



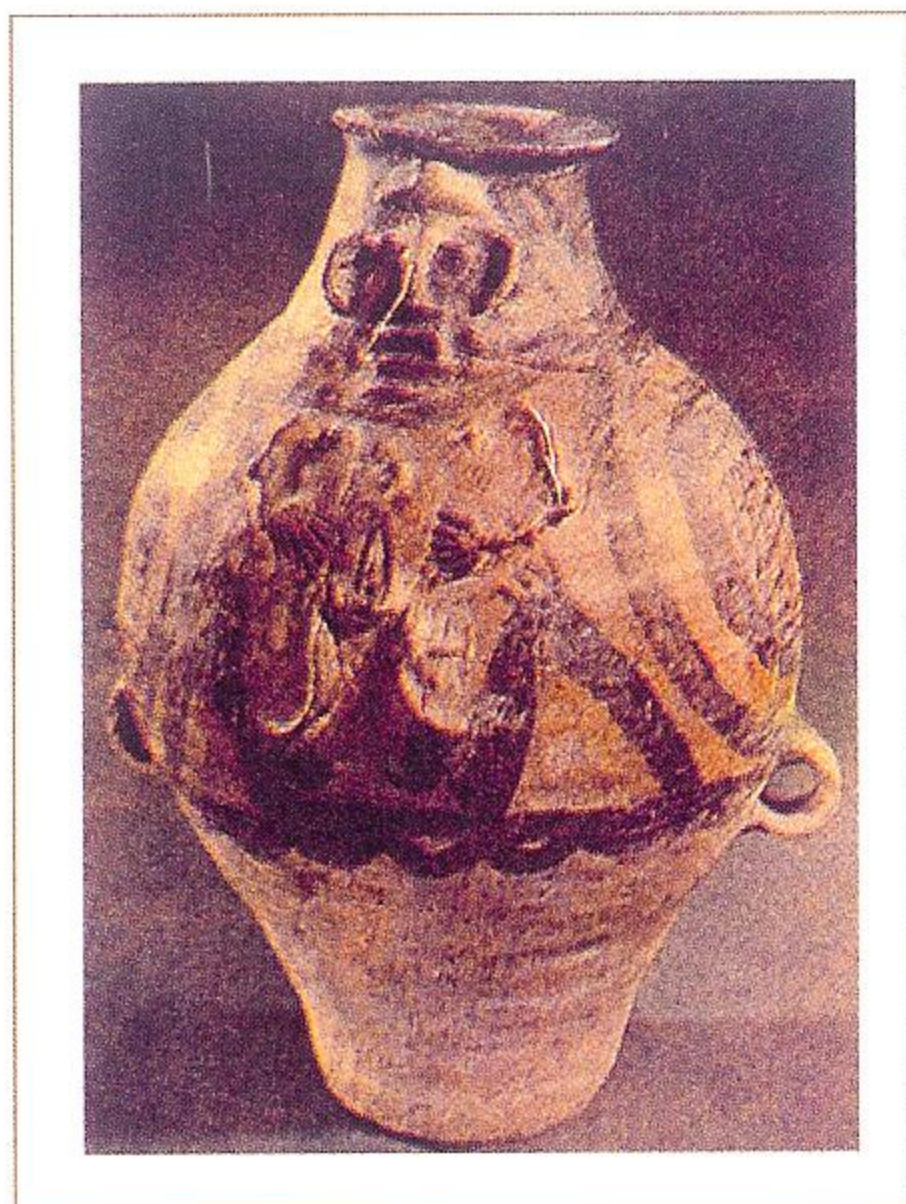
四种健身气功简介
A BRIEF INTRODUCTION TO HEALTH QIGONG

中国健身气功协会

CHINESE HEALTH QIGONG ASSOCIATION

健身气功是以自身形
体活动、呼吸吐纳、
心理调节相结合为主
要运动形式的民族传
统体育项目，是中华
悠久文化的重要组成部分。

As an important component of Chinese culture with a long history, Health Qigong is a traditional Chinese national sports event whose main form is the combination of the postures of the body, control of breath, and regulation of mentality.



