

## **Yi Skill Curriculum**

### **-Review & Enhance**

#### **All of the Feeling Stuff from the Chi Level Program**

- Feel Your Chi Move Inside of You (Ting & Yi)  
(Requires Soong & No DWE)
  - Dropping Waterfall Root
  - Feeling the Root Connection
  - Rising energy to the top of your head
  - Feeling the Upper Connection
  - Feeling Your Energy Move Up & Down inside you
    - Rapidly
    - Using it to affect someone else.
  - 3 Powers Connection (Heaven & Earth same time)
- Fill Your Body with Energy
  - Lifting Luggage Heavy Arm Exercise
    - Cut through their arm with your heaviness
  - Feel Your Breath Anywhere inside your body  
& Move it as & when & where you want
    - Whole Body Breathing Start with Filling your feet  
& how to move out headaches etc
- Wu Chi -Energy Ball Check (with 3 Powers On)
- Feeling your own Internal Balance
- Ting Inside of Someone Else
  - Feel their Internal Balance
  - Move your Partner's Internal Energy Up & Down
- Magnetic & Electric Energy on a partner

## **-Ting, Yi & Jin Discussion**

- Yi & Ting are required to feel & move your Chi
- So, to learn Chi you must use some “simple” Yi
- As you learn to move & manipulate Chi into shapes, forms & expressions you are using Yi to create Jin.

## **-Energy Ball Training** to Build Stronger Yi (Mind Intent)

- Electrical, Taffy, Solid, Holding still, Globe Turning Left, Globe Turning Right, Rolling towards you, Rolling away from you, Back & Forth from Hand to Hand, Temperatures: Cold, Hot, Neutral, Etc Etc Etc

## **-The Clear Nei Kung Set**

(**NO** physical movement, **More Yi** & Bigger Energy)

- Move your Energy Around your Body Bigger & Bigger And use it to make / expand your Wei Chi Field Bigger

Moves Are:

1. Step Out to Right
2. Shifting & Sinking from Side to Side
3. Up & Down while Drawing In Energy (Heaven & Earth)
4. Energy Ball -Wu Tang Electric & Magnetic
5. Wu Tang #2
6. Cloud Hands
7. Carry the Cauldron
8. Grand Tai Chi -Condensing the Energy

**-Practice this !**

## **-Using Yi to make your Wei Chi Field**

- Bigger
- Smaller / Closer (More Condensed & Protecting)
- Denser & Heavier
- Lighter & Faster

## **-Mentally Manipulating Your Chi** (Using your Yi)

- Faster      -More Volume      -More Refinement
- All of the Above

## **-Wind Pushing You from the:**    -Front    -Back

## **-Mind Out & Back** -Filling the:

- Immediate space, Room, House, Block, City, State, Country, Planet, Solar System, Universe
  - Inwards -Smaller & Smaller (to the Molecules or Atoms)
  - Project your mind & Expand OR Melt through Board
- Ting your Partner & Go DEEP Inside them with your Mind / Yi
1. Test it via Touch -they can't move your hand off of them
  2. Test Thru Zoom -they move slower -Feel you inside them
- Project Yi to Throw a bean bag far with min physical movement
- Go / Throw for Distance
- Do Underwater & mentally manipulate the size of the yi field

## **Ting Exercises to Feel Yi**

**\* Listen to Your P Only! You Must Overcome Your Monkey Mind**

**-1 Touch KO Yi Exercise**

**-Whip Game Yi Exercises**

**-Catch the Dollar Bill Game Yi Exercise**

## **Carly Clear –Feel the Bear (In Person or Over Zoom)**

### **Sifu Clear Scan Participants (Look inside their head)**

Do you have the Ability (Capacity) to Feel the Bear / Danger?

### **Feel the Bear / DANGER: (In Person or Over Zoom)**

-Put your full attention on your partner so they can feel it

-Completely remove your attention so that it feels to them like you are not there.

-Practice Both: -Full Attention -Emptiness / Hiding

**-EVERY DAY !!!!!**

### **Hiding Your Intent Like a Ninja: (Everyone Do Both Sides)**

-With a partner in the room with you -Over Zoom

-Projecting Yi -Can you get your partner to respond?

