

Caption List of the *Dǎoyīn tú* 導引圖 (Illustrations of Guided Stretching)

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The *Dǎoyīn tú* 導引圖 (Illustrations of Guided Stretching; abbrev. DYT), also referred to as “Exercise Chart” and “Guiding and Pulling Chart,” is a badly damaged excavated silk manuscript discovered in Tomb #3 (sealed 168 BCE; dis. 1973) of Mǎwángduī 馬王堆 (lit., “Tomb of King Ma”; Chángshā 長沙, Húnán). The title is not internal to the materials but was supplied by mainland Chinese editors and researchers. It is largely engaged through later reconstructions. The original is housed in the Húnán bówùyuàn 湖南博物院 (Hunan Provincial Museum). The *Dǎoyīn tú* consists of 44 individual captioned exercises of human figures in color, with many of the captions now illegible. Some indicate they were intended for specific ailments and even medical conditions. My translation is tentative in places due to damage and legibility issues as well as to questions regarding contextual meanings.

The *Dǎoyīn tú* contains the following parallels with the roughly contemporaneous *Yīnshū* 引書 (Book on Stretching/Stretch Book; abbrev. YS), which is an excavated bamboo manuscript from the Zhāngjiāshān 張家山 archaeological site (sealed 186 BCE; dis. 1983):

DYT #6: YS Zhéyīn 折陰 (Twisting Yin; #15)

DYT #8: YS Dùláng 度狼 (Brooding Wolf; #36)

DYT #15: YS Yǐntuí 引積 (Stretching for Debility)

DYT #20: YS Yǐnlóng 引聾 (Stretching for Deafness)

DYT #23: YS Yǐn xītòng 引膝痛 (Stretching for Knee Pain)

DYT #27: YS Lóngxìng 龍興 (Dragon Rising; #17)

DYT #37: YS Bājīng 八經 (Eight Warps)

DYT #41: YS Xióngjīng 熊經 (Bear Weaves)

DYT #41: Bear Weaves, also referred to as “Bear Amble” and “Bear Ramble,” is further mentioned in ch. 15 (“Kèyì 刻意” [Ingrained Opinions]) of the anonymous/pseudonymous fourth-second century BCE *Zhuāngzǐ* 莊子 (Book of Master Zhuang; DZ 670; ZH 616) and in ch. 7 (“Jīngshén 精神” [Concentrated Divinity/Quintessential Spirit]) of the anonymous early second century BCE *Huáinánzǐ* 淮南子 (Book of the Huainan Masters; DZ 1184; ZH 978). In translations of the former, the exercise is often referred to as “bear hang,” but the DYT and YS suggest imitating a bear’s gait. The silk manuscript also sets a historical precedent for the possibly late second-century CE *Wǔqín xì* 五禽戲 (Five Animal Frolics), with DYT #25 referring to a crane, DYT #35 referring to a monkey, and DYT #41 referring to a bear. However, the careful reader should note that these are individual and distinct exercises and are thus not grouped as a set.

The *Dǎoyīn tú* has been previously translated by Donald Harper in his *Early Chinese Medical Literature* (1998, 310-16), which includes text-critical notes. In her *Chinese Healing Exercises* (2008, 37-39, 106, 164), Livia Kohn discusses DYT #6 (“Snapping Yin”), DYT #10 (“Limbs Dropping”), DYT #25 (“Crane Call”), DYT #27 (“Dragon Rise”), DYT #28 (“Bending Down with Head Back”), DYT #31 (“Arms Swinging”), DYT #32 (“Bird Stretch”), DYT #34 (“Look Up and Shout”), DYT #35 (“Monkey Bawl”), DYT #40 (“Gibbon Jump”), DYT #41 (“Bear Amble”), DYT #42 (“Turtle Move”), and DYT #44 (“Merlin”), with many of the accompanying titles not contained in the actual excavated manuscript. Patricia N.H. Leong 梁月紅 (Hawaii Academy) prepared a paper on the DYT for the Conference on Daoist Cultivation (Camp Sealth; Vashon Island, Washington; 2001), which was organized by Louis Komjathy (now Daoist Foundation/Center for Daoist Studies) with the support of Livia Kohn (Boston University), Harrison Moretz (Taoist Studies Institute), and Kate Townsend (now Daoist Foundation/Center for Daoist Studies).

