

## **Chapter 8**

# **Mung Bean Hitting**

### **Taoist History of Mung Bean Hitting**

As result of their intensive and intelligent studies of nature the ancient Taoists discovered many of the powerful natural medicines and their specific properties. Amongst their many discoveries made was the fantastic detoxifying properties of mung beans when applied externally to the body. The Taoists found that the mung beans could absorb the excess Yang energy which potentially causes overheating or manifestation of poisonous toxins in the body. They used the mung beans for a wide variety of ailments and injuries reaping many a health benefit from the simple techniques. When poisoned, any of the internal organs could be assisted in detoxifying by applying the simple mung bean techniques. The mung bean techniques were also used to bring relief for constipation and stomach cramps and were even made use of to heal headaches. However the ancient Taoists soon discovered that the mung beans were especially affective in the repairation of damaged tendons and joints and the further strengthening of healthy ones. Tendon strengthening soon became the mung bean techniques most recognized function and was most often combined with the practice of Tendon Nei Kung for martial arts training and maintaining general health.

## **Apparatus**

The most convenient and affective way for applying the mung beans healing and strengthening techniques are by placing them in a cotton sock. The mung bean sock is then used in a club fashion to firmly hit along the lines of the tendons or any other relevant part of the body meridians. Nylon socks are not suitable for containing the beans as nylon soon stretches from the continual slinging and the beans inevitably spill out making a fantastic mess.



***Fig. 8.1*** Mung Bean Sock

## **Correct Weight**

More or less a pound has been found to be the optimal amount of mung beans to place in the sock. Less or more than a pound of mung beans will prevent you from realizing the optimal intensity of the blow, limiting the sought after results.

## **Correct use of the Mung Bean Sock**

A sure way to help realize the optimal intensity for mung bean hitting (one pound remember) is to let the bean filled sock simply fall onto your arm from a vertical height without any other added power. This should give a good indication of the optimal strength with which to hit yourself and it is advisable to spend a few moments before each session to familiarize your self with the appropriate (stronger) hitting power.

The mung bean hitting should be firm without becoming too extreme. When first making use of the mung beans it is appropriate to be a little cautious as not to injure yourself. Once your skin toughens up from consistent practice you can gradually increase the power of the hitting according to your own discretion.

## **Hitting with Mung Beans**

### **Upper Limbs Middle Finger Line**

Extend your left arm above the level of your shoulders slightly twisting the arm so that the palm faces up. As you twist your arm into place swallow saliva down into your belly. Start off by hitting the inside of the left elbow three times. Continue hitting along the center of the arm to the inside wrist, through the palm, to the tip of your extended middle finger. Return using the same line, traversing the inner elbow and your shoulder to the top of your neck. Follow the same route back to your elbow giving the joint some final attention. Remember to always use your eyes to direct energy to the relevant areas. Shake the arm lightly and feel the beaten tendon line open and loose. Rest and smile to the tendon using your awareness to help absorb Chi into the tendon line.



***Fig. 8.2 Middle Finger Line***

## Pinky Finger Line

Raise the arm above the shoulder and twist it so that the palm faces up and swallow saliva. Hit three times the point inside of the inner left elbow, slightly to the right of its center, where the ulna bone begins. Hit towards the hand, over the lower part of the inner left wrist, to the inside tip of the pinky finger. Return via the same route up to top of the neck before coming back down to the elbow to give the important joint some final attention. Shake the arm lightly and feel the beaten tendon line more open and loose than before. Rest and smile to the tendon line using your awareness to help absorb Chi into the tendon line.



**Fig. 8.3** *Pinky Finger Line*

## **Thumb Line**

With the arm extended above the shoulder, twisting so that the palm faces up, swallow saliva down into your belly. Hit three times the point located near the outside part of the inner elbow, slightly to the left of its center, where the radius bone begins. Hit towards the hand from this point, over the upper part of the inner wrist, to the inside tip of the thumb. Return via the same route up to the top of the neck before going back down for the elbow to give the joint some final attention. Shake the arm lightly and feel the beaten tendon line more open and loose than before. Rest and smile to the tendon line using your awareness to help absorb Chi into the tendon line.



