

Seoul Olympic Legacy Forum Experience of Activity Program

Korea Yangsaeng Exercise

Utilizing
Toegye Yi Hwang's
Hwarin simbang

Date : 2022. 10. 18 ~ 19
Time : AM 08:00 ~ 08:30
Place : Olympic Parktel B1.Hall



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I . Anchor of 21st Century : Toegye

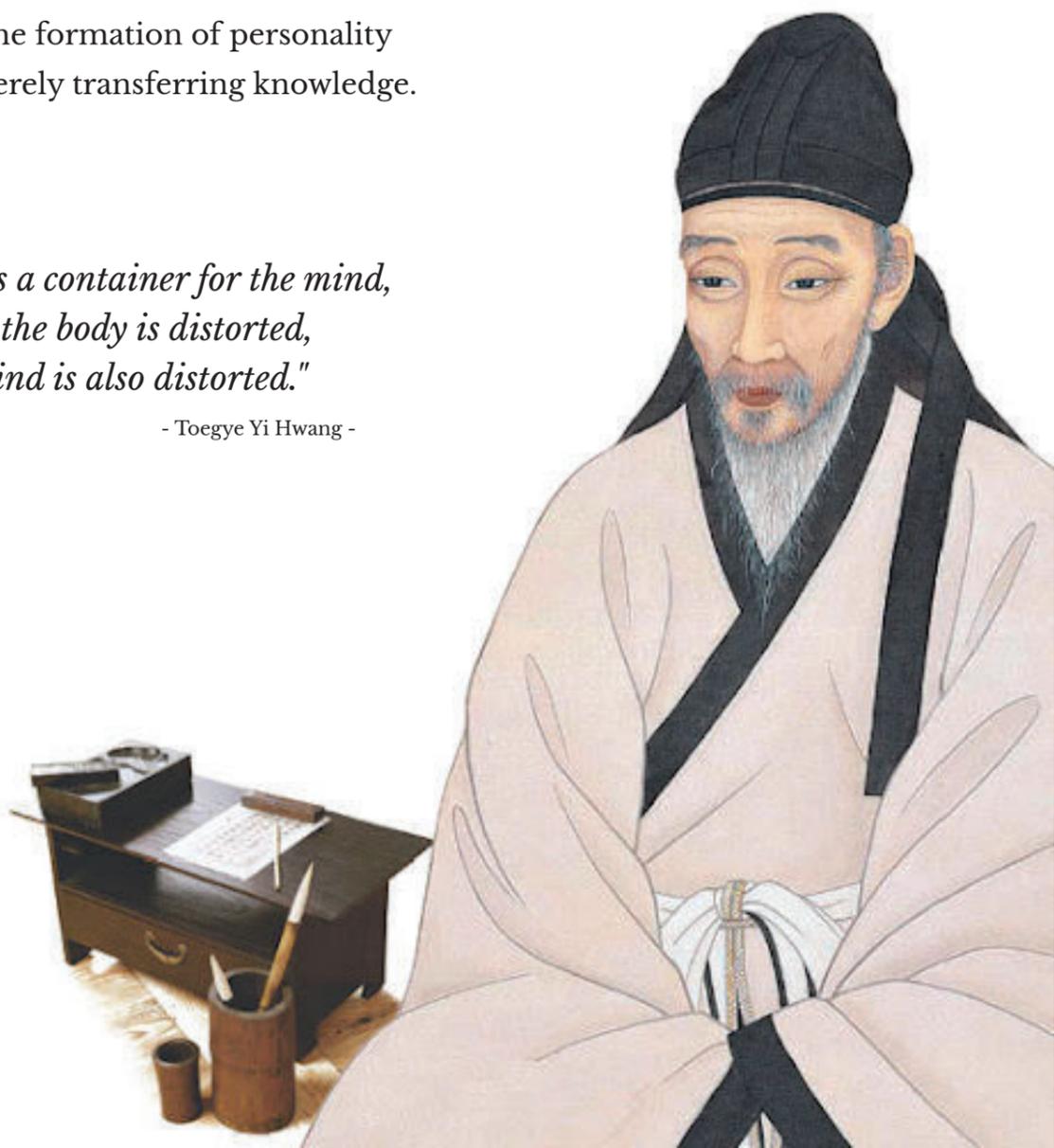
Toegye Yi Hwang (1501~1570):
South Korean politician, philosopher and educator

As well as many major universities in the US, Japan, China and France, have conducted various research projects on **Toegye Yi Hwang**.

He insisted that a teacher should be able to influence on the formation of personality rather than merely transferring knowledge.

"The body is a container for the mind, and if the body is distorted, the mind is also distorted."

- Toegye Yi Hwang -



II . Yangsaeng-Doin Content recorded in the Hwalinsimbang



◆ K- Yangsaeng Exercise made with Eastern Philosophy and Gymnastics

Yangsaeng combined two meaning words which are **Yang** for raise and **Saeng** for vigor, so full meaning is a variety of ways to bring vitality.

A method of preventive medicine for the mind and body

Contains the meaning of oriental medicine and oriental philosophy

This is the health management method that ascetics have been practicing in their daily lives.

