

PROTECTION & PREVENTION

"STRENGTHEN YOUR LUNGS"

Series 1



Sifu Greg Yau

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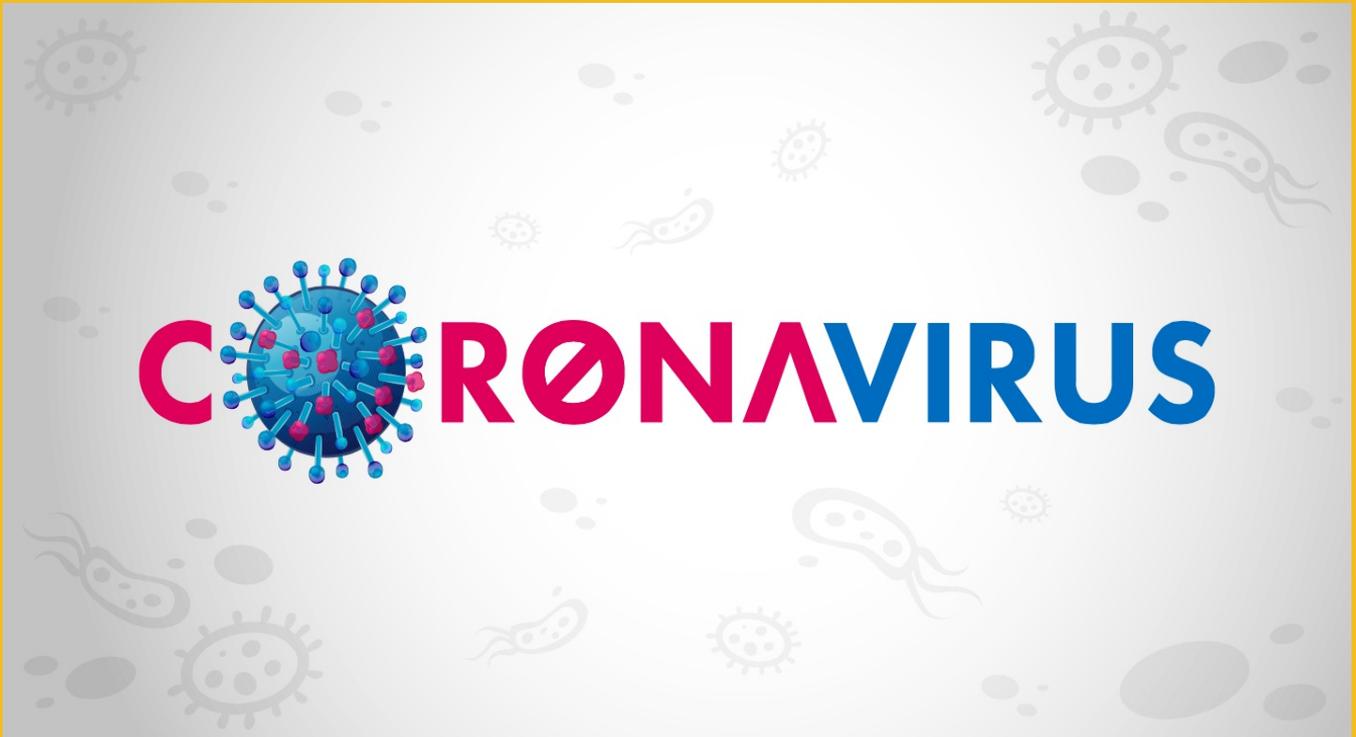
"Academy Of Health & Self Defense"



Lesson 1

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Introduction



Coronavirus (COVID-19) has been officially announced as a pandemic by the World Health Organization.



The symptoms include sore throat, cough, fever, and shortness of breath.

The elderly with a weakened immune system has a higher fatality rate.



"Strengthen Your Lungs"

You will learn how to strengthen your lungs, doing Focus Meditation and Deep Breathing.

Your lungs provide energy throughout your entire body.

According to Western medicine, the skin is a vital organ. It is our largest organ and is one of our most versatile organs.

Some different functions of skin include the first line of defense against bacteria, viruses, and other organisms.

According to Traditional Chinese Medicine (TCM), the lungs corresponds with the skin.

The lungs regulate the opening and closing of the pores of your skin. TCM states that 'Evil Wind' entering the skin is the cause of 100 illnesses.

The Chinese Five Element Theory states that the lungs and large intestine belong to the Metal Element.

The lungs are the Yin aspect, and the large intestine is the Yang aspect of the Metal Element.

Smoking creates heat in the membranes of the lungs.

Then the membranes produce mucus to transport the toxins upward to the throat be expelled.

When there is excess mucus, these symptoms may appear:

1. A chronic cough that won't go away.
2. Wake up with puffy and crusty eyes in the morning.
3. Bad breath throughout the day (even after brushing your teeth).
4. A constant stuffy nose.
5. Your senses are dull (requires lots of salt to make food taste good).
6. Your mind is tired (brain fog), and thinking is not sharp.

These symptoms are a sign of a sluggish digestive tract and respiratory system caused by excess mucus production.

To attain optimum health, do Focus Meditation, deep breathing, eat healthy foods.

Protection & Prevention



The history of Ba Duan Jin (Eight Pieces of Brocade) can be traced back to over 800 years ago. The founder, Yue Fei, was a famous general in the Southern Sung Dynasty from (1177-1279 AD).

Inside the Shaolin Temple located in Henan, China, you still can see the statues of monks doing Ba Duan Jin as part of their daily training.

The fact that General Fei and his army never lost a battle was attributed to doing the Ba Duan Jin daily.

The Ba Duan Jin help to tune up your internal organs and regulate the flow of Chi throughout your entire body, providing great strength, health and longevity.

The danger of death from coronavirus is when your lungs are weak and become susceptible to pneumonia. Strengthen your lungs now to protect yourself.

Focus Meditation teaches you how to regulate the flow of Chi and strengthens your lungs using your mind and deep breathing.

Focus Meditation is easier to learn than Ba Duan Jin and gets the same results faster.

What Is Focus Meditation ?

The late 20th century is also known as the Information Age. It was a period of major social, economic, political and education changes.