中国青海出土的马家窑文化时期彩陶罐
The colored gallipots in the period of Majiayao Culture,
excavated in Qinghai Province, China

Qigong is time-honored. Archaeological findings show the colored portraits of practicing Qigong on the colored gallipots in the period of Majiayao Culture (about 5,000 years ago), which were excavated in Qinghai Province of China. In the ancient Chinese classic *Shangshu* written in the Han Dynasty (206 B.C.-220 A.D.), there were literal records on Qigong. In the cultural relics from the old tomb Ma Wang Dui in the Western Han Dynasty (206B.C.-25 A.D.), excavated in Changsha, Hunan Province, there were many descriptions on Qigong. For thousands of years, Qigong has been immensely popular with people, especially those in middle or elderly ages, playing an active role in helping them dispel diseases, promote health, and prolong their lives.

气功源远流长。在中国青海出土的马家窑文化时期（约5000年前）彩陶罐上就有习练气功的彩绘人像。汉代（公元前206年—公元220年）《尚书》里已有气功的文字记载。中国湖南长沙马王堆出土的西汉（公元前206年—公元25年）文物中，也有多处关于气功的描述。千百年来，气功以其简单易学、动作舒缓、内涵丰富、健身效果明显等特点，在帮助人们祛病健身、延年益寿等方面发挥了积极作用，一直深受人民群众特别是中老年群众的喜爱。



中国湖南长沙马王堆出土的西汉导引图

The picture of *Dao Yin* (the movements of the limbs of Qigong) in the Western Han Dynasty, excavated in Changsha, Hunan Province

新世纪初，为更好地满足人民群众强身健体的需要，进一步弘扬中华民族优秀传统文化，中国健身气功协会在挖掘中国传统健身养生功法的基础上，组织编创了**健身气功·五禽戏**、**健身气功·易筋经**、**健身气功·六字诀**、**健身气功·八段锦**等四种健身气功。

四种健身气功是严格按照科研课题办法，以中医、现代医学以及心理学、体育学等相关科学理论为指导编创的，并进行了初步的科学测试。四种健身气功吸收了相关功法流派的精华，是对中华民族传统文化的继承和发扬，凝聚了众多专家学者的智慧和汗水。四种健身气功科学合理，内涵丰富，动作优美，易学易练，效果明显，在试验中受到群众欢迎。

At the beginning of the new century, Chinese Health Qigong Association developed Four Health Qigong Exercises on the base of excellent traditional Qigong, including

Health Qigong·Wu Qin Xi
(frolics of five animals)

Health Qigong·Yi Jin Jing
(tondon-changing classic)

Health Qigong·Liu Zi Jue
(the art of expiration in producing six different sounds)

Health Qigong·Ba Duan Jin
(eight excellent movements)

to fit the people's needs of promoting their health and body building, and to develop traditional Chinese national culture further.

During the process of developing the Four Health Qigong Exercises, we followed the methods of scientific research strictly, and took Traditional Chinese Medicine, Modern Medicine, Psychology, Athletic Science and other related subjects as a guide, and performed certain primary experiments. The Four Health Qigong Exercises, the precious result of the experts in various fields, in which their wisdom and labor are agglomerated, have selected the essences from the related Qigong in various schools, inherited and developed traditional Chinese national culture. They are popular in the experiments for their characteristics of abundant contents, elegant postures, remarkable effects, and the movements that are easy to learn.

【健身气功·五禽戏】

Health Qigong·Wu Qin Xi

五禽戏是中国东汉（公元25年—220年）名医华佗根据虎、鹿、熊、猿、鸟的活动特点，结合古代导引吐纳之术及中医脏腑、经络、气血理论编成的一套具有民族特色的仿生类功法。

健身气功·五禽戏继承了传统五禽戏的精华，动作设计与形体美学、现代人体运动学有机结合，充分体现了科学理念和时代特征，符合传统气功调身、调息、调心的原则，适于群众习练健身。

Wu Qin Xi (frolics of five animals) was developed by Hua Tuo, the most famous doctor in the Eastern Han Dynasty (25-220 A.D.). It imitates the actions of animals based on the habits of the tiger, deer, bear, monkey and bird, and combines *Tu Na* (the art of expiration and inspiration) and *Dao Yin* (the movements of the limbs in Qigong) with the theories of Viscera, Channels and Collaterals, Qi and Blood in Traditional Chinese Medicine.

Health Qigong · *Wu Qin Xi* embodies the essences of the traditional *Wu Qin Xi*, and combines the designed actions with the Aesthetics of the body and Modern Athletic Science. It presents the scientific concept and the character of the modern time sufficiently, and accords with the traditional principles of regulating the body, breath and mind in Qigong. As a result, it fits the needs of people to promote their health.