This is about practicing systematically the motion of stretching arms and legs on a bed, extending the whole body as though stretching it and then breathing in and out deeply.

Principles of motion

Basics of eastern philosophy

This follows the principles of nature based on the 'Samjae' thought (sky, land and people) and the harmony of **Yin** and **Yang**.

Content

It symbolizes the secret of longevity to manage a life with the method of adjusting lifestyle, mind and body.

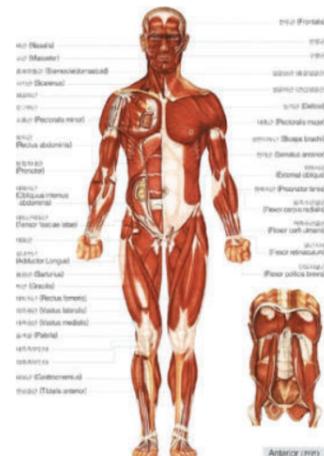
Features of eastern and western gymnastics

Western gymnastics:

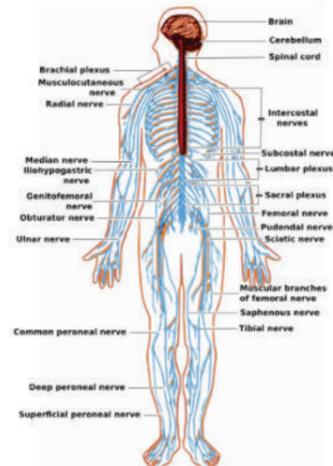
Explaining skeleton, muscle and nerve separately and emphasizing appearance change.



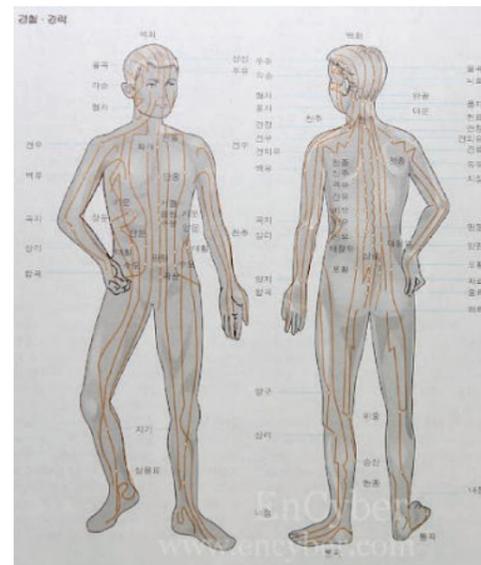
Skeleton



Muscle



Nervous



Kyung rack

Eastern gymnastics:

Explaining meridian system (Kyung rack : 經絡) in addition to skeleton, muscle and nerve and emphasizing inner change and harmony

III. K-yangsaeng exercises Using The Yangsaeng-Doin Content

<Program 1>

Cheon-Ji-In Yangsaeng

Based on sky, earth and person

This exercise emphasizes the harmonization of the mind and body through the Hwalinshimbang movements developed by the ancient Korean scholar [Toegye Yi Hwang](#).

The following body movements represent the unity of heaven and earth: deep breathing, combing your hair with all your fingers to stimulate the accupressure points on your head, holding your hands flat on your ears while tapping the accupressure point on the back on your neck behind and below your ears 24 times, eye rotations, making circles in the air with your nose while extending your head forward to help straighten the spine, lightly tapping the upper and lower part of the jaw with a closed fist 36 times, swirling the tongue in circles in front of the teeth, swallowing the saliva generated by the tongue swirling 3 times.

Each of the three swallows represents a different aspect of **Yangsaeng**, the first being "I should withstand all things" the second "I should forgive all" and finally "I should love all."

Next is pulling on the top, middle and lower ear while blowing your lips to exercise and stretch your lips and ears. After this neck waving and body waving, which are derived from the movements of turtles which represent long life in Korea, are done to help both neck and spine flexibility.

All of these effective exercise movements developed by [Toegye Yi Hwang](#) encourage the three pillars of **Yangsaeng** exercise and health elaborated in this set of exercises: discipline, care, and prudence.

Related Research

“ The effects of Breathing exercise to increase immunity in elderly health ”

Siswantoyo Siswantoyo (2012). Buletin Penelitian Sistem Kesehatan, 13(3), 283-290

It can be concluded that regular targeted and programmed breathing exercise over 21 meetings increased the production of IgG and beta endorphins, as well as decreasing blood sugar levels.

“ The effect of a scalp massage on stress hormone, blood pressure, and heart rate of healthy female ”

In-Hong Kim, Tae-Young Kim, Young-Wan Ko(2016), Journal of Physical Therapy Science, 28(10), 2703-2707.

As a result of applying scalp massage to female office workers for 15 and 25 minutes, positive effects were observed on stress hormone, blood pressure and heart rate.

“ Effects of gum chewing exercises on saliva secretion and occlusal force in community-dwelling elderly individuals: A pilot study ”

Nakagawa, Kazuharu; Matsuo, Koichiro; Takagi, Daisuke; Morita, Yu; Ooka, Takafumi; Hironaka, Shouji; Mukai, Yoshiharu(2017). Journal of Geriatrics & Gerontology International, 17(1), 48-53.