The Information age was a time which information became a commodity that was widely disseminated quickly, and easily available especially through the use of computer technology.



We are now in the 21st century known as the Knowledge Age. The methods of teaching used education in all fields has to change.

The information must be learned and applied much faster than the methods used during the 20th century.

To be successful, the method of teaching needs to be different.

This cannot be done simply by adding new skills to the existing curriculum.

A new *mindset* is required, one that takes account of the new meaning of knowledge and the purposes of learning the new knowledge.

Focus Meditation uses *Visualization*, *Acupuncture Points*, and *Deep Breathing* to help you attain optimum health and longevity fast.

Focus on the images of the internal body. The images show how your internal body works. This will greatly strengthen your internal body to improve your health.

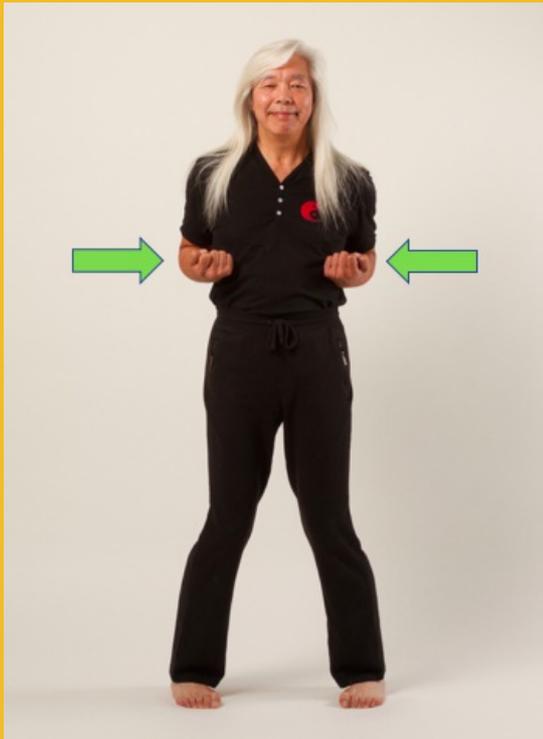
Meditation Is Not What You Think It Is How You Breathe



Focus Meditation is a complicated system made simple and easy to learn.

The three steps are stand, focus on the image, and deep breathe.

Your subconscious mind will help you learn without effort.

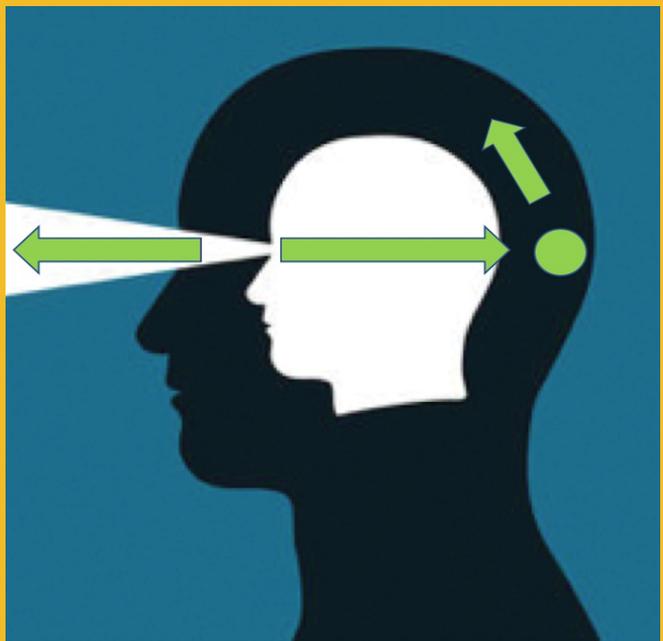


Breathe From Your Diaphragm

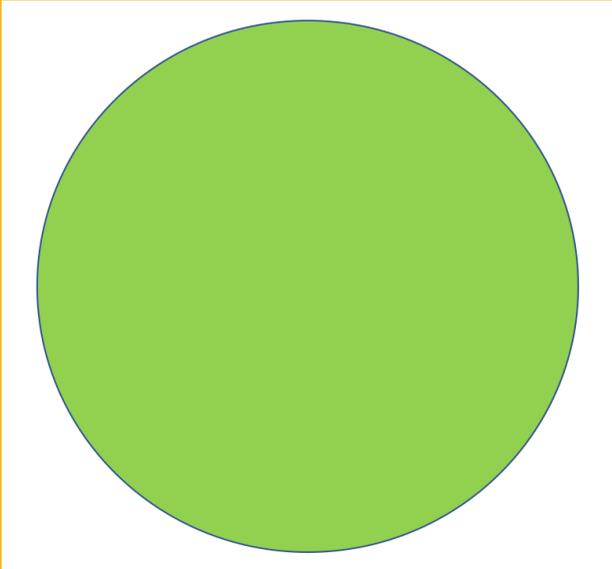
1. Look straight ahead.
2. Point your feet straight ahead.
3. Lift your chin up and look straight ahead.
4. Firmly press your forearms against the sides of your body into the ribcage.
5. Take full deep breaths to expand your chest cavity.
6. Breathe continuously without pausing..

Focus Meditation

1. A picture is worth more than 10,000 words.
2. Use your eyes to focus on the Green Dot and Green Arrows.
3. Use your mind to ground and anchor the Green Dot (Acupuncture point).
4. Use your mind to follow the direction of the Green Arrows (energy flow).
5. This method of focusing will balance your head.
6. Look with soft eyes - do not stare.
7. Staring will strain your eye muscle.



The Chinese name for the stance is "Yi Zhi Kem Yueng Ma". Several different styles of Kung Fu utilizes the "Yi Zhi Keem Yueng Ma" stance, including Wing Chun Kung Fu.