五禽戏古图
An ancient picture of *Wu Qin Xi*



编创人员在华佗故里——安徽亳州调研
The compilers and the inheritors are conducting the investigation in Bozhou, Anhui Province - the native place of Hua Tuo.

健身气功·五禽戏不拘泥于象形动作，力求蕴含“五禽”的神韵，仿效虎之威猛、鹿之安舒、熊之沉稳、猿之灵巧、鸟之轻捷；要求做到形神兼备，意气相随，内外合一；动作柔和舒展，协调匀称，美观大方，运动量适中。

科研测试表明，健身气功·五禽戏对锻炼者的生理机能、身体素质以及心理状态等方面都有积极影响。习练者的心血管机能、呼吸机能有所改善；关节灵活性有所提高；体力和握力有所提高；精神状态和自信心有所增强。

The movements of Health Qigong·Wu Qin Xi are not restricted in the imitation of the behaviors of the animals, but try to present the spirit of the "five animals". It simulates the power of the tiger, the ease and comfort of the deer, the steadiness and calmness of the bear, the dexterity of the monkey, and the agility of the bird. The movements are gentle and unfold, harmonious and symmetrical, and its extent of physical exercise is suitable for most people.



The result of the scientific study shows that Health Qigong·*Wu Qin Xi* exerts an active influence on the people's physiological functions, physical nature and state of mind. Moreover, after a period of practice, the functions of the cardiovascular and respiratory system are enhanced; agility of the joints improved; and the vigor and grip power strengthened; psychological condition and self-confidence are built up.



虎举
Hu Ju

(The tiger raises palms over head.)



虎扑
Hu Pu

(The tiger pounces.)

