

qigong

Qigong (sometimes spelt chi kung) is a modern term covering hundreds of different methods used for generating and storing energy, and for transforming stale or "sick" energy.

The term was first used in the 1930's to describe the use of breathing exercises in the treatment of tuberculosis.

It was adopted by Chinese government to give an official umbrella for the blossoming approaches in the 1970's.

Some methods are more than 2,000 yrs old, some very recent.

Older schools include Daoist, Confucian and Buddhist.

Medical application has always been part of the tradition An older name is daoyin, meaning breathing & movement, or leading & guiding.

These classes emphasise using qi internally to build and rectify the qi and organs of the body (this type of qigong is called neigong or neidan) Other methods used in martial arts strengthen the outside of the body and increase speed.

Each qigong form may contain many individual movements or positions.

In our classes we may include:

Ba Duan Jin = 8 Pieces of Brocade, or silk weaving exercises.

These are illustrated in scrolls from the mawangdui tombs dating back to around 200 BC

They strengthen the outside and also the internal organs.

Emei Shan Qigong = from the Mt. Emei region in SW China.

There are several very different styles taught by different monasteries.

Our form is not the main one you will find on YouTube, which uses very fluid, almost fluttering movements. The emphasis in our form is balancing and strengthening internal energy.

Zhan Zhuang = Quiet Standing, Pole Standing or Standing Like a Tree.

Qi is vital energy in one form or another. Some examples are:

Jing Qi	Basic Qi inherited from parents.
Wei Qi	Defensive Qi protecting body against colds etc.
Zheng Qi	Proper Qi of the body.
Xie Qi	Inappropriate Qi disrupting body functions.
Tian Qi	Heavenly energy (weather)

Further reading:

The Qigong Bible Katherine Allen Godsfield Press

The Way of Qigong Kenneth S Cohen Bantam Books