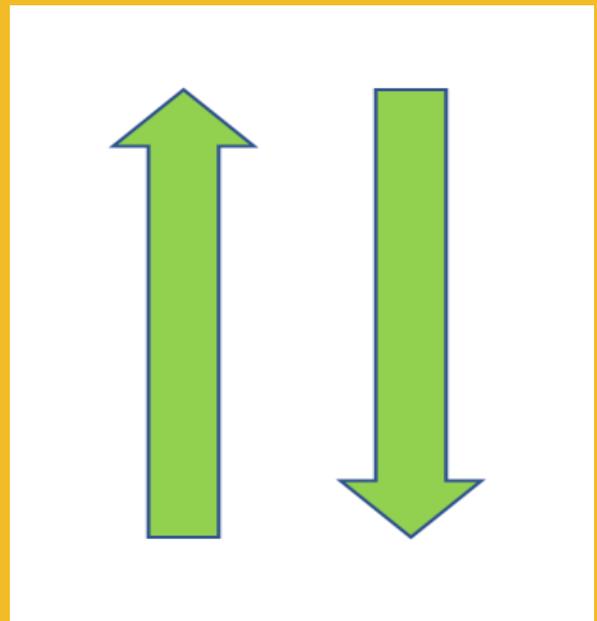


How The Green Dot Works

1. The Green Dot represents an Acupuncture point.
2. Acupuncture points are control points that direct the flow of Chi in your body.
3. The more abundant and smooth flowing of Chi, the better your health.

The Green Arrows

1. The Green Arrows direct the flow of energy to circulate throughout your entire body.
2. Opposing forces of energy creates power.
3. Opposing forces of energy applied to Acupuncture points increases the flow of Chi.
4. Use your mind to follow the Green Arrows to direct the proper flow of Chi. There



There are several reasons the color green was chosen. First, green is a healing color. Green represents the color of growth during Spring.

According to Five Element theory, the color green, represents the Wood Element. The Wood Element consists of the two organs. The Gall Bladder and Liver.

One of the functions of the Liver, according to TCM, allows the free flow of Chi. The free flow of Chi means the elimination of STRESS.