【健身气功·易筋经】

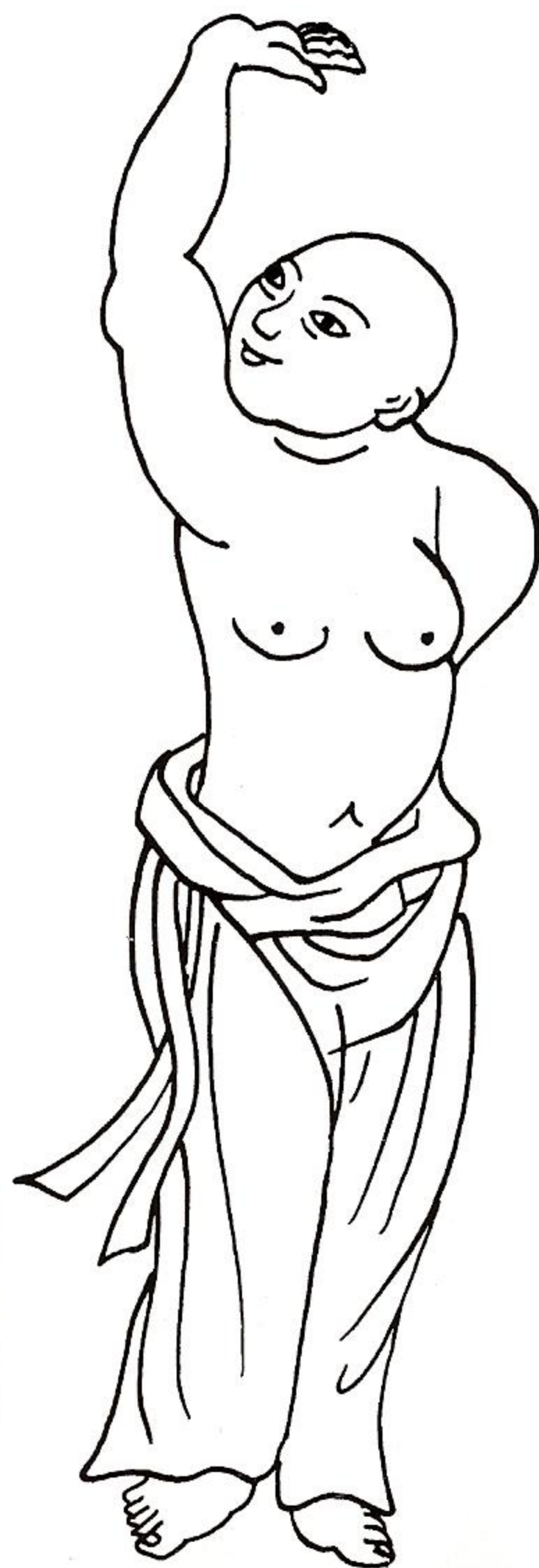
Health Qigong · Yi Jin Jing

易筋经是中国古代流传下来的一种以变易筋骨为目的的健身方法。据考证，易筋经萌芽于中国秦(公元前221年—公元前206年)、汉(公元前206年—公元220年)时期的养生术，相传为中国禅宗初祖达摩所创，少林寺僧侣曾对其进行改编并用以健身。易筋经完善于唐(公元618年—907年)、宋(公元960年—1279年)年间，自明代(公元1368年—1644年)开始在社会上流传，在中国传统健身运动中占有重要地位。

健身气功·易筋经继承了传统易筋经十二式的精要，并按照现代健身理论和方法的要求进行了改编和简化，形成了和谐连贯的整套动作，突出了健身的特点，使其更加科学规范。

Yi Jin Jing (tendon-changing classic) is a method of health-building exercise that came down from ancient China, and its purpose is to strengthen the muscles and tendons. By the textual research, *Yi Jin Jing* germinated from regimens in the Qin(221-206 B.C.) and Han (206B.C.-220 A.D.)Dynasties. Legend goes that the monk Bodhidharma, the founder of Zen in China, advanced *Yi Jin Jing*. And then the monks in Shaolin Temple developed it and used it for health promotion. In the Tang (618-907 A.D.) and Song (960-1279 A.D.)Dynasties, *Yi Jin Jing* developed greatly. It began to spread out of the temple from the Ming Dynasty (1368-1664 A.D.) . *Yi Jin Jing* has been greatly influencing the traditional Chinese national sports.

Health Qigong · *Yi Jin Jing* embodies the essences of traditional *Yi Jin Jing* 12 forms. It has been developed, simplified and standardized on the modern theories and methods of health science, so as to be a smooth and coherent set of movements. Hence it is of more remarkable characteristics in health promotion.



易筋经古图
An ancient picture of Yi Jin Jing



编创人员与武当山百岁老人研讨
The compilers are discussing with a 100-year old man in the Wudang Mountain.

健身气功·易筋经强调肌肉、骨骼和关节的屈伸、扭转和牵拉，尤其注重脊柱的旋转屈伸，有利于增强脊髓的控制和调节功能；动作自然流畅，刚柔相济，美观大方；以其架式、意守部位、调息次数等变化，适应不同年龄层次及不同健康状况人群的需要。

科研测试表明，健身气功·易筋经对改善习练者的心血管系统、呼吸系统、消化系统的机能，提高平衡能力、柔韧性和肌肉力量有良好效果；对锻炼者的情绪有积极影响，可以降低焦虑和抑郁程度；对中老年人某些常见病有积极康复作用。

When practicing Health Qigong·Yi Jin Jing, what should be emphasized is the movements of turning, bending and extending, pulling and drawing of the muscles, bones and joints, especially those of turning, bending and extending of the spine. These actions, characterized by elegant, natural and smooth movements, being in good taste, and coupling hardness with softness, benefit regulating and controlling the function of the spine. The flexible postures, the point kept in the mind, and the frequency of breathing fit the needs of people of any ages and in different health conditions.

The result of the scientific study shows that Health Qigong·Yi Jin Jing can improve the functions of the cardiovascular, respiratory and digestive systems, raise the balancing ability, and better the flexibility and force of the muscles, improve the mood, lessen the anxiety and depression. Also, it plays an active role in healing some common diseases in the middle-aged and elderly people.



出爪亮翅势
Chu Zhao Liang Chi Shi
(Showing talons and spreading wings.)



三盘落地势
San Pan Luo Di Shi

[San Pan of the body drop on the ground. According to the Chinese traditional Martial Arts, the body is divided into three parts: the upper (the chest and its upper part), middle (the waist and hips) and lower (the legs and feet) parts, called San Pan.]



九鬼拔马刀势
Jiu Gui Ba Ma Dao Shi
(Nine ghosts draw sabers.)

