

[19]	INTELLECTUAL PROPERTY PHILIPPINES		
[12]	INVENTION PUBLICATION		
[11]	Publication Number:	22017500009	Document Code: U1
[22]	Publication Date:	23/8/2019	
[21]	Application Number:	22017500009	Document Code: U
[22]	Date Filed:	1/12/2017	
[54]	Title:	TAI CHI CYLINDER	
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[30]	Priority Data:	4/8/2015 CN20152574574U	
[51]	International Class 8:	A63B 23/00 20060101AFI20190916BHPH;	
[57]	Abstract:	<p>A Tai Chi cylinder is provided, comprising a cylinder body and a ring, the cylinder body comprising a through-hole, a right part, a middle part and a left part; wherein, the right, middle and left parts are fixedly connected together successively, the through-hole runs through the cylinder body and is provided with more than one plug, the lengths of the right and left parts are the same, and outsides of the right and left parts are each provided with a sliding sleeve, wherein, the sliding sleeves are movably connected to the right and left parts and the middle part is disposed at the center between the right and left parts and provided with three small cylinders, wherein the ring is fixed outside of the middle small cylinder of the middle part. The cylinder has good handle, and is capable of effectively protecting hands from injury and providing treatment by Chinese medicine.</p>	

Pushing and twisting vertical cylinder body exercise: taking a lunge position as the starting posture (in which hip, knee and ankle joints may wait for chance to move), laying the center of gravity and strength of source on the hind leg, two hands of Yin and Yang grasping the cylinder body with one hand up and the other one down, keeping Hukou (i.e., parts of the hands between the thumb and the index finger) facing up, and this posture seeming like holding the moon in arms.

10 Action steps are as follows.

1. Twisting the cylinder body in palms whilst pushing it to the position 33 centimeters away from the upper body, and keeping a posture of bending forward and pushing backward.

15

Some implicit and elastic strength is needed when pushing it.

2. Pulling the cylinder back from the limit place without stopping twisting it, pushing forward calling for squeezing, opening, discharging and breathing out strength, while pulling backward calling for stroking, closing, storing, breathing in strength.

The space between pushing forward and pulling backward should be 16 to 20 centimeters.

25

3. Two legs acting as the center of gravity in turns and the body thus moving forward and backward while arms pushing and pulling, arms pushing forward while the body bending forward, two arms bending and pulling backwards while the body moving backward, the strength of the front foot turning to solidness from emptiness when

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moving forward and the rear foot turning to emptiness from solidness when moving forward.

5 The change of emptiness and solidness is opposite when the body moving backward. The middle part of the Tai Chi cylinder should be in a vertical position and opposite to Zhongwan.

10 4. The step forms, forward and backward, can be alternated and movements of the upper limbs are the same.

15 5. When grasping the cylinder to push and turn or pull and turn, crotch strength going down and being round, opening and closing regularly, from inside to outside, taking account of both upper body and lower body and integrating agile strength smoothly.

20 The strength rises up from the heel, and penetrates steadily upward from the bottom to the top with joints coordinating. The head leads the body to move forward (advance), while the tail leads the body to move backward (sit). The strength of pushing the cylinder concentrates on Jiaji, and the strength of pulling the cylinder back concentrates on Tanzhong. The actions should be voidness but not empty, motional but not dragging.

25 The Tai Chi cylinder of the utility model has the following advantages. Chinese medicine, or Chinese pepper or prickly ash may be filled into the through-hole provided in the cylinder body, and can be sealed by the plugs provided at the sides of the through-hole. It is easy for users to grasp the cylinder due to its right part and left part. The sliding sleeves arranged on the right and left parts can prevent 30 palms from excoriating, also increase the friction between the hands and the right and left parts of the cylinder body, and thus improve the

use effect. The ring can, in use, massage acupoints. In addition, using
the Tai Chi cylinder can achieve the effects of ventilating Laogong,
making stillness and motion rooting in each other and not deviating,
facilitating sweating and discharge of turbid Yin, and circulating blood
5 as well as removing stasis.