Ready - Set - Go

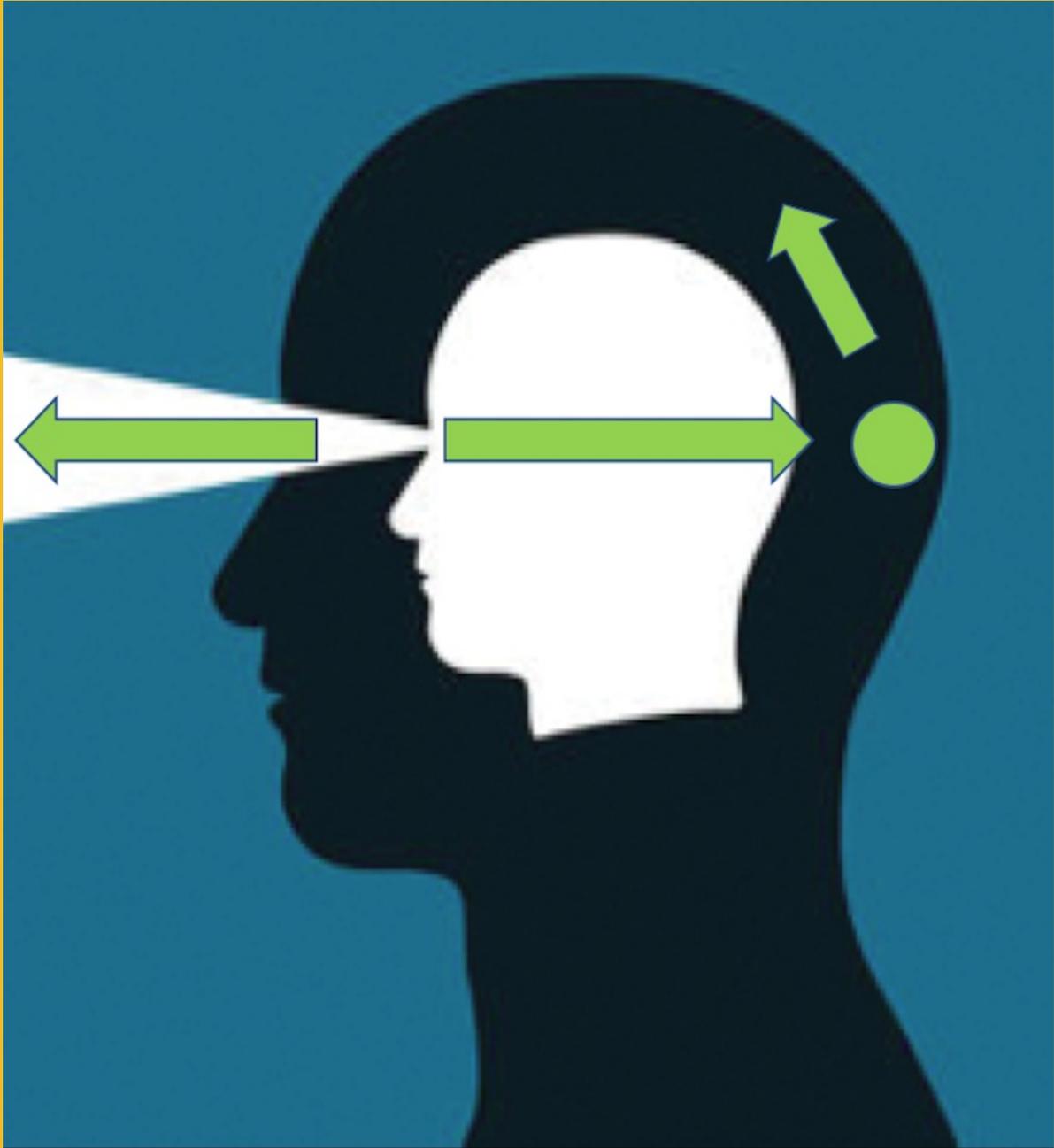
*Let's
Do
This*

Lift Up Your Chin & Look Straight Ahead



Breathe Continuously Without Pausing

Focus Using Your Eyes



**Focus For 30 Seconds
Then Look Straight Ahead
And Now Feel Your Breathing**

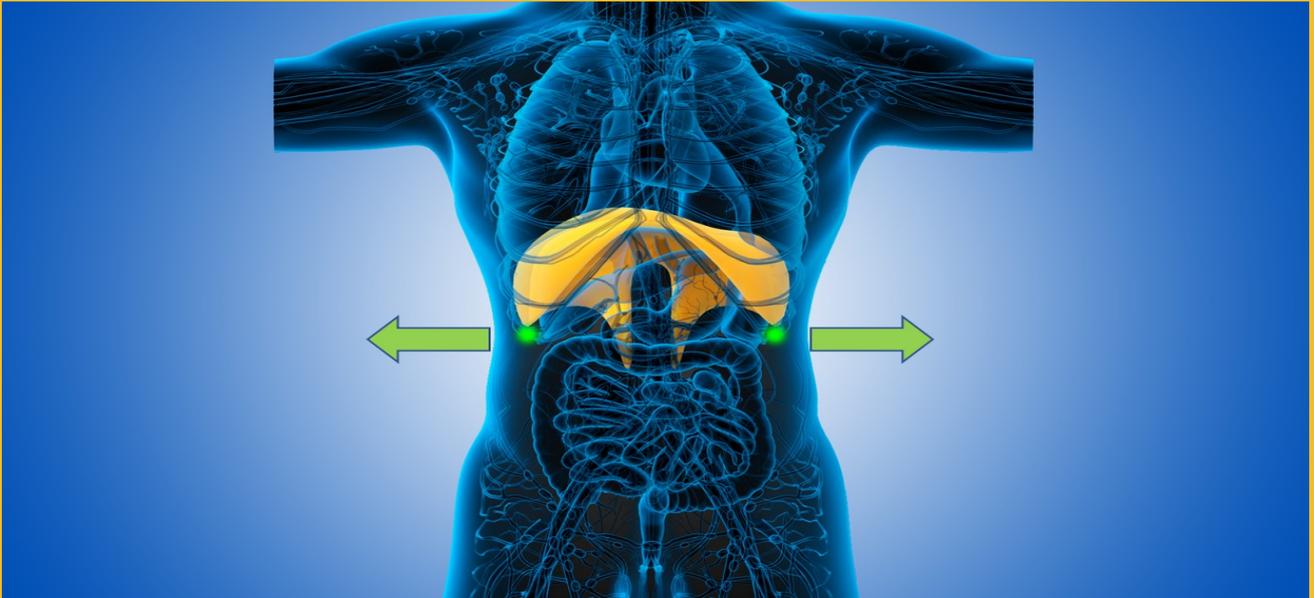
Firmly Press Forearms Against Your Ribcage



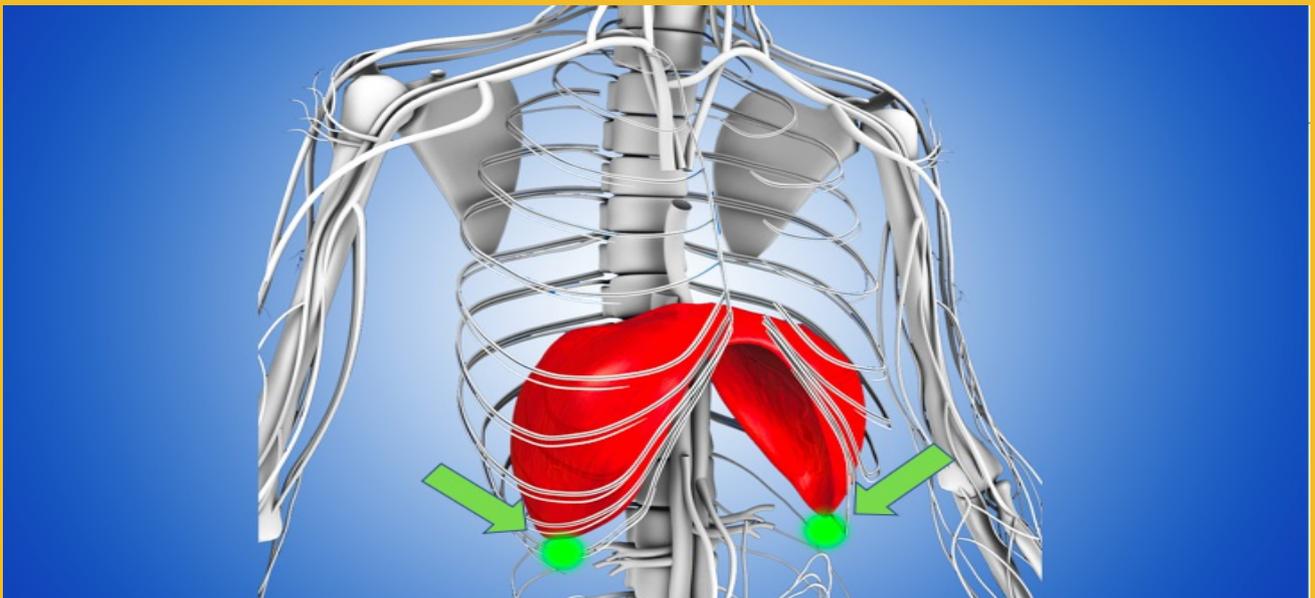
Breathe For 30 Seconds
Feel Your Breathing

