

<<健身气功>>

图书基本信息

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### 内容概要

Health Qigong — 12-Step Daoyin Health Preservation Exercises, as a new series of qigong exercises, was designed and compiled by the Chinese Health Qigong Association. It consists of 12 steps of exercises from over 50 routines of Daoyin health qigong developed since 1974 by Zhang Guangde, a professor from the Beijing Sports University. Based on the principles of Traditional Chinese Medicine concerning viscera and meridians, yin-yang and the Five Elements, and qi and blood, this new set of qigong exercises combines Daoyin with healthcare, limb exercises and mental cultivation, being graceful in movements, easy-to-learn, suitable for all ages, and effective for keeping good health and prolonging life.

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Step 3 Old Horse Is Stabled(Lao Ji Fu Li)

Step 4 Ji Chang Shoots a Louse(Ji Chang Guan Shi)

Step 5 Bending the Body to Brush the Shoes(Gong Shen Dan Xue)

Step 6 Rhinoceros Gazes at the Moon(Xi Niu Wang Yue)

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Step 4 Ji Chang Shoots a Louse(Ji Chang Guan Shi)

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Step 11 Phoenix Salutes the People(Feng Huang Lai Yi)

Step 12 Qi and Breath Return to the Origin(Qi Xi Gui Yuan)

Ending Stance

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