【健身气功·六字诀】

Health Qigong·Liu Zi Jue

六字诀，又称六字气诀，是一种以呼吸吐纳为主要手段的传统健身方法。六字诀历史悠久，流传广泛，早在中国南北朝（公元420年—581年）时期就有记载。在六字诀流传过程中，各代医家或养生家都从不同的角度对六字诀进行了补充与完善。

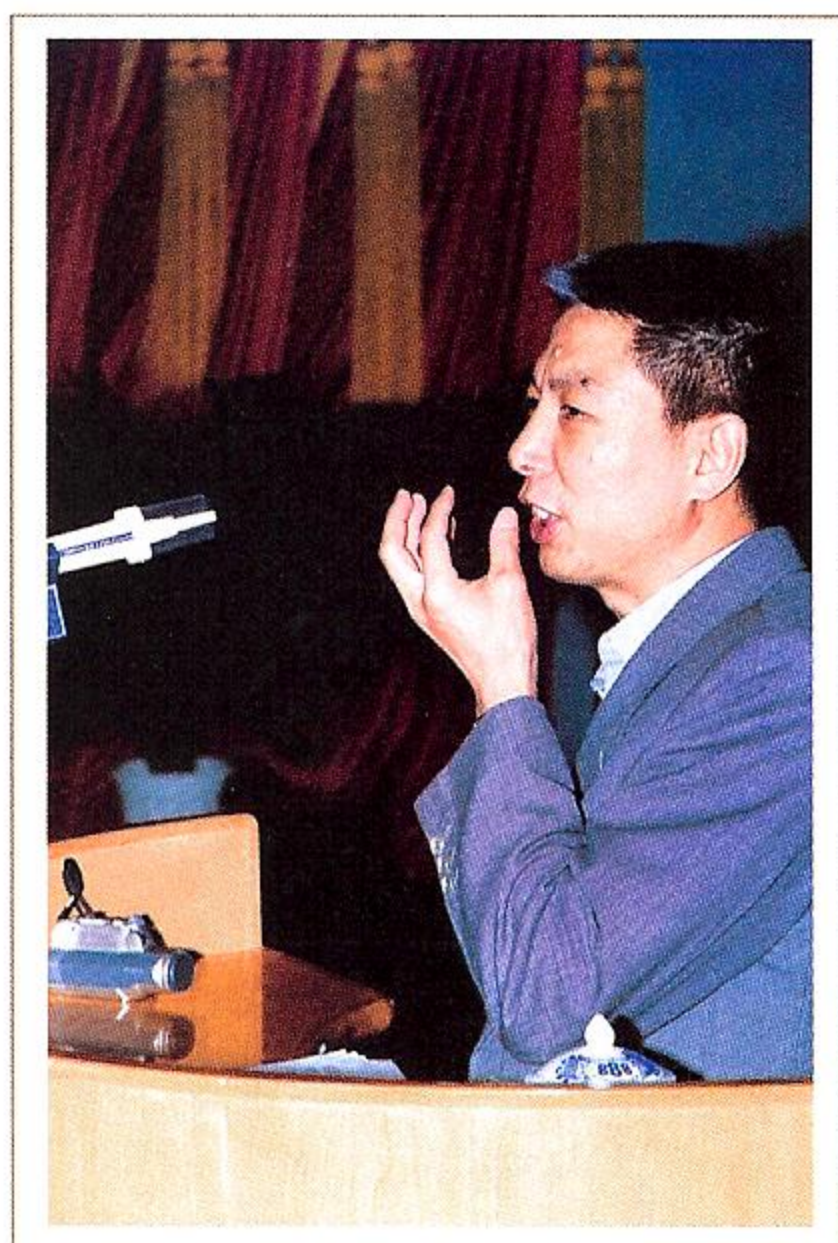
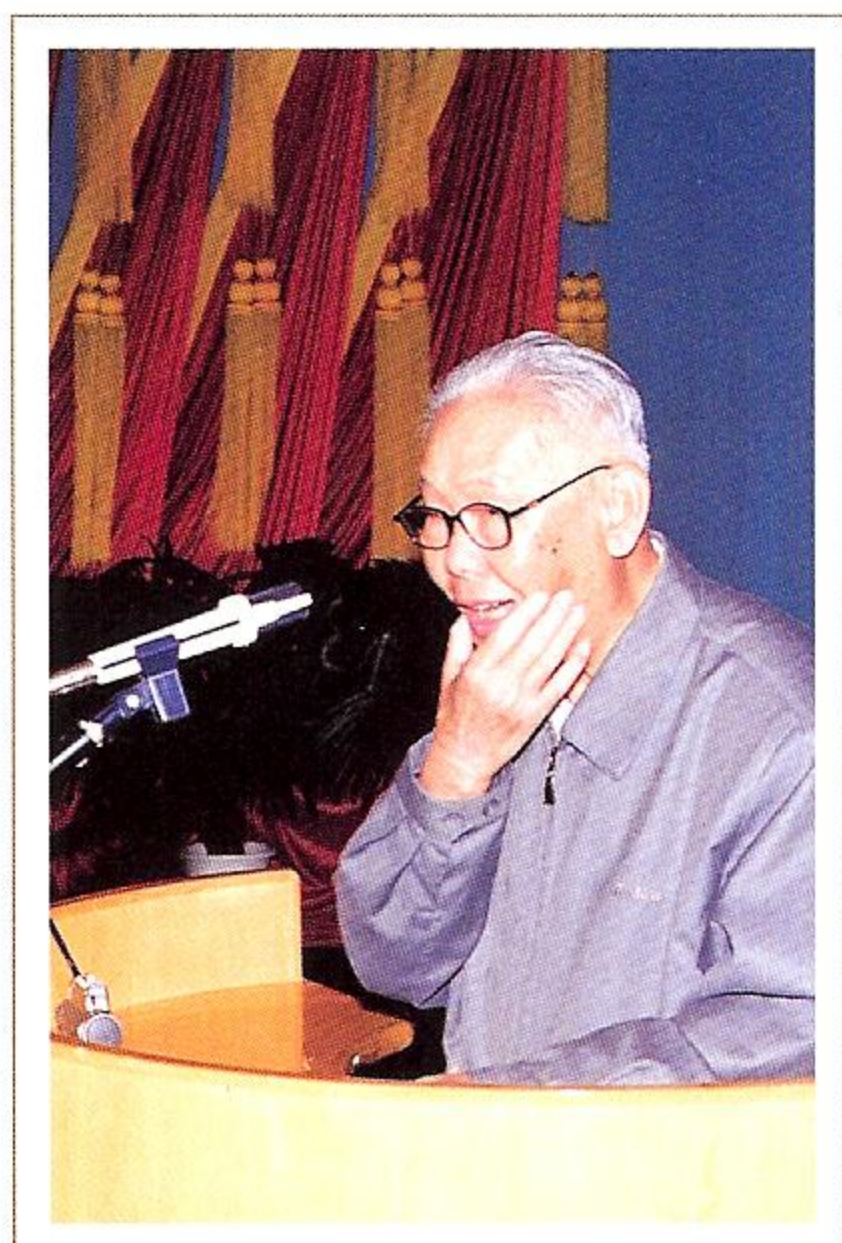
健身气功·六字诀是在对传统六字诀进行挖掘整理的基础上，运用相关现代科学理论与方法编创而成的。为使之更为科学合理，编创时对“嘘、呵、呼、咽、吹、嘻”六字的顺序、发音和口形进行了调整和规范。