Diaphragm Breathing 1

Take A Full Breath In

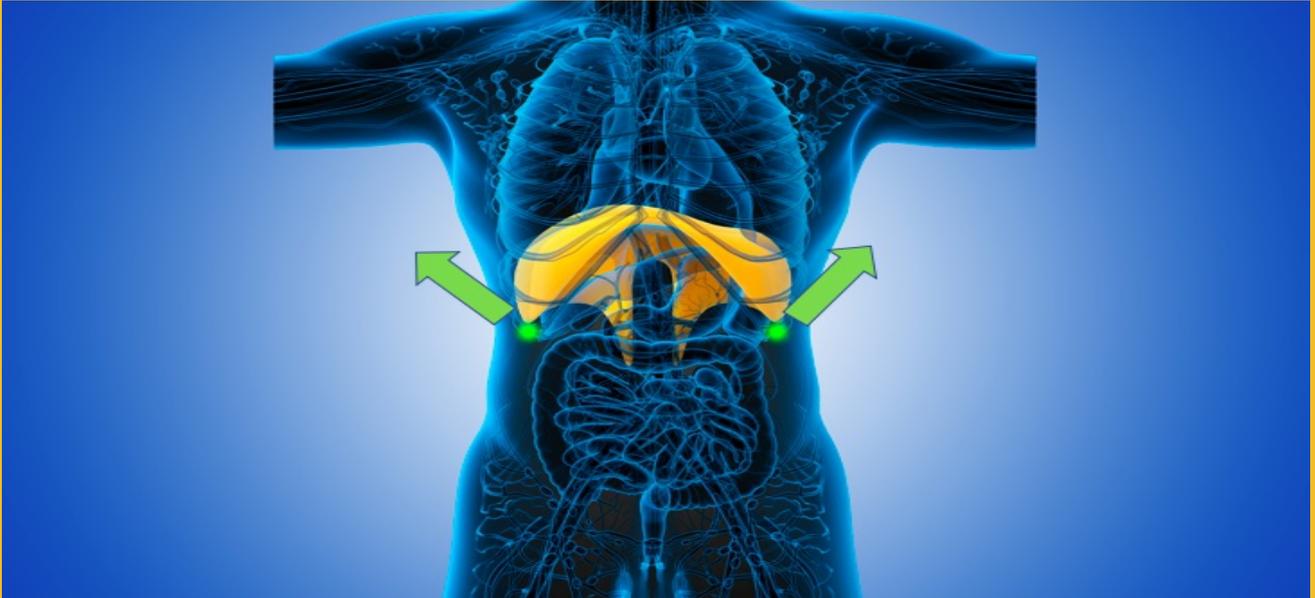


Breathe Out

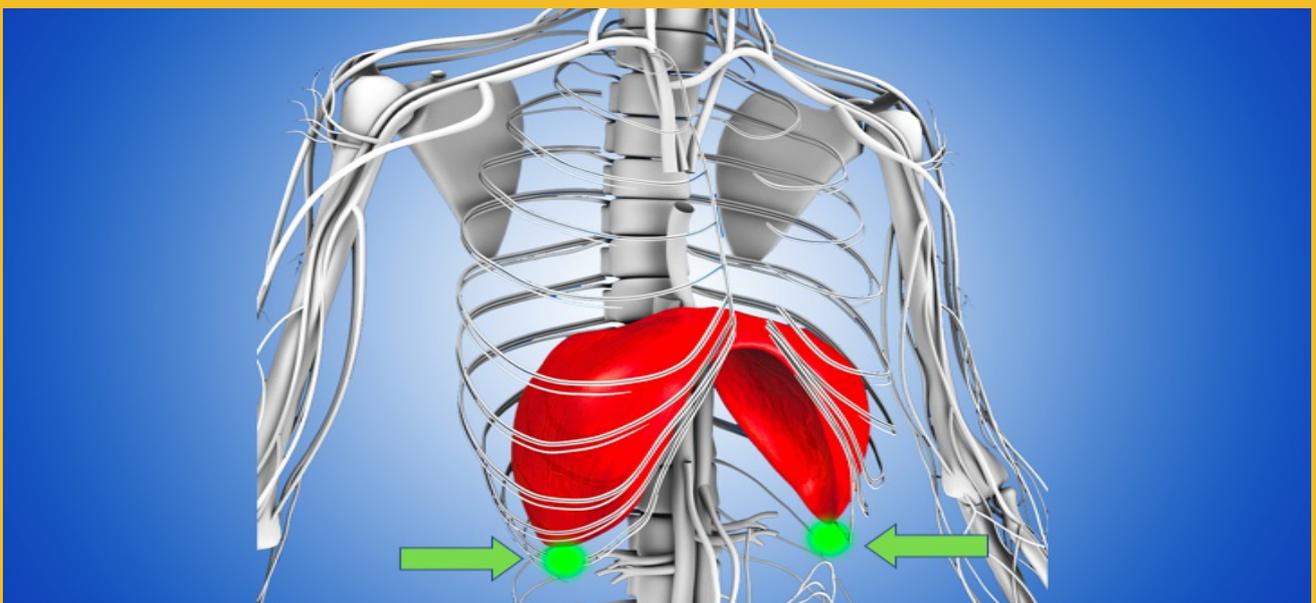


Diaphragm Breathing 2

Take A Full Breath In

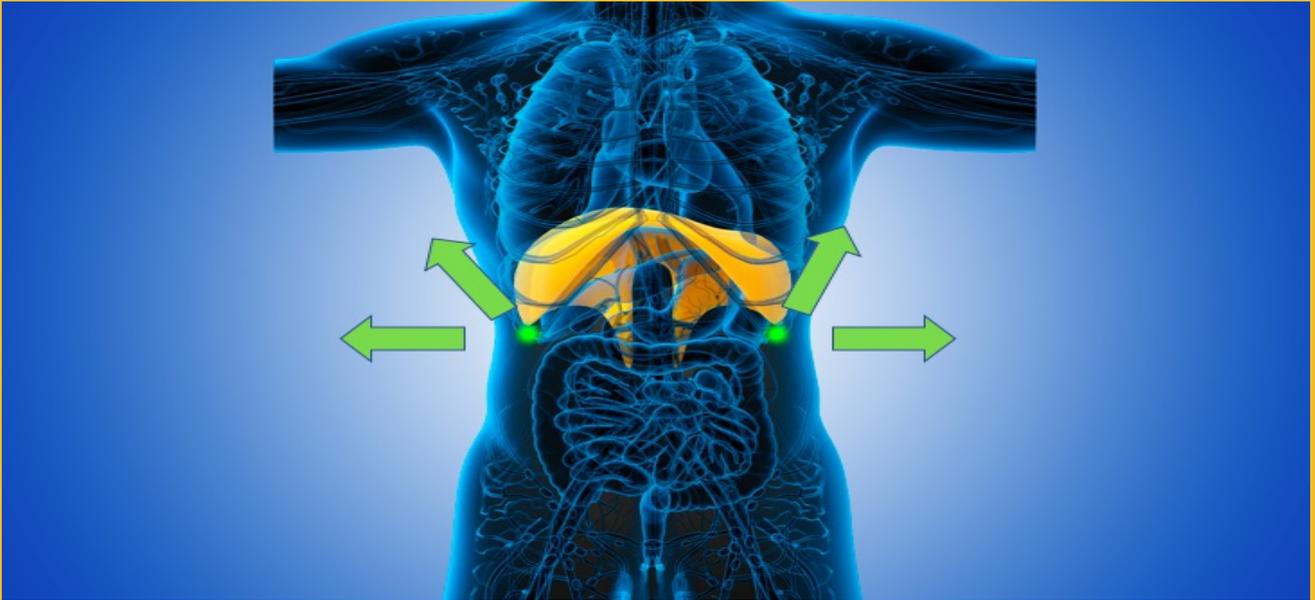