### **(Calm, Relax & Close your eyes - Mind Out & Back Meditation)**

### **Meditations: -Transparent Body Meditations ↓**

-Feel Inside yourself & Outside yourself at the same time

-Feel where people are in the room

## **Carly Yi / Mind Intent Game #1** (Do 1 side at a time)

Physically Evade Partner's Yi stare (Then, Back & Forth)

**NOW** in the Now, do the Inside & Outside & Sensing & Feeling People in the room meditation again.

## **Carly Yi / Mind Intent Game #2**

Now use internal methods to evade & neutralize P Yi Stare While focusing your Yi Stare back at them (**PLAY**)

## **Listen to Your Partner to hear their Mind**

**-HINT: Listen to the Silence. What do you hear?**

OR Listen to their Mental Chatter While they are trying to be Quiet

### **-Iron Needle**

-Break a board with it!

-Feel the difference the intent makes to the touch!

-Extend / Put your yi to the end of the sword / billy club / stick

-Ting (Feeling & Perceiving) VS Projecting/Sending Energy

-How to Know (& DO) the Difference

**-Flaming Sword Hand** -Melt through ■Arm ■A Board

### **-Energy Cut Swipes to a partner / opponent with your hand**

■Fast Energy Cut      ■Slow with Yi

■Testing if it worked (Weakness test -like pulling the arm down)

■Fixing your Partner      ■Fixing Yourself

## **-Fa Kung Chi Kung Builds Yi**

- Feeling the Energy
- Discerning the Energy
- Manipulating the Energy
- Focus & Concentration Required to sustain Fa Kung.

## **-Feeling parts of your body Open(ing) & Close(ing)**

- First by physical enhancement & help including breathing
- Then, with your yi
  - Joints
  - Bubbling Wells
  - Lao Gongs
  - 3 Dan Tiens (Lower, Middle, 3rd Eye)
  - Upper "Heaven" Connection
  - Body Organs  
(Lungs, Belly/Digestion, Intestines, Heart, Etc)
  - Blood Pressure
  - Whole Body Breathing & Respiration
  - Using Yi to Heal & Work on yourself (may require creativity)

**-PRACTICE** because In the Next Lesson you will use your Yi Mind to do it to your partner.

-If you can't do it to yourself

Then, you will not be able to do it to them.

## **-Feeling/perceiving the different parts of “other’s” body**

Open(ing) & Close(ing)

-You manipulating Open(ing) & Close(ing) etc

The other person’s body

-If Live -Touching them at first

-Then, NOT touching them at all & Zoom Etc

-Joints

-Bubbling Wells

-Lao Gongs

-3 Dan Tiens (Lower, Middle, 3rd Eye)

-Upper “Heaven” Connection

-Body Organs (Lungs, Belly/Digestion, Intestines, Heart, Etc)

-Blood Pressure

-Whole Body Breathing & Respiration

## **Hard Tai Chi Fighting Method with Yi**

Simple Marching Position & Movement

-USE YOUR MIND to FOCUS & AIM through them!

-Can Your Partner FEEL your mind on them?

-With your mind / Yi ON/Projecting through! -Break a Board

**-Using Tai Chi Hard Method to rapidly Strip  
opponents energy again & again**

**WARNINGS:**

- Not your only line of defense (& it can be circumvented).
- Don't harm your partner
- Fix Yourself After    -Help Fix Your Partner etc

This one Requires a Live Partner

**-Use your Yi Awareness Expanded out into the Room  
with Internal Push Hands (& to overcome double Peng etc).**

**-EXERCISING YOUR Yi by yourself with Tai Chi Form**

**Feeling the Energy** -Do the Following List on Yourself

**-Then, Feeling the Energy of Someone Else (In Person or Over Zoom)**

I do it to people on live TV. Shhhhh, that is a secret.

