

<<中国人的健身养生>>

图书基本信息

书名：<<中国人的健身养生>>

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### 内容概要

The five books in this Chinese Lifestyle on the whole form a kind of knowledge pool for readers interested in the Chinese society, the people and their way of thinking and social behavior.

This book is one of the series 《Chinese physical exercises and health care》, the book is divided into six parts content.

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书籍目录

Chapter One: Brief Introduction to Chinese Physical Exercises and Health Care

- Brief History of Development
- Basic Concepts and Theories
- Efficacy and Mechanism
- Fundamentals and Methods of Traditional Exercises and Health Care

Chapter Two: A Brief Introduction to Taijiquan Exercises

- Origin and Characteristics
- Schools and Features
- Basic Requirements
- Points for Attention in Taijiquan Exercise

Chapter Three: A Brief Introduction to Qigong Exercises

- Connotation of Qigong
- Dantian (elixir field) and Commonly Used Acupoints in Qigong Exercises
- Fundamentals, Essentials and Methods in the Exercise of Qigong
- Effects and Points for Attention in Qigong Exercises

Chapter Four: Taijiquan Exercises

- 24 Form Taijiquan
- 32-Form Taiji Swordplay
- Taiji Push-Hand Exercises

Chapter Five: Qigong Health Care

- Relaxation Qigong
- Ba-Duan-Jin (Eight Section Health Exercise)
- Five-Animal Play (Wu-Qin-Xi)

Chapter Six: Self-Massage

- Sixteen Tips for Health Care Massage
- Commonly Adopted Self-Massage
- Local and Meridian-Corresponding Self-Massage

Glossary 1: Terms of Exercises

Glossary 2: Terms of Meridians Collaterals Acupoints

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