The descriptions above are merely some embodiments of the Tai
Chi cylinder according to the utility model, and the scope of the utility
model is not limited in this regard. It should be appreciated that all
10 changes or modifications obtained by those of ordinary skill in the art
without any creative works should fall within the protection scope of
the utility model.

TAI CHI CYLINDER

TECHNICAL FIELD

5 The utility model relates to a Tai Chi cylinder.

BACKGROUND OF THE UTILITY MODEL

Tai Chi torsion bar is based on the culture origin that integrated
10 changes, medicals, skills, arts, beauty and music together. It is created
under the guidance of Yin-yang and Five-elements, theory of Qi and
blood, visceral organs and meridians. It is a good way to exercise by
oneself for the chronic and people of all ages and make body healthy
and life longer. The movements put particular emphasis on keeping fit
15 and adapting to seasons internally and they look peaceful externally.
Additionally, they are vivid, visualized, simple and novel. Many people
are using Tai Chi torsion bar due to its special functions. Most of Tai
Chi torsion bars on the market are made of hardwood, and have a
sunken middle part and two ends which are a little bigger than the bar
20 body itself. Users can directly grasp the bar body by hand when using
it. Although the bar would not hurt hands since it is very smooth after
being processed, hands may still rub the bar body when using it back
and forth. Callosity and redness would easily appear on hands after
long-term use or grasp for a long time. The protection to hands is
25 completely failed to meet the requirements and the material quality of
the hardwood makes touch of the bar quite bad.

Furthermore, Tai Chi torsion bar does not have the function of
making people sweat easily and quickly, discharging turbid Yin,
30 stretching meridians, circulating blood and removing stasis. Therefore,
it is necessary to design a Tai Chi cylinder with the function of making

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people sweat easily and quickly, discharging turbid Yin, stretching meridians, circulating blood and removing stasis, and of which the use-method is the same as that of the Tai Chi torsion bar.

5 **SUMMARY OF THE UTILITY MODEL**

Accordingly, it is an object of the invention to provide a Tai Chi cylinder with good handle, and capable of effectively protecting hands from injury and providing treatment by Chinese medicine.

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To solve the problem above, a Tai Chi cylinder is provided, comprising a cylinder body and a ring, the cylinder body comprising a through-hole, a right part, a middle part and a left part; wherein, the right, middle and left parts are fixedly connected together successively, the through-hole runs through the cylinder body and is provided with more than one plug, the lengths of the right and left parts are the same, and outsides of the right and left parts are each provided with a sliding sleeve, wherein, the sliding sleeves are movably connected to the right and left parts and the middle part is disposed at the center between the right and left parts and provided with three small cylinders, wherein the ring is fixed outside of the middle small cylinder of the middle part.

20

Preferably, the through-hole is filled with Chinese Medicine, or Chinese pepper or prickly ash. In use, the Tai Chi cylinder of the utility model is capable of facilitating relaxation of the muscles and stimulation of the blood as well as removal of the blood stasis by filling the through-hole with Chinese Medicine, or Chinese pepper or prickly ash.

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Preferably, two plugs are provided and fixed onto two sides of the through-hole. The plugs can seal the Chinese Medicine, or Chinese pepper or prickly ash in the through hole 3 and prevent the same from getting out of the through-hole when users exercise.

5

Preferably, the plug is a kind of ventilated mash plug, which is favourable for volatilization of the Chinese Medicine, or Chinese pepper or prickly ash to cause users to breathe in the medicative volatiles and build stronger bodies.

10

Preferably, the ring is configured to project from the middle small cylinder of the middle part, which is favourable for acupoint massage.

15

The technical solution above should have the following advantages. Chinese medicine, or Chinese pepper or prickly ash may be filled into the through-hole provided in the cylinder body, and can be sealed by the plugs provided at the sides of the through-hole. It is easy for users to grasp the cylinder due to its right part and left part.

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The sliding sleeves arranged on the right and left parts can prevent palms from excoriating, also increase the friction between the hands and the right and left parts of the cylinder body, and thus improve the use effect. The ring can, in use, massage acupoints. In addition, using the Tai Chi cylinder can achieve the effects of ventilating Laogong, making stillness and motion rooting in each other and not deviating, facilitating sweating and discharge of turbid Yin, and circulating blood as well as removing stasis.