Breathe Out

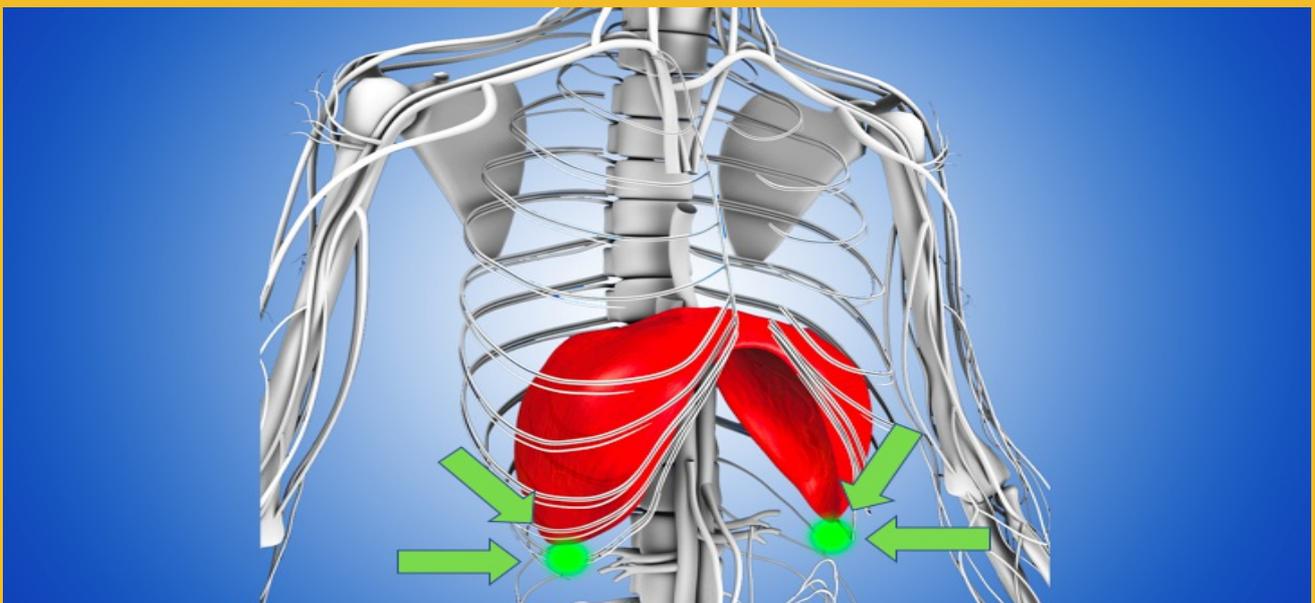


Diaphragm Breathing 3

Take A Full Breath In

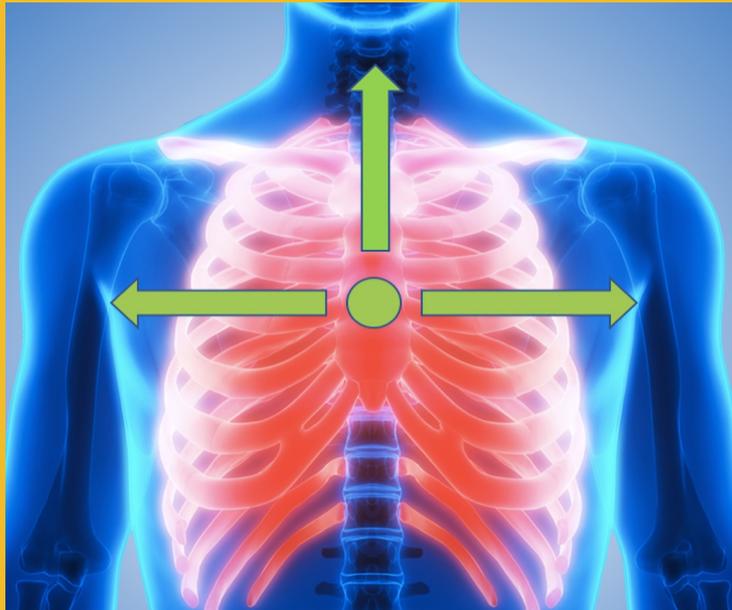


Breathe Out

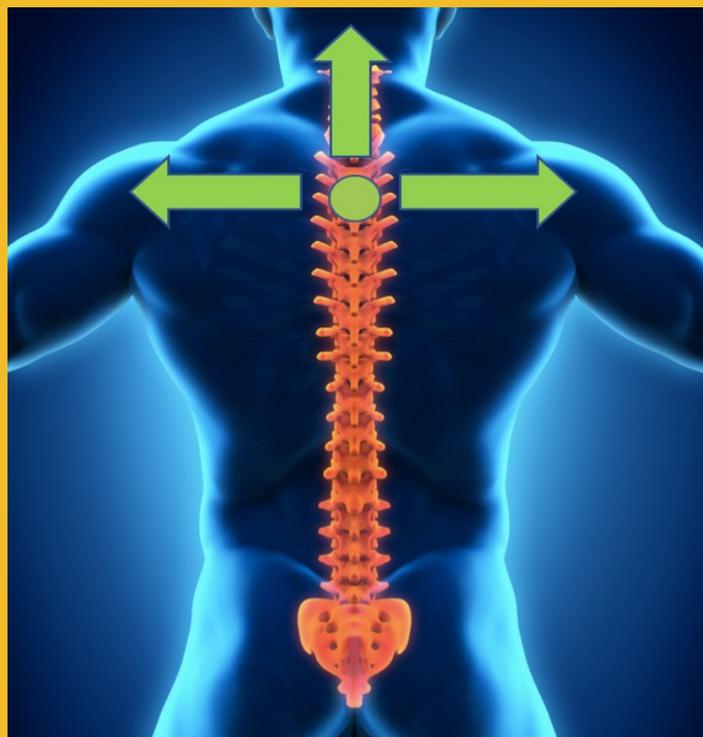