***Fig. 8.4*** *Thumb Line*

## Back of the Hand

Raise the arm, extending it more or less shoulder height. Twist your arm so that the palm faces down with the pinky finger pointing towards the sky and thumb pointing towards the ground and swallow saliva. Hit the point at the top of your elbow as it is held. Follow this top line over the wrist and up to the end of you middle finger. Follow the same route back over the elbow, along the bicep tendon up to the top of the neck before returning to the elbow joint to give it some final attention. Shake the arm lightly and feel the beaten tendon line more open and loose than before. Rest and smile to the tendon line using your awareness to help absorb Chi into the tendon line, replenishing and strengthening it.



**Fig. 8.5** *Back of the Hand Line*

## **Organs and Lower Limbs Big Toe Line**

Stand with the left leg a good distance forward, well bent and slightly to the side without straining yourself, hold the hitting device in the right hand. Men should use the right hand to cover the genitals, pulling them away from the left side. Swallow saliva and start the hitting from the left shoulder. Continue down the middle line of the body, hitting softly over the solar plexus, down the line in between your abdominal muscles until you reach your Tan Tien. Then continue down the leg, hitting the inside line of the thigh, down the inside of the knee, all along the inside of the shin bone, the ankle until finally reaching the big toe. Hit the ankle area three additional times since the spleen, liver, and kidney meridians meet near the ankle on this line. Follow the same route back all the way to the neck. Finally, rest and smile to the tendon line using your awareness to help absorb Chi into the tendon line, replenishing and strengthening it.



***Fig. 8.6 Big Toe Line***



## Small Toe Line

Stand with the left leg a good distance forward, well bent and slightly to the side without straining yourself and hold the hitting device in the right hand. Raise your left arm in front of your body in a ward off position and clench your left hand into a fist as depicted in the caption and swallow saliva. Start the hitting under your raised arm in the armpit following a straight line down the left flank of your body. Continue down the leg, hitting the outside of the thigh muscle, passed the outside of the knee and all the way down the outside of the calf muscle, over the ankle and finally ending in the small toe. Follow the same route back all the way to the armpit. Rest and smile to the tendon line using your awareness to help absorb Chi into the tendon line, replenishing and strengthening it.



**Fig. 8.7** *Small Toe Line*

## **Middle Toe Line**

Stand with the left leg a good distance forward, well bent and slightly to the side without straining yourself and hold the hitting device in the right hand. Swallow saliva down to your belly and start hitting from the left shoulder. Hit down in a straight line over the left nipple, down over the internal organs on the left side of the body and over the Psoas muscle. Continue down the leg hitting over the top of the thigh muscle, straight over the knee cap (Hit beneath the kneecap, not directly on it.), down all along the outside of the shin bone over the ankle and the middle line of the foot ending in the middle toe. Gently hit the area at the top of the foot, in the middle, an additional three times. Follow the same route back all the way to the shoulder. Finally, rest and smile to the tendon line using your awareness to help absorb Chi into the tendon line, replenishing and strengthening it.



***Fig. 8.8 Middle Toe Line***

## Back of the Leg Line

Stand with the left leg a good distance forward, well bent and slightly to the side without straining yourself and hold the hitting device in the left hand. Start the hitting from the back of the neck and follow the spine all the way down to your tailbone, hitting directly to the left of the spinal cord. Continue down the leg hitting the back of the thigh muscle, the back of the knee and the all the way down the back of you calf until you reach your heel. Follow the same route back all the way to the back of the neck. Finally, rest and smile to the tendon line using your awareness to help absorb Chi into the tendon line, replenishing and strengthening it.



**Fig. 8.9** *Back of the Leg Line*

If consistently practiced, these simple techniques are guaranteed to strengthen the tendons greatly especially when combined with Tendon Nei Kung practice. Most people end up suffering tremendously from joint problems when they move into old age. This unnecessary suffering can so easily be prevented. Prevention is the best medicine and even though the same exercises can be used to heal tendons it is far more affective to start doing the practices before one starts experiencing problems.