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BRIEF DESCRIPTION OF THE DRAWINGS

FIG. 1 is an overall view of an embodiment of a Tai Chi cylinder according to the utility model;

FIG. 2 is a left view of the Tai Chi cylinder according to the utility model.

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DETAILED DESCRIPTION OF THE UTILITY MODEL

Referring to FIGS. 1 and 2, a Tai Chi cylinder of the utility model includes a cylinder body 1 and a ring 2. The cylinder body 1 includes a through-hole 3, a right part 5, a middle part 6 and a left part 7. The right, middle and left parts are fixedly connected together successively. The through-hole 3 runs through the cylinder body 1 and is provided with more than one plug 4. The lengths of the right and left parts are the same. Outsides of the right and left parts 5, 7 are each provided with a sliding sleeve (not shown in the drawings). The sliding sleeves are movably connected to the right and left parts 5, 7. The middle part 6 is disposed at the center between the right and left parts. The middle part 6 is provided with three small cylinders, and the ring 2 is fixed outside of the middle small cylinder of the middle part 6.

20

The through-hole 3 may be filled with Chinese medicine, or Chinese pepper or prickly ash. In use, the Tai Chi cylinder of the utility model is capable of facilitating relaxation of the muscles and stimulation of the blood as well as removal of the blood stasis by filling the through-hole with Chinese Medicine, or Chinese pepper or prickly ash.

Two plugs 4 are provided and fixed onto two sides of the through-hole 3. The plugs can seal the Chinese Medicine, or Chinese

pepper or prickly ash in the through hole 3 and prevent the same from getting out of the through-hole when users exercise.

5 The plug 4 may be a kind of ventilated mash plug, which is favourable for volatilization of the Chinese Medicine, or Chinese pepper or prickly ash to cause users to breathe in the medicative volatiles and build stronger bodies.

10 The ring 2 is configured to project from the middle small cylinder of the middle part 6, which is favourable for acupoint massage.

The Tai Chi cylinder of the utility model may be used in the following ways.

15 Yang hand twisting cylinder body exercise: taking a horse stance as the starting posture; keeping the step slightly wider than the shoulder, both hands holding the cylinder body, palms up, and two ends of the cylinder body exposed; the cylinder body placed in front of the acupoint Zhongwan, with a distance of about 20 cm; and keeping
20 eyes looking straight ahead and concentration on the inside of the body.

Action steps may be as follows.

25 1. With the waist as an axis and mind concentrating on middle or lower Dantian, first twisting and turning the cylinder body towards the right to the above of the right thigh, where the two ends of the cylinder body facing front and back, and keeping eyes staring at the cylinder body.

2. Stopping for a short time till the strength is full, then returning to the starting posture; then twisting and turning the cylinder body towards the left to the above of the left thigh, where the left hand, Yin, (palm down) holding the cylinder body close to the body
5 and the right hand away from the body; stopping for a short time and keeping the center of gravity of the body on the left foot; when the center of gravity of shifting, coordination of the waist and the abdomen is needed to discharge a complete strength with tightness in looseness; twisting and turning the cylinder body towards the left and right
10 alternatively like this.

The number of repeats varies from person to person, and it is better for the users not to be exhausted and panting. Then, exercise is finished.

15 Yin hand twisting cylinder body exercise: the starting posture is the same as that of the Yang hand twisting cylinder body exercise, except that both palms face down.

Action steps are as follows.

20

1. Most of footwork and discharge of force, as well as the twisting and turning towards the left and right, are the same as those in the Yang hand twisting cylinder body exercise, but there exists a force for holding two elbows together between the two elbows and the
25 heavy force of the waist and the fixed-point of the cylinder body are joined to be one force.

2. When twisting and turning towards the left, the left palm facing up close to the left chest and the right palm facing down in front
30 left of the body, and when holding the cylinder body, keeping both

Hegu acupoints opposite each other, arm muscles tensing spirally and the center of gravity of the body shifting towards the left.

