

Jin Dao



Stay young with Qi Gong

Volume 2: The 18 Tai Chi exercises



Qi Gong is part of Traditional Chinese Medicine (TCM) and is practiced by millions of people around the world today. The goal is to maintain body and mind health and thus lead a long, happy life. This is done with a combination of traditional movements, breathing methods and the power of imagination. Everyone can start learning Qi Gong regardless of age, previous knowledge or constitution - ideally today!

The author has been teaching Kung Fu and Qi Gong at his own school for many years. He had previously learned both arts from European and Chinese masters. His Qi Gong books contain useful knowledge and practical instructions in a compact, easy-to-understand form. Jin means "today" and Dao means "the way".

Inhalt

Introduction

General part

The nature and essence of Qi

Man and Qi

The types of Qi

The basic rule of working with the Qi

To what extent should I practice Qi Gong?

Can I help Qi Gong through a healthy lifestyle?

The breathing

Abdominal breathing

Reverse abdominal breathing

Practical part

The 18 Tai Chi exercises

1. Awaken the Qi
2. Expand your chest, open your heart
3. Move the rainbow
4. Split clouds
5. Roll your arms
6. Rowing on a calm lake
7. Raise the sun with one hand
8. Turn the body and look at the moon
9. Turn the waist and push with your hand
10. Cloud hands

11. Lean towards the sea and look at the sky
12. Moving waves
13. Spread the wings
14. Horse stance and pushing
15. Fly like an eagle
16. Circling like a windmill
17. Play with a ball like a child
18. Filling Qi into the body

Overview of the practical content of the series

Introduction

This book is part of a series in which I try to share my experience in Qi Gong with interested people and enable them to start practicing on their own. I have always based myself on the following structure:

General part - practical part.

The general part includes some basic knowledge that is important for understanding Qi Gong. I concentrated on the essentials and tried to use an understandable expression.

The practical part only contains exercise instructions that I have been practicing successfully for a long time and which I teach in my Qi Gong school. Furthermore, all exercises are suitable for self-study and can be done safely if carried out conscientiously. Of course, the example of a real teacher and practicing in a group where a common energy circle is formed can never be completely replaced.

The instructions given in the volumes in this series are sufficient material for every need and for lifelong practice.

If, in individual cases, any health risks should be expected due to the individual constitution of the practitioner, it is recommended to consult a doctor.

As far as the rendering of Chinese expressions is concerned, I have not opted for a single method of Romanization (e.g. Yale, Wade-Giles), but always for the commonly used and known form.