

## Qigong

Qigong is a collective term for a variety of exercise methods that were developed in China and deal with the body's vital energy in different ways. The tradition of Qigong exercises can be traced back to before our era.

Within the framework of traditional Chinese medicine, Qigong represents its active part, the path of practicing, of one's own efforts to maintain health and support healing processes. The word Qigong is composed of "Qi", which can be interpreted here as "life force", and "gong", meaning "persistent practice" or "practice skill".

Qigong exercises include postures and movements, breathing exercises as well as mental exercises such as concentration and imagination. With the aid of Qigong exercises, physical, mental and spiritual processes can be regulated and strengthened.

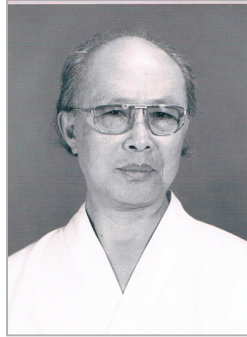


Daoyintu 168 B.C.

The scope of the application of Qigong is broad, it includes, among other things, health education, health maintenance, prevention, therapy of chronic diseases, alleviation of complaints, rehabilitation, training of perception and concentration, relaxation and stress reduction, enrichment of artistic activities.

Qigong exercises can be adapted and selected according to individual requirements, and so they can be learned and practiced regardless of age and largely regardless of state of health. To learn Qigong exercises, the guidance of an experienced teacher is necessary.

## The Qigong Yangsheng Teaching System by Prof. Jiao Guorui



The Qigong Yangsheng teaching system developed by Prof. Jiao Guorui includes both theory and practical methods for the cultivation of life (Yangsheng).

The full spectrum of exercise methods of Qigong Yangsheng takes into account the different categories, key are-

as and approaches of Yangsheng – the cultivation of life (exercises-in-rest, exercises-in-movement, the method of induced movement). Prof. Jiao Guorui (1923–1997) was a doctor of traditional Chinese medicine at the Academy of TCM in Beijing. He documented his life's work, the Qigong Yangsheng Teaching System, in numerous writings. The following exercise methods, described in the form of books, posters, instructional films and other teaching materials in German, have been taught by Prof. Jiao in Europe:

- 15 expressions of Taiji Qigong (taiji shiwushi)
- 8 brocade exercises (baduanjin)
- Mime of the 5 animals (wuqinxi)
- Method of absorbing Qi for the cultivation of life force (fuqi yangsheng fa)
- 6-sounds method (liuzijue)
- Standing-like-a-pillar exercises (zhanzhuanggong)
- Emei method of regulating life force (emeizhuang)
- Method of induced movement (youfagong)
- Exercises-in-rest: sitting-in-silence (jingzuo), tuna, Taiji Jinggong



Qigong Yangsheng  
Calligraphy by  
Jiao Guorui



The Qigong Yangsheng  
Teaching System by  
Prof. Jiao Guorui

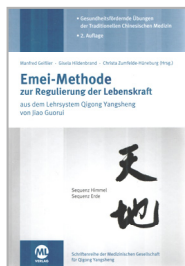
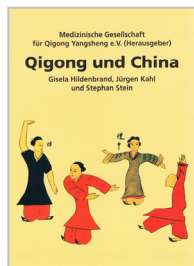
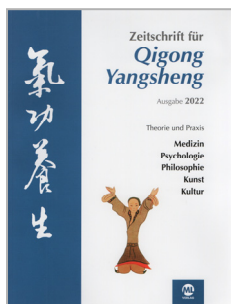


Medizinische Gesellschaft für  
Qigong Yangsheng e.V.  
Colmantstr. 9, 53115 Bonn  
0049-228-696004  
info@qigong-yangsheng.de  
www.qigong-yangsheng.de

## The Medical Association for Qigong Yangsheng e.V.

The Medical Association for Qigong Yangsheng e.V. was founded in 1991. It is a non-profit, scientifically oriented institution in the field of health education. The main points and contents of its work are:

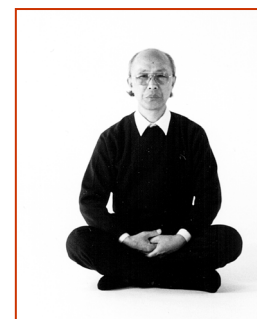
- Education and training in Qigong Yangsheng
- Courses and seminars within the framework of general education and health promotion
- Courses and seminars for professional development
- Cultural events relating to Yangsheng traditions
- Research, congresses and international exchanges on topics such as methodology, application, transcultural transferability and effectiveness; source research
- Preparation of teaching material
- Study trips to China
- Publication of a journal
- Maintaining a library
- Scientific exhibition



## Examples of Exercise Methods



**The 15 expressions of Taiji Qigong** show the principles of Qigong Yangsheng in a particularly clear and simple way. Nature – clouds and mountains, the animal kingdom – crane and dragon and the world of symbols, for example the circle, are used as images. Basic movement patterns and steps of Qigong are practiced. The 15 expressions of Taiji Qigong are particularly easy to adapt to various physical conditions.



### The 8 brocade exercises, sitting

Simple movement patterns, soft stretching as well as internally and externally applied self-massage are combined. Attention is increasingly drawn to the interior.



### 8 brocade exercises, standing

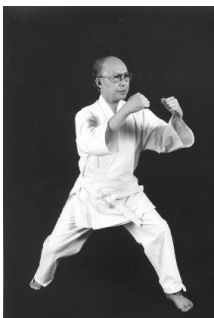
Powerful, combative forms are combined with inner relaxation; the axis of heaven and earth promotes stability and centering. The names of the forms refer to essential concepts of Chinese medicine.



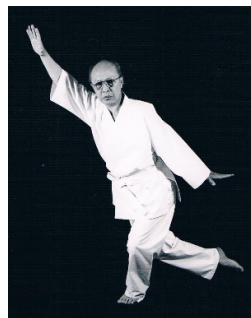
### Emei exercises to regulate Qi

The mnemonic verse "May heaven always be your role model, and earth your yardstick and rule" guides the exercises. Typical for this method are a combination of stretching with meandering force, subtle finger and hand techniques, as well as the vocalisation of sounds in connection with different movement patterns.

**Mime of the 5 animals.** Particular emphasis is placed on the aspect of naturalness as well as the unity of shape, gestures and facial expressions. An assignment to the functional circles of Chinese medicine characterizes the animal plays and underlines the relationship to emotions, attitudes to life and predispositions.



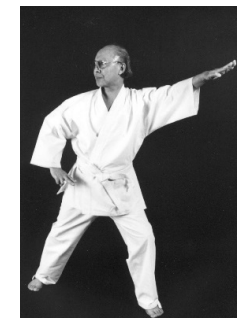
The bear pushes forward



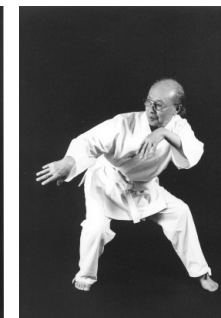
The crane flies



The tiger shows his power



The deer turns his head



The monkey looks around furtively