. Adjust your elbows and hands.

This step is all the same as [the sixth stage of the DK CJG].

Make curve all the joints of the arms.

Tense the whole body delicately and integrate it into a curve.

5. Use minimal strain.

This step is all the same as [the sixth stage of the DK CJG].

6. Close your eyes.

Close your eyes slowly.

7. Breathe.

This step is the same as the sixth stage of DK CJG.

8. Use your imagination.

This step is the same as the sixth stage of DK CJG.

Use your imagination to fill your entire body with energy.

1) Imagine putting a middle size ball in your armpit.

This step is the same as the sixth stage of DK CJG.
The ball is a little bigger than before.

2) Imagine that you are hugging a little bigger gym ball.

This step is the same as the sixth stage of DK CJG.
The ball is a little bigger than before.



3) Think that you are in a narrow space surrounded by walls.

This step is the same as the sixth stage of DK CJG.
Since the arms rise a bit higher, the contact surface of the elbow and the wall has only slightly changed.

Like this, use these three imagination at the same time.

9. Feel the whole-body weight.

This stage is the same as the sixth stage of DK CJG.

However, the arms rise a bit higher, and you feel arm's weight less than the previous one. That is because the shoulders and arms use more tension and do not comply with gravity, so being in the anti-gravity.

But, if the relaxation is in the deep level even in this state, you can feel the weight of your arm using imagination as much as you like. And of course, you can feel that the spine and pelvis are loosening, so the weight is accumulating to the pillar of the legs.

During the training, if your shoulders are sore due to tension on your shoulder, slowly lower your hand to relax your arm and then raise your hand again to practice.

Never endure it in practice.

Continue this step for 10 minutes.

10. Change your posture to the 4th and 5th stage and practice the same way.

After practicing in the 3rd stage stance, then go to the 4th and 5th posture of DK CJG. That is, practice with your legs wide apart raising your hands to the navel with your imagination, then turn your upper body to the left and right in the same way before.

This way, continue for five minutes each.

The fourth stage posture: five minutes

Fifth Stage Posture (left): five minutes

Fifth Stage Posture (right): five minutes

Total of 15 minutes

11. The hands rise naturally.

When you reach DK CJG 7th stage in a deep state, inner energy formed in the root, is rising. It is because inner whole-body is unified and connect the nerves into one unit.

The moment that the internal body will have accumulated enough strength, you will experience arms are spontaneously rising upon the chest high. However, you cannot perceive the arms' rising because your eyes are closed, notice only when your eyes open.



This state in which the arms are rising without exertion is called 'DK JaBalGong'.

The internal central nervous system has adjusted the distal end of limbs without any artificial tensions.

If you reach this level, the strengths formed in the roots have bear fruit. Thereby without any artificial tensions, your body will immediately react to your instinct.

However, do not adjust arms at this stage with any tensions.

Adjusting your arms with artificial tension causes much strain on your shoulders and arms, which disturbs training. Therefore, without artificial adjustment, take your time to continue training until your

arms rise by themselves.

Thus, [DK CJG 7th stage] has been explained.

This is the last stage of the DK CJG.

It is regarded as high Qi energy accomplishment when you achieve DK JaBalGong state in which the hands rise by themselves. The tree that began to grow from its roots has born fruits.

When you reach this stage, your body will move spontaneously at the moment you conceive to act. It is because the disposition of the inner body has changed completely.

However, since this state has developed and become more delicate by training, you should practice DK CJG daily routine and continue to cultivate mind and body.

Practice the last stage of DK CJG at least a year and a half later.

03

DK ChamJangDongGong

Using tools to expand internal disposition

The change of tools changes the world.

In the Stone Age, the tool was stone.

In the Iron Age, it was iron.

In the industrial age, it was coal.

Nowadays, 'oil, electricity, and electronics' are the new tools.

When new tools appear to replace oil, electricity, and electronics in the future, the world will change again.

The tools not only change the world but also the human body.

When you use your body with tools, some changes occur in your body that you could not have before. That's because stimuli to the body would be delicate and varied depending on the tools. Therefore, many exercise equipment and methods using tools have continued to develop.

The DK ChamJangDongGong is a method of training DK CJG using the tools according to this principle.

You can stimulate the deep layers of the body by gravity and imagination, but it has a limit to focus on one part or to stimulate regions where imagination cannot reach. Therefore, this exercise will create an environment to stimulate these hidden areas and activate the internal stimuli even further.