Diaphragm Breathing 4

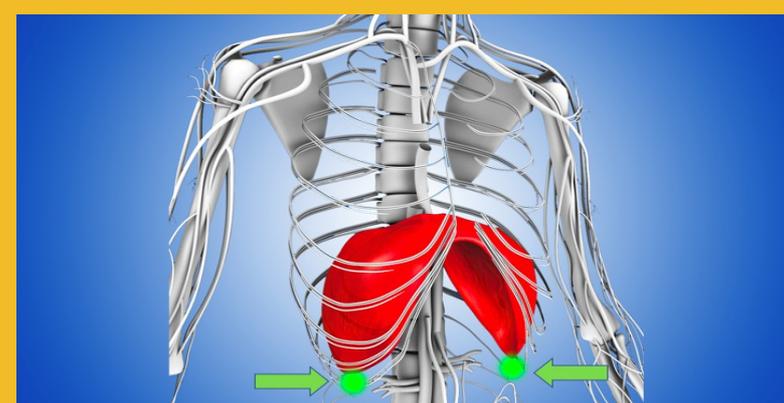
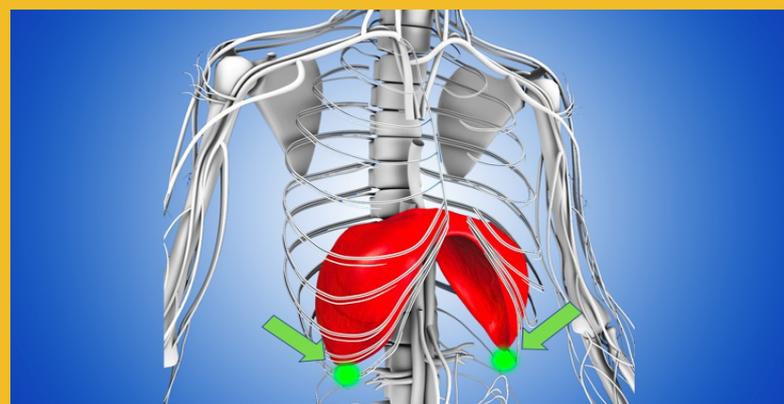
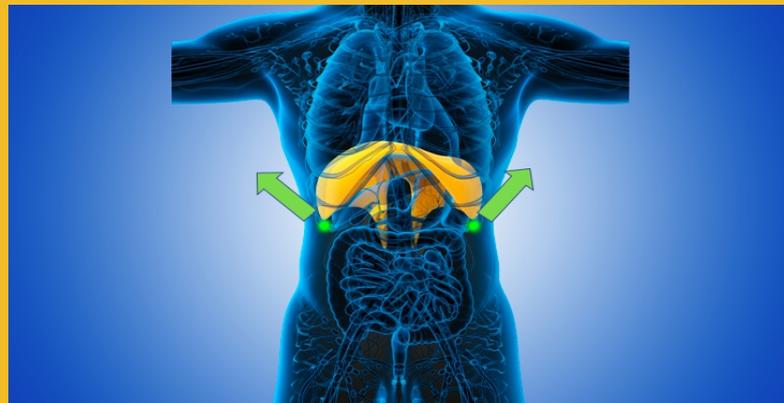
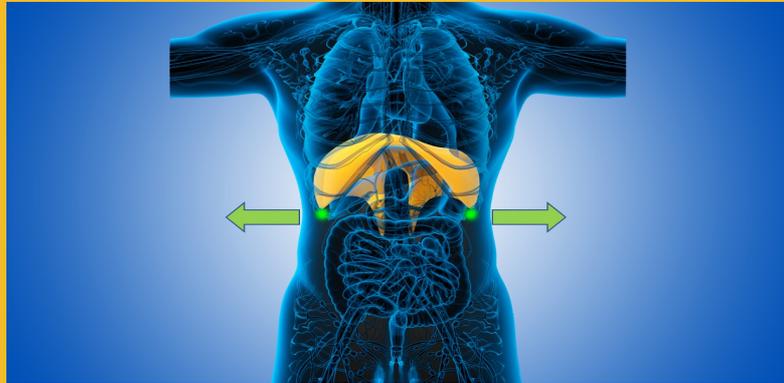
Take A Full Breath In