The chart also has been appropriated and commodified by modern Qìgōng 氣功 (Energy Work/Qi Exercises) practitioners as evidence of “ancient Qìgōng,” which it is not.



Original Silk Manuscript of DYT



Reconstructed DYT

11	10	9	8	7	6	5	4	3	2	1
22	21	20	19	18	17	16	15	14	13	12
33	32	31	30	29	28	27	26	25	24	23
44	43	42	41	40	39	38	37	36	35	34

Numbered DYT

TRANSLATION

No.	Chinese Caption	English Translation	Harper Translation
1	(missing)	—	—
2	(incomplete & illegible)	—	—
3	(incomplete & illegible)	—	—
4	(missing)	—	—
5	(missing)	—	—
6	zhéyīn 折陰	Twisting Yin	Snapping Yin
7	(missing)	—	—
8	_____ láng 狼 (possibly <i>tángráng</i> 螳螂[螂])	_____ Wolf (possibly Praying Mantis)	<i>lang</i>
9	(missing)	—	—
10	(incomplete & illegible)	—	—
11	(missing)	—	—
12	(incomplete & illegible)	—	—
13	tòngmíng 痛明	Painful Glare	Pain
14	(missing)	—	—
15	yǐntuí 引續	Stretching for Debility	Pulling Inguinal Swelling
16	(missing)	—	—
17	(missing)	—	—
18	fùzhōng 覆中	Covering the Center	Inside the Abdomen
19	(missing)	—	—
20	yǐnlóng 引聾	Stretching for Deafness	Pulling Deafness
21	(missing)	—	—
22	[yǐn]fán 【引】煩	[Stretching for] Irritation	Feverishness
23	yǐn xītòng 引膝痛	Stretching for Knee Pain	Pulling Knee Pain
24	yǐn qūzé 引祛責	Stretching for Armpit Masses	Pulling Upper Side Accumulation
25	hè _____ 鶴	Crane _____	Crane
26	(incomplete & illegible)	—	—
27	lóngdēng 龍登	Dragon Rises	Dragon Ascending
28	fǔjué 俯歎	Bending for Hiccups	Bending Down for Reversal
29	yǐnxiàng 引項	Stretching the Neck	Pulling the Nape
30	yǐzhàng tōng yīnyáng 以杖通陰陽	Using a Staff to Connect Yin and Yang	Penetrating Yin and Yang with a Pole
31	yóuběi 岳北(背)	Pitchers on Back	Swinging the Upper Arms
32	xìn[shēn] 信【伸】	Extended [Stretch]	Stretch
33	(missing)	—	—
34	yǎnghū 仰呼	Looking Up while Exhaling	Looking Up and Shouting
35	mù hóu huān yǐn tái (jiǒng) zhòng 木 (沐) 猴謹引吳(昊) 中	Cleansing the Monkey's Clamor and Stretching to Warm the Middle	Monkey Bawling to Pull Internal Hotness
36	yǐn wēnbìng 引温病	Stretching for Febrile Illnesses	Pulling the Warm Ailment

37	zuòyǐn bāwéi 坐引八維	Seated Stretch for the Eight Cords	Sitting and Pulling the Eight Radial-cords
38	(missing)	—	—
39	yǐn pítòng 引脾痛	Stretching for Spleen Pain	Pulling Ham Pain
40	yuánxià 爰(猿)墟	Ape Splits	Gibbon Shouting
41	xióngjīng 熊罴(經)	Bear Weaves	Bear Ramble
42	hèn 恨	Intimidates	<i>hen</i>
43	(missing)	—	—
44	zhān 鷩	Sparrow-hawk	Merlin [falcon]