3. Making twisting force of both hands smaller and returning to
5 the previous posture, then, storing Qi and twisting and turning the cylinder body towards the upper right. Actions are the same as previous actions, but the directions and center of gravity are opposite. Keeping eyes staring at the front end of the cylinder body.

4. For the two methods of twisting the cylinder body above (Yang
10 hand twisting cylinder body exercise and Yin hand twisting cylinder body exercise), spiral forces of muscles and bones are needed for actions to be discharged. With the waist as the axis and Dantian as Qi source, a Guohe force is discharged under the cooperation of the waist and Dantian. The turning of the upper body from left to right or from
15 right to left needs to coordinate with the actions of the lower limbs. Inner power needs to be successive and from bottom to top, with joints coordinating.

Qi going through the fingers, building up power for holding and
20 emptiness and solidness of opening and closing of the hands, and facilitating breath of Laogong Qizhi.

5. A Tai chi cylinder 20cm long and 4cm in diameter is used for
exercise. This is a exercise with a large range of actions, complex
25 actions of limbs and crisscrossed couples, and especially suitable for strong persons. The intensity of the exercise can be controlled by individuals, more or less exercise can be taken and it can be slower or faster. 20 -30 times per minuter is appropriate.

Claims

1. A Tai Chi cylinder, comprising a cylinder body and a ring, the cylinder body comprising a through-hole, a right part, a middle part and a left part; wherein, the right, middle and left parts are fixedly
5 connected together successively, the through-hole runs through the cylinder body and is provided with more than one plug, the lengths of the right and left parts are the same, and outsides of the right and left parts are each provided with a sliding sleeve, wherein, the sliding sleeves are movably connected to the right and left parts and the
10 middle part is disposed at the center between the right and left parts and provided with three small cylinders, wherein the ring is fixed outside of the middle small cylinder of the middle part.

2. The Tai Chi cylinder of claim 1, wherein the through-hole is
15 filled with Chinese Medicine, or Chinese pepper or prickly ash.

3. The Tai Chi cylinder of claim 2, wherein two plugs are provided and fixed onto two sides of the through-hole.

20 4. The Tai Chi cylinder of claim 3, wherein the plug is a kind of ventilated mash plug.

5. The Tai Chi cylinder of claim 4, wherein the ring is configured to project from the middle small cylinder of the middle part.

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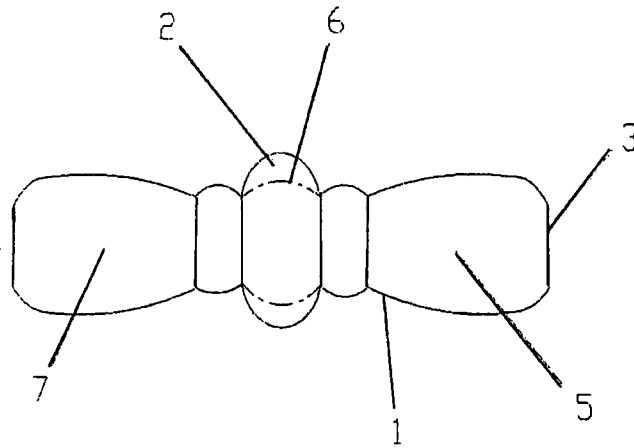


FIGURE 1

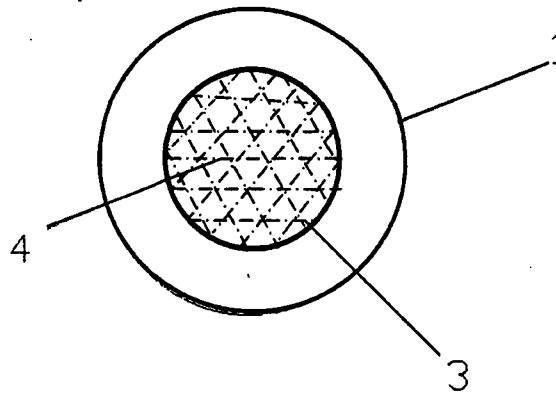


FIGURE 2

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