Use 0.5 kg dumbbells and a gym ball for this purpose.

According to modern rehabilitation medicine, we should not hold more than 1 kg to stimulate muscles, ligaments, capillaries, and nerves, etc., in deep layers of the human body. When holding more than 1 kg, the external muscles are used so that the internal tissues cannot be used.

Thereby when training DK CJDG, we exercise with a 0.5 kg dumbbell, lighter than 1 kg. It is the same method as Chingiz Khan (1162~1227) trained his archers with small stones on the back their hands. Furthermore, the training using gym ball stimulates the inner muscles and nerves by activating the body balance.

DK CJDG with these two tools consists of seven stages. If you train it with DK CJG together, you will get deeper inner strength.

3-1. DK ChamJangDongGong first stage

Training with 0.5 kg dumbbells

1. Take your position the same as the third stage of DK CJG.

This step is the same as [the third stage of the DK CJG].



2. Hold the 0.5 kg dumbbells.

Lower your hands and hold 0.5 kg dumbbells.

Hold dumbbells with minimal strain.

Do not strain with your fingers and palms.

Drop your arms naturally.



3. Close your eyes.

Close your eyes slowly.

4. Breathe.

This step is the same as the third stage of DK CJG.

5. Feel the whole-body weight.

Your arms will feel loose because you are holding dumbbells in your hand. If not, that is a sign of having too much tension in your hand.

In that case, relax your hands and hold the dumbbells with minimal strain. Then, you feel increasing weight in the hands holding the dumbbells naturally.

Moreover, do not lift your shoulders nor strain your body.

The spine and pelvis are loosened and their weights will gradually accumulate on the pillars of the legs. By adding dumbbells weight, the weight feeling in the pelvis, spine, and the bottom weight more increase than during the training of DK CJG 3rd stage.

If you cannot feel this feeling, go back to the basics and build your body to be fit for this practice and try this stage again.

Continue this step for 20 minutes.

When training DK CJG with dumbbells, the deep layer of the body will be drawn more and activated. However, practice [DK CJG 3rd stage] at least ten months before you initiate this training. By that, you don't use unnecessary tension, but do practice with minimal strain.

Practice this stage only once a week. No more.

3-2. DK ChamJangDongGong second stage

Using the ball to make your hands more delicate

1. Take your position the same as the third stage of DK CJG.

This step is the same as [the third stage of the DK CJG].



2. But, do not take backward flexion.

This stance is the same as the third stage of the DK CJG, but tuck in lumbar spine and not to take backward flexion.

Do not strain your waist. Make the S-curve naturally.

The reason for not using backward flexion is to focus on the feeling in the hand.

3. Raise your right arm forward slowly.

Raise your right hand upon chest slowly.

Bend your elbow and drop down.

All the fingers stretch to make a little strain.

Be sure that your fingers and elbow keep horizontal precisely.

And the shoulders are not up nor forward.

Arms only comfortably raised.

4. Put a ball on your back of the hand.

Slowly put a ball on your back of the hand.

If you keep precisely horizontal from your finger to the elbow, you can quickly put the ball on the back of your hand. If the ball drops from the back of your hand, you can put it between your open fingers.



5. Breathe.

This step is the same as the third stage of DK CJG.

6. Balance the ball.

Balance the ball not to drop off your hand.

If your arm keeps still, the ball will not fall, but if it moves, the ball will drop. Just to balance 0.5 kg ball, your arm is slightly strained.

This tension stimulates the muscles and nerves in the deep layers of the arm.

Continue this step for 5 minutes.

7. Exercise with left hand in the same way.

Change your hand and exercise with left hand in the same way.

Continue this step for 5 minutes.



8. Walking (Right Hand)

Put the ball on the back of the right hand and walk slowly.

Make sure to walk with minimal tension.

When walking, keep the right arm horizontal.

If the ball is likely to fall from the back of your hand, you move your arm for the ball balance keeping on the hand.



The other hand should naturally drop with relaxation.

When most people concentrate, both hands become tense at the same time. That's because the brain transmits the signal to both sides. Thereby, when focusing on the right hand, left hand naturally rises, or the fingers get tense.

Be sure to check not to tense the other hand.

This training enhances your ability to adjust your hands thoroughly.
Continue this step for 5 minutes.

9. Walking (Left Hand)

Training with left hand in the same way.
Continue this step for 5 minutes.



This way, practice with the ball through 9 stages.

