

氣功 Qigong - working with qi

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.

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

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

Traditional schools include Daoist, Confucian and Buddhist.

An older name is daoyin, meaning breathing & movement, or leading & guiding.

Medical application has always been part of the tradition

Our classes emphasise using qi internally (neigong) to build and rectify the qi and internal organs.

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 Emei styles taught by different monasteries.

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 (similar to the immune system).
Xie Qi	Inappropriate Qi disrupting body functions.
Tian Qi	Heavenly energy (weather)

Further reading:

The Tai Chi Space by Paul Cavel. Very good for understanding the internal work.

The Way Of Energy by Lam Kam Chuen. Good safe approach for basic movements and standing.

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