

**Ba Gua Yin-Yang Patting Nei Gong** *Ba Gua Yin Yang Pai Da Nei Gong* 陰陽拍打內功

1. Pat the Head
2. Pat the Dantian
3. Pat Up the centerline and Chest
4. Pat the Yin side of the Arm: chest to hand
5. Pat the Yang side of the Arm: hand to shoulder
6. Pat the Yang side of the Arm: shoulder to hand
7. Pat the Yin side of the arm hand to chest
8. Pat down the side of torso to Dantian
9. Pat the Dantian
  
10. Pat the Belt Channel 2-3x
11. Pat the outer (yang) side of the legs from the hips to the feet
12. Pat the inner (yin) side of legs from feet to groin
13. Pat around the genitals.
14. Pat Dantian
15. Pat the Belt Channel 2-3x
16. Pat down the buttocks and back of legs to the Achilles Tendon
17. Pat up the deep inside of the legs to the Dantian
18. Pat the Dantian
19. One hand over the other rub Dantian 36 times clockwise and 36 times counterclockwise