In the beginning, when you raise your hand without a ball, you soon notice that your hands are very light. However, the moment you put only a 0.5 kg ball on your back of the hand, you can immediately feel that the weight and nerves of the arm are incredibly stimulated.

This method of training was based on Chingiz Khan (1162~1227), who established the ancient Mongol empire and trained his soldiers with a stone on their back of the hands. In this exercise, you will use delicate tension in your arms, enhancing the use of them.

Furthermore, the ability to adjust both arms can also be improved.

3-3. DK ChamJangDongGong third stage

Increasing the stimulation of the hand using a ball

1. Take your position the same as the second stage of DK CJDG.

This step is the same as [the second stage of the DK CJDG].

2. Raise your right arm forward slowly.

This step is the same as [the second stage of the DK CJDG].

3. Put a ball on your back of the hand.

This step is the same as [the second stage of the DK CJDG].



4. Breathe.

Breathe comfortably.

5. Extend your hand forward.

Slowly stretch your elbow not to drop the ball and extend out your arm fully forward. In this condition, slowly hold for 3 seconds and then bend the elbow again to fold the arm in its original state.

Extending - Pause for Three second - Folding



Ensure to check the following two points.

1) Shoulders should not be raised or hunched forward.

When the shoulder is raised or hunched forward, the muscles and nerves of the deep layers of the arm are not stimulated due to the tension of the shoulder. Moreover, poor posture can disturb the movement of the shoulders and arms. Therefore, the shoulders should never be raised, nor hunched forward.

2) Do not strain the other hand.

As explained earlier chapter, when moving your right hand, the other hand also gets tense, so when moving your arm, be sure to adjust your other hand carefully.

Continue this step for 5 minutes.

6. Exercise with left hand in the same way.

Change your hand and exercise with left hand in the same way.
Continue this step for 5 minutes.



This way, practice with the ball through 6 stages.

Practice [DK CJDG second stage] at least one month before you initiate this training. Through this training, the stimulus of the arm can be activated even further.

3-4. DK ChamJangDongGong fourth stage

Activating the adductor muscle using a gym ball

1. Sit on the gym ball comfortably.

Sit on the gym ball comfortably.

In the beginning, probably you ought to go with a 50~75 cm ball.

2. Adjust your arms and legs.

Put your hands gently on the knees.

And loosen your shoulders.

Put legs on the floor in comfort.

Take tiptoes exactly forward.



3. Relax the chest and shoulders.

Do not strain your chest and shoulders.
Thoroughly relaxed and drop down.

4. Maintain the minimal strain.

Sit on the gym ball with minimum pressure.
Soles slightly touch the ground, but no weight on them.
Calves, thighs, and buttocks are not tense.
The pelvis, lumbar spine, and abdominal muscles are delicately tensed to adjust the center of the body.

5. Close your eyes.

Close your eyes slowly.

6. Breathe.

Gently, breathe with a breathing technique you want.

No matter what breathing technique is.

7. Adjust your body.

Using minimal tension sitting on the ball your body has a delicate movement.

You can adjust this movement by the subtle tension of the pelvis, lumbar, and abdominal muscles.

Do not fit with your legs because the legs are slightly putting on it.

Besides, do not use the arm.

Adjust it only with the center of the body such as the pelvis, lumbar, abdominal muscles, and so on.

Continue this exercise for 5 minutes.

8. Mount up on the ball and kneel on your knees with the upper body upright.

Slowly mount up on the ball with your eyes open.

Sit on it and your legs slightly.

And in this state, the upper body straightened.

Make sure to use minimal tension.



9. Spread out your arms and balance the body.

Shoulders, chest, etc., are not tense.

And spread out your arms horizontally and balance the body.

10. Adjust the body.

Adjust your body using your lumbar spine, pelvis, and knees.

This region will become the center of the body.

When adjusting the body, the top of the foot should not touch the ball.

If it touches the ball, the adjustment ability of the center becomes weak. That is because the top of the foot can adjust more efficiently than the use of the center which decreases if the foot to use.

So, the foot drops off the ball and the legs bent to 90 degrees.

Continue this step for 5 minutes.

Practice DK CJDG 4th stage like these 10 steps.

This stage can be practiced with [DK CJG 1st stage] training from when it starts.

3-5. DK ChamJangDongGong

fifth stage

Activating the deep layers of
the pelvis with a gym ball

1. Ride on a gym ball with your legs apart.

Ride on a gym ball with your legs apart.