- Chi (4 Levels - Wei, Meridian/Fascia, Ying Chi, Bone Marrow)
  - Their Emotional State & Field
  - Their Mind Intent
  - Their Thoughts
- Feel Partners Internal Balance & Be able to Manipulate it**
- With Less & Less Contact
  - At First Touch
  - Before Contact

## Projecting Yi

These ALL Require a LIVE Partner you can put hands on.

- Uncle Bill Push Hands (with “Above the Auditorium” view)
- Mentally Aiming Inside of Partner -Using Auditorium View
- Fist to Fist -Yi Back & Forth Game(s)
- Use Yi to Pinpoint their feet & then Release to Fajin them

## Affecting Yi

The following can ALL be done over ZOOM

- Non-Verbal “Calm Down” Body & Arm Position while Connecting to your partner’s energy & causing it to drop & Calm Down! 😊



- Cut their energy with only your Mind at a distance
- Projecting a Yi Field to slow down or stop someone
  - Yi Field VS Yi Field Gameplay
- The Freeze (Temporary Stunning without touching)

## **Perceiving & Projecting Yi**

- Feeling if someone is looking at you or not
  - & thinking about me or not
- Feel IF & Where someone is looking
  - Inside of you
  - Inside of someone else standing next to you
- Who can project Yi Best Game
  - Farther -Faster -Trickier
  - Hiding it & Perceiving it (best, fastest, etc)

## **-How to use your Yi to direct Chi into real Jin** (not Li)

- Using Yi to Push Hands & Manipulate
  - the jin
  - Your Partner's Energy
- Feel the Mind of Me (the teacher)
- Feel the Mind & Energy Signature of your
  - Partner -Friend -Others -The Bear / Danger
- Feel their Mind Intent
  - Interrupt their Mind Intent (the Freeze)
  - Block their Mind Intent
  - Na (Seize) their Mind Intent

- Feel the Thought
- Move the thought out of their head
- Make the room Spin inside their head
- Do each of the above while at same time doing  
1 Touch KO strike
- In the Moment Training
  - In the Moment VS In the Moment
- Yi VS Yi -Push Hands

### **Using your yi For Healing**

- Using your Yi to adjust & align them internally
  - Center to Center Matching & set it
- In the Moment Training
- Yi VS Yi -Push Hands

### **Sound for Mobilizing & Directing Chi**

- Hen & Ha to Mobilize & Direct Chi
  - Using your Yi to Direct the Hen & Ha
  - Eventually NO SOUND -Change from Yi to Shen
- Supersonic Sound Directed by Your Yi (High Pitch aaaaaaaah)
  - For Healing        -For Martial Purposes
- For Real Jin you must train to have INSTANT skill with Yi

## **-Changing Your Mind Energy**

To do the Following:

- Use Yi & potentially breath as a carrier for Yi to help you
  - Much Calmer & Quieter
  - Then, Vibrational
- Expand into the Room
  - With Awareness
  - With Yi Projecting
- Projecting & Interjecting
  - Love
  - Danger (Eat the Bug Attitude)

## **-Meditation - Transparent Body Meditations** ↓

- Feel Inside & Out at the Same Time  
(If this is correct then you can feel your arms cross etc Energetically when they are not actually crossed)

## **BONUS LESSON 1**

### **-FINAL QUESTIONS For this program!**

- Exposure to JIN & How it Works  
(These are an exposure ONLY)
- Vibrating Energy (Jin made with your yi) & How to Use it
  - For Fighting
  - For Healing
- Other qualities & Jins with your yi
  - Jin Level is where you really get Jin in depth
  - Heavy & Sinking Weight Shared ONTO Them
  - Cutting through them
  - On Fire / Burning them
  - Etc Etc Etc

## **BONUS LESSONS 2 - 5**

### **BONUS LESSON 2**

- Cloud Busting & Re-making Clouds with your Yi

### **BONUS LESSON 3**

- Using your yi For the Mind Hit
  - Mind Hit by
  - (Moving/Pushing/Zipping their energy into their: \_\_\_\_\_ )

### **BONUS LESSON 4** -Fixing the Mind Hit

### **BONUS LESSON 5** -Defending Against the Mind Hit