The results of the present study suggest that GCE can increase resting saliva secretion and occlusal force in elderly individuals.

“ Breathing training for older patients with controlled isolated systolic hypertension ”

Sangthong, Benjarat; Ubolsakka-Jones, Chulee; Pachirat, Orathai; Jones, David A(2016). Medicine and science in sports and exercise, 48(9), 1641-1647

Slow breathing training, especially with an inspiratory load, is very effective in reducing resting systolic and pulse pressures and could be a valuable adjunct in the management of ISH.

“ Chewing Ability and Dementia ”

Savikko, Niina; Saarela, Riitta K. T; Soini, Helena; Muurinen, Seija; Suominen, Merja H; Pitkälä, Kaisu H(2013). Journal of the American Geriatrics Society, 61(5), 849-851.

Chewing difficulties are a marker of comorbidities and nutritional status that may be partly responsible for initiating processes that lead to the development of dementia.

<Program 2>

Jindo Arirang



This exercise is based on traditional Korean **Taekkyun** martial arts, Korean dance and has been timed to the rhythm of the famous **Arirang** song of Korea.

The range of movements is gentle so that it can be enjoyed by men and women of any age.

Regular breathing in and out should be practiced while performing this dance, and additionally you should try to bend your body when you step. In this dance you will step back and forth in a triangular pattern with your feet.



IV. K-Yangsaeng Exercise in the World

Healthful Exercise
(KoreaBroadcastingSystem), 2013-2017



IAGG
(International Association of
Gerontology and Geriatrics), 2013



The United States
(Houston community,
Texas Univ.), 2014



Houston community



Texas Univ.

Asia
(Indonesia), 2015



Europe(Norway & Swiss),
2015

Oslo community



Geneva Univ.



Oslo Univ.

Norway Senior Center

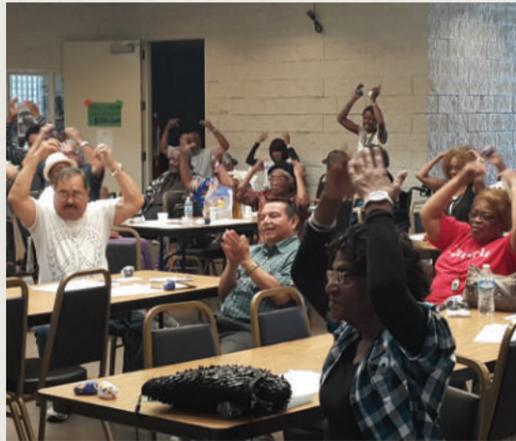


Oceania
(Australia & New Zealand), 2016





Global Senior Health
(Promotion Institute), 2017



IAGG
(International Association of Gerontology
& Geiatrics), 2017



Asia
(China : Beijing, Capital Normal Univ.), 2018



California State Commendation
(Supplying K-Yangsaeng Exercise
for senior), 2018



Asia
(Indonesia : Jakarta, National Univ.), 2019



K-Yangsaeng Exercise for Active Aging



Prof. Young-Shin, Won (Yonsei University)

- Leader of Active-Aging Team (Brain Korea 21 Plus)
- President of the Global Senior Health Promotion Institute

With the medical advances in the 21st century, the population of the elders has drastically increased all over the world. Accordingly, gerontic society has become a new social issue. For elders' well-aging, which means improving life quality in the senescence life, active-aging is the most important. For the elders, active aging not only decreases medical care cost but also allows healthy life through leisure activities. As such, it will dedicate social stability.

We believe that Yangsaeng Exercise (developed by Institute of The Global Senior Health Promotion and Development), will be more significant than ever before as one of the ways for the elders' Active-aging.

A spiritual mentor of Chosun dynasty, Toe-gye Lee Hwang's 'Yangsaeng Do In Bup' in his book(Hwal In Sim Bang) is applied to K-Yangsaeng Exercise. We are proud of Korean culture with five thousand year's history.

K-Yangsaeng Exercise was choreographed with Korean 'folk songs' such as Mil-yang Arirang, Jin-do Arirang, Ong-he-ya, Doraji and Gun-bam Taryeong. These songs will help everyone can learn easily and enjoy K-Yangsaeng Exercise, including younger and older generations and the Eastern and Western elders.

Introducing K-Yangsaeng Exercise



K-Yangsaeng Exercise consists of movements pursuing health combined with Oriental Medicine and Oriental Philosophy based on Harmony of Breathing, Harmony of Mind, Harmony of Body which was practiced by famous Korean scholar Toe-gye Lee Hwang (1501~1570) with other scholars.



<'Yangsaeng Doin bup' in Toe-gye Lee Hwang's book 'Hwalinsim bang'>

It consists of beneficial movements which anyone can easily learn and repeat; it includes meaning of Universe -Earth-Human by deep breathing, massage exercise by pressing various massage points, four-season exercise by using spring, summer, autumn, winter music, folk song exercise using Korean folk songs, couple exercise, and equipment exercise.