The gym ball should be below the center line of the body.

Use your pelvis and thighs to adjust your body.

Straighten your torso upright.

This step should be done with minimal tension.



2. Raise your legs slowly.

Adjust the body through the pelvis and thigh and slowly pull the feet off the floor. Bend your knees a little so that they do not touch the floor. The foot and knees should use minimal tension.

3. Relax your hands and drop down.

Put your hands gently on the knees without tension.

4. Relax the chest and shoulders.

Do not strain your chest and shoulders.

Thoroughly relaxed and drop down.

5. Maintain the minimal strain.

Sit on the gym ball with minimum pressure.

Mainly, thighs use with the minimal strain.

Be sure not to grab the ball with tension.

6. Close your eyes.

Close your eyes slowly.

7. Breathe.

Gently, breathe with a breathing technique you want.

It does not matter which breathing technique you use.

8. Adjust the body.

Use your pelvis and thigh muscles to adjust your body.

You can adjust the body more delicately with your eyes closed. If you grab the ball using thigh muscles a lot, the muscles and nerves around the deep layers will use a little.

For this reason, assume that your thighs are slightly putting on the ball and adjust the body with minimal tension. Thereby more muscles around the pelvis and lumbar can be used.

Continue this step for 5 minutes.

DK CJDG 5th stage is to activate the muscles, ligaments, and nerves of the deep layer connected to the pelvis and the lower body. When this part is developed, the waist and lumbar regions that are the center of gravity in our bodies are strengthened, and the body stability is enhanced.

3-6. DK ChamJangDongGong

sixth stage

Using Gym ball for toning your muscles
of the whole body

1. Prop your body on the gym ball by placing right fist on it.

Clench your fist straightening right arm and place it on the gym ball.
Then push the ball.

Do not place your shoulder on the ball.



2. Adjust the other arm and both legs.

The other left hand should be relaxed and drop down gently.
Both legs stretch and spread shoulder width apart.

3. Relax your chest and shoulders.

Do not strain your chest and shoulders.
Thoroughly relaxed and drop down.

4. Raise your heels.

Raise your both heels to shift whole-body weight a little more to the fist. This way, the pressure is naturally transported more to the fist on the ball.



5. Maintain the minimal strain.

The legs should use only minimal tension to hold the body. Then, the body weight spontaneously shifts to the right arm. In this posture, the right fist is replacing what feet work.

Therefore, right arm uses much tension to hold the whole-body. However, this is not an artificial one, but the natural tension to hold the body, so keep its tension.

Do not use more than that.

6. Close your eyes.

Close your eyes slowly.

7. Breathe.

Gently, breathe with a breathing technique you want.

8. Adjust the body.

Adjust your whole body with your wrist.

As time passes, the weight of the whole body accumulating toward a fist will increase.

Adjusting the body like this, the pressure of the fist and the wrist will rise; bone density will increase, and it will enhance the stability of the fist when you punch.

Continue this step for 1 to 5 minutes.

9. Training with left hand in the same way.

Change your hand and training with left hand in the same way.



Practice DK CJDG 6th stage like these nine steps. This training strengthens the punching power by increasing the ability of arm's adjustment, the pressure of the arm, and the bone density.

Practice this step with DK CJG 3rd training together.

At first, aimed training for one minute, if it achieved, and then gradually increase your time and practice for up to five minutes.

However, we do not train for more than five minutes.

3-7. DK ChamJangDongGong seventh stage

Transporting the energy from the earth.

1. Pin the gym ball on the wall and press with your fingers.

Pin the gym ball on the wall.

Then, spread out your fingers and push the ball with your fingers.

However, the hands are not fully extended.

Bend your hands about 30 degrees, pushing the ball with your fingers.

Only the palm side of the finger should touch the ball.

Then the gym ball is pinned against the wall.



2. Adjust your arms and legs.

The elbows drop down, and the arms bent slightly.

And the legs stance is the same as the posture of DK CJG 4th stage.
But raise the rear leg heel.

First, place the right foot in front.

3. Relax your chest and shoulders.

Do not strain your chest and shoulders.

Thoroughly relaxed and drop down.

4. Keep the minimal strain.

Use the minimal strain and push the gym ball.

More weight is on the rear leg, and the front leg uses tension that can hold the stance.

Do not push the ball too strong with your fingers.

Use strain only to keep the ball on the wall.

5. Close your eyes.

Close your eyes slowly.