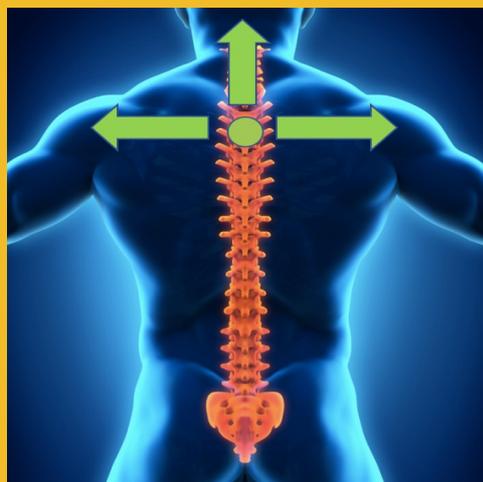
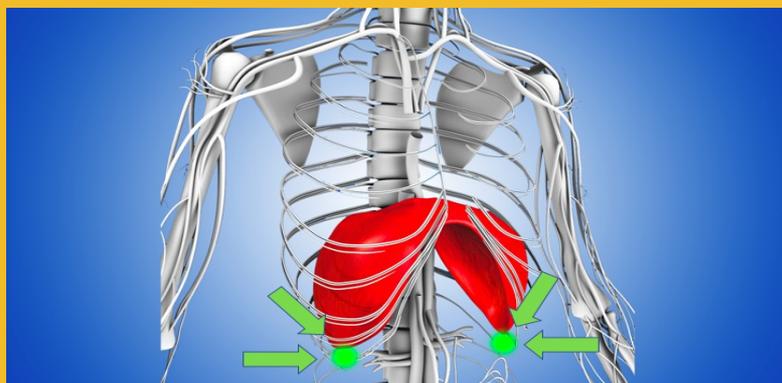
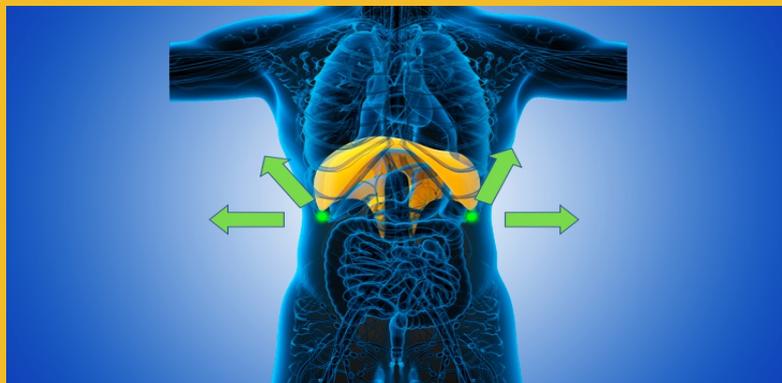
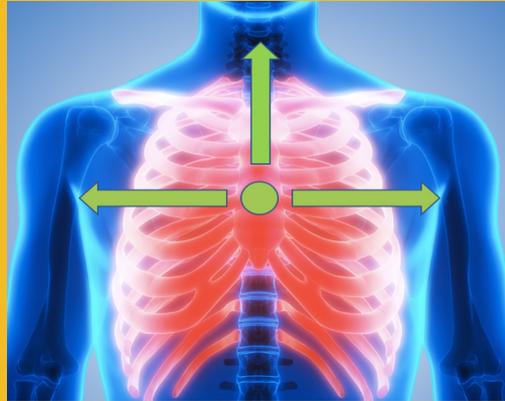
Breathe Out



Let's Put It All Together 1



Let's Put It All Together 2



Habit Training

1. Practice with Joy.
2. Practice will be productive.
3. Practice will be easy and effective.
4. Practice anywhere you like.
5. Practice anytime you like.
6. Practice whenever you like.
7. Practice when standing.
8. Practice when sitting.
9. Practice when lying down.
10. Practice until it becomes natural.
11. Practice until it becomes second nature.
12. Practice with all your heart.



The End Or Just The Beginning

Congratulations for finishing Lesson 1.

When you develop your self-awareness to a high level, you will be ready for Lesson 2, "Strengthen Your Core".



Lesson 2 "Strengthen Your Core" will increase energy and power to your whole body.

Your energy will improve by breathing out old stale air from the lower lobes of your lungs.

Daily practice will reduce stress and anxiety.

It will also improve your digestion and absorption of nutrients. This will strengthen your muscles to give you more power.

Daily practice will eliminate back pain.

Thank You

From The Bottom Of My Heart



Sacred Ground

Brain Wave Research

Strengthen Your Core Lesson 2

Words Of Wisdom

Traditional Chinese Medicine treats cough by eliminating mucus from the lungs and intestines.

Choose wisely the foods you eat daily.

Eliminate foods that cause mucus in your body.

The first food to eliminate from your diet is white or refined sugar. Sugar is the major cause of inflammation.

Stop drinking soda because it contains lots of sugar.

Fruit juices also contain a considerable amount of sugar.

Do not consume energy drinks because they contain the most sugar.

Avoid processed meats because they contain added preservatives and nitrites.

Avoid meats with added antibiotics and hormones.

Do not eat deep-fried foods.

Do not overeat BBQ foods.

Limit your consumption of dairy products.

Do not snack in between meals. Eat when you are hungry.

When you feel hungry, drink a glass of water or tea and wait 10 minutes. If you still feel hungry, then eat a nice meal.

Do not overeat. Eat until you feel 70% full.

Eat healthy foods such as fresh fruits and vegetables.

Take your time when eating. Chew your food well before swallowing.

The best way to strengthen your internal organs is to rest by eating in moderation.

Intermittent fasting is excellent for resting your internal organs and glands.

Eat your meals within a 6 to 8-hour time span.

Do not eat for 16 to 18 hours, and it will do wonders for your health.

Drink plenty of clean, warm, or room temperature water.

Stop smoking now!!! If you don't or can't stop, drink plenty of water, and do light exercises such as walking.

Review

Proverb: It is not who started first. The one who achieves the accomplishment first is first.

1. Always focus from the back of your head. Doing this will prevent your eyes from squinting and will relax your eyes. Your vision will become more precise and brighter. It will balance your head and allow you to breathe more oxygen into your lungs. (pg 12)
2. Always breathe using your diaphragm. The diaphragm is the most significant muscle for breathing. Breathing from your diaphragm will give you more energy. (pg 14)
3. When breathing in, lift your diaphragm, next stretch your chest horizontally from the center of your chest to your armpits. Lift your sternum, breathe from your nose and your throat. (pg 19)
4. When breathing out, lower your diaphragm, and lift your lower back. Doing this will give you an excellent posture. (pg 19)
5. Breathe continuously without pausing.
6. Breathing in your nose and out your mouth will give you more energy.
7. Breathing in your nose and out your nose will calm your nerves and reduce stress.
8. Be mindful of your breathing until it becomes second nature.

**Download
Now!**
Testimonial

**Download
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Testimonial

**Download
Now!**
Breathing Exercise

PLEASE WRITE US A REVIEW

**WE WOULD REALLY
APPRECIATE IT**



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THANK YOU

We Welcome Your Feedback

Feel free to get in touch with us for any
feedback or questions

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An abstract graphic composed of various geometric shapes in shades of blue, yellow, and white. The shapes are layered and overlapping, creating a sense of depth and movement. The colors are vibrant and the overall composition is modern and clean.