

Qigong – A students guide

Qigong:

Gong meaning the practice or cultivation, Qi or Chi meaning vital energy or life force. Traditionally based in Chinese martial arts Qigong has been practised in China for thousands of years.

Types of Qigong:

Qigong practices can be classified as martial, medical, or spiritual. All styles have three things in common: they all involve a posture, (whether moving or stationary), breathing techniques, and mental focus. Some practices increase the Qi; others circulate it, use it to cleanse and heal the body, store it, or emit Qi to help heal others.

Practices vary from the soft internal styles such as Tai Chi, and Bagua, to the external, vigorous styles such as Kung Fu. However, the slow gentle movements of most Qigong forms can be easily adapted, and can be practiced by all age groups.

The health benefits:

Regular practice will increase

- Energy levels
- Improve your wellbeing
- Overall fitness.
- Enhancing the immune system
- Reducing tension and stress
- Improve balance and posture
- Maintains health even into old age
- Helps speed recovery from illness

The Chinese principle of treating the body as a whole is a key tenet here. the three parts, Mind, Physical body and Spirit. All need to be developed, nourished and maintained to keep the body balanced.

Alan Austin January 2015

Email: aaustin0567@gmail.com

Web Site www.taichiforsport.com

Note: Qigong is not a silver bullet, but it has proven to be a very effective health care system, which is often recommended by alternative healthcare professionals to aid recovery with the healing process. Qigong healing is widely offered to recovering patients in Chinese hospitals.

The training:

There are thousands of Qigong exercises and I will teach a varied selection within the class. They start from the easy to perform to the most challenging. These exercises are suitable for all ages and fitness levels.

The class will consist of exercises performed in smooth and rhythmic way, with a focus on relaxed breathing techniques, maintaining a good posture.

The class will also involve exercises to improve balance and movement without tension.

You will learn how to breathe correctly and this is a very important part of Qigong.

The type of Qigong I will teach is to help the body develop Qi energy internally for health, not the martial elements.

How often should I train:

It is for the student to find their own path, one that suits their lifestyle. I recommend daily practise, this will then provide the maximum benefit. Normally 10 – 20 minutes a day is good idea.

The traditional Chinese principle is little and often.

Further Information

Please feel to email me with any questions or concerns. I am more than happy to answer any questions on Qigong or Tai Chi.

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