6. Breathe.

Gently, breathe with any breathing technique you want.

7. Push the gym ball with your rear leg.

Stretch your rear knee and move the body forward a little. Then the strength moves forward by the principle of action-reaction.

Your fingers receive the power and push the gym ball.

The critical point here is that the shoulder should not rise or hunch forward. Do not use your shoulders so that the strength connected from the earth can move immediately to the fingertip, the distal end of the limb. By that, a line from the finger to the rear leg can be formed naturally.

In other words, you can create the perfect transportation system from the soles to the fingers.

Practice this step for 5 minutes.

8. Change your position to the other foot and practice in the same way.

Change the position of the foot and practice in the same way.
Practice this step for 5 minutes.



Practice DK CJDG 7th stage like these 8 steps.

This stage is the last step of the DK CJDG, which enhances the

ability to transport the strength to the distal end of the limb. Before practicing this stage, you should train DK CJG 3rd stage for at least one year. This way, you can practice efficiently.

If you train steadily as described here, you will be able to freely transport the strength formed on the ground to any parts of the upper body.

Fill it completely and empty it to your opponent

As the ancient saying goes, “When internal strength reaches the predetermined drop point, immediately GyeongWon becomes empty.” In here, GyeongWon is the source where the strength is formed. In short, it is the launch point of the inner strength. GyeongWon is located in two parts of the human body, one is at the lower centerline between two shoulder blades, and the other is formed as the practice becomes in progress at the root of the middle finger.

These two places are the most crucial starting point of strength in Chinese martial arts, but more importantly, all joints, muscles, and ligaments will be relaxed and have elasticity and firmness. When the muscles and ligaments of the whole body become elastic, and the joints and bones are firm, your every movement creates the internal strength.

In ancient people saying, “The strength will be emptied as soon as it discharges. That is the secret of power.” What do these words mean? In short, when you release the power through a delicate relaxation, you perform maximum contraction in a split second. The moment you punch, the stored energy transports to your opponent, and your strength is relieved to almost zero.

It is similar to the driving principle of the engine. Compressed air and fuel mixture in the combustion chamber, momentarily, explosion by the ignition of the spark plug and the explosive strength is generated. As soon as the generated strength is transported to the tires by strong pushing the piston, the chamber is empty, and the pressure is released. When inserting, the drug in the syringe is transported into the body through the needle. And then the syringe is empty completely draining out.

It is the meaning of the saying, “The strength is empty as soon as it discharges.”

If you accomplish the elasticity and firmness of the whole-body as described before, the strength source will be empty in a moment of discharging the power in any movements. The martial arts classic says, “When you discharge power with the fist, do as if the fist was unnecessary and you are throwing it away, and when it releases the punch with arms, do as if the arms were useless and dusted it away.” It means that in the fully relaxed state of the whole body, your arms entirely receive the strength from the bottom weight and throws it away.

Therefore, your arms do not exist nor they punch your opponent.

When striking, you must spit out your strength completely to your opponent, and there should not be a slight strength left in your hands or arms. If your muscles are stiff and joints are not soft because of your body tension, you cannot shift much power to your opponent. It is because, while discharging the power, strength remains in your body. Therefore, before you practice striking, your body should be fully relaxed to release the right amount of strength.

However, this alone is not enough.

If your whole body can't be integrated into a unified strength, there will be lack of whole power. As a result, though all the power is discharging against the opponent thoroughly, it cannot strike an explosive blow. Therefore, after accomplishing Song·Chim·Joong state of the body, the whole body must be unified as one through DK CJG practice so that the whole-body power can be discharging to the opponent.

Then, naturally, the whole-body power transports from the bottom weight through the organ by organ, and the moment it contacts with the opponent's body, the strength will be immediately poured into the opponent. In this process, if the turning power cannot properly shift to the limbs and being cut off at some part due to unnecessary exerting the strength, the power of the strength is significantly reduced. Therefore, moving your body should be gentle and agile in the relaxed state, but you have to be strong immediately when you touch your opponent's body.

This technique is what Muhammad Ali (1942~2016) described as, “Float like a butterfly, sting like a bee.” In other words, if power arrives too early, you lose the strength and there will be no power to deliver. On the other hand, if it arrives too late, there won’t be enough time to release it.

Therefore, if you practice the DK CJG and achieve the relaxation and elasticity of the whole-body with the strength and firmness of bones, your movement will become more delicate and make further progress.