Liu Zi Jue (the art of expiration in producing six different sounds) is a traditional exercise of health promotion. It is practiced through the art of expiration. *Liu Zi Jue* is of a long history and has been spread wide. There existed the records of *Liu Zi Jue* in the Southern and Northern Dynasties (420-589 A.D.). During the process of its spread, the masters of medicine and regimen in various generations replenished and improved it in different aspects.

Based on the traditional *Liu Zi Jue*, by the related modern scientific theories and methods, the order of the six characters, the pronunciation and the degree of lip-rounding have been regulated and standardized to make it more scientific and reasonable.



六字诀古图
An ancient picture of *Liu Zi Jue*



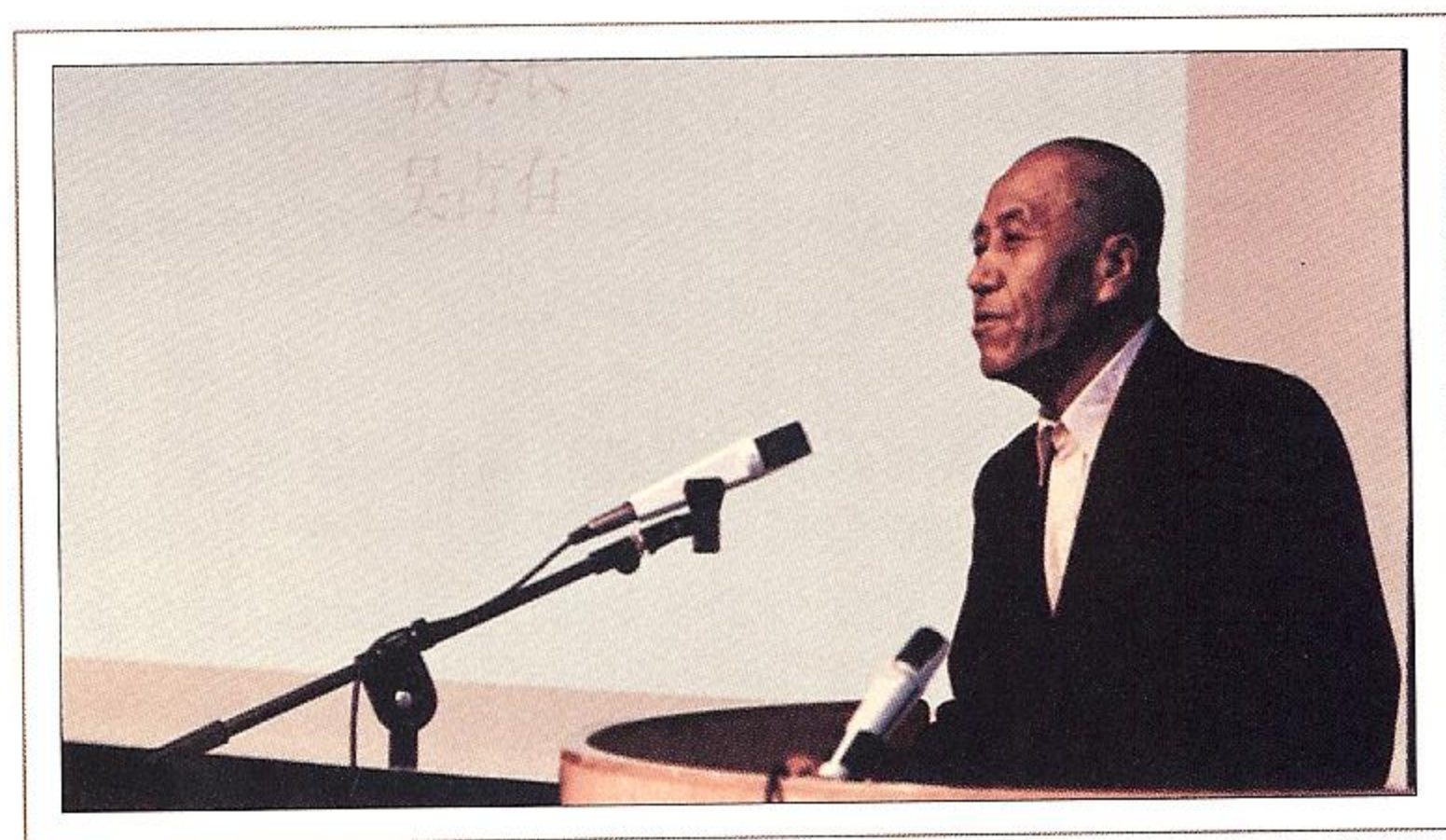
不同学术领域专家在演示探讨六字的发音
The experts in different fields are discussing and demonstrating the pronunciation of *Liu Zi Jue*.

健身气功·六字诀各字诀之间既是一个统一的整体，又各具独立性，可单独习练。在吐气发声的同时，辅以简单的导引动作，有相辅相成的作用。

科研测试表明，练功后受试人群的总体生存质量有明显提高，生理和心理状态有改善趋势，人际关系和家庭关系日益和谐。另外，对练功人群中疾病康复情况的调查结果表明，健身气功·六字诀对缓解中老年人某些慢性病的症状较为有效。

The six characters in the Health Qigong·*Liu Zi Jue* form a whole entity, and each of them is independent as well, and may be practiced separately. In respiration, pronunciation practice is being taken up with simple actions of Qigong. The respiration and actions can supplement and complement each other.

Scientific studies show that in general, the survival quality of the exercisers has been remarkably improved compared with that before they practice *Liu Zi Jue*. There is a trend of improvement in physical and psychological states, and in the human relations. Their family members live in harmony. Furthermore, the investigation about the healing of sick people shows that Health Qigong·*Liu Zi Jue* is helpful to middle-aged and elderly people who suffer from certain chronic diseases.



不同学术领域专家在演示探讨六字的发音
The experts in different fields are discussing and demonstrating the pronunciation of Liu Zi Jue.

【健身气功·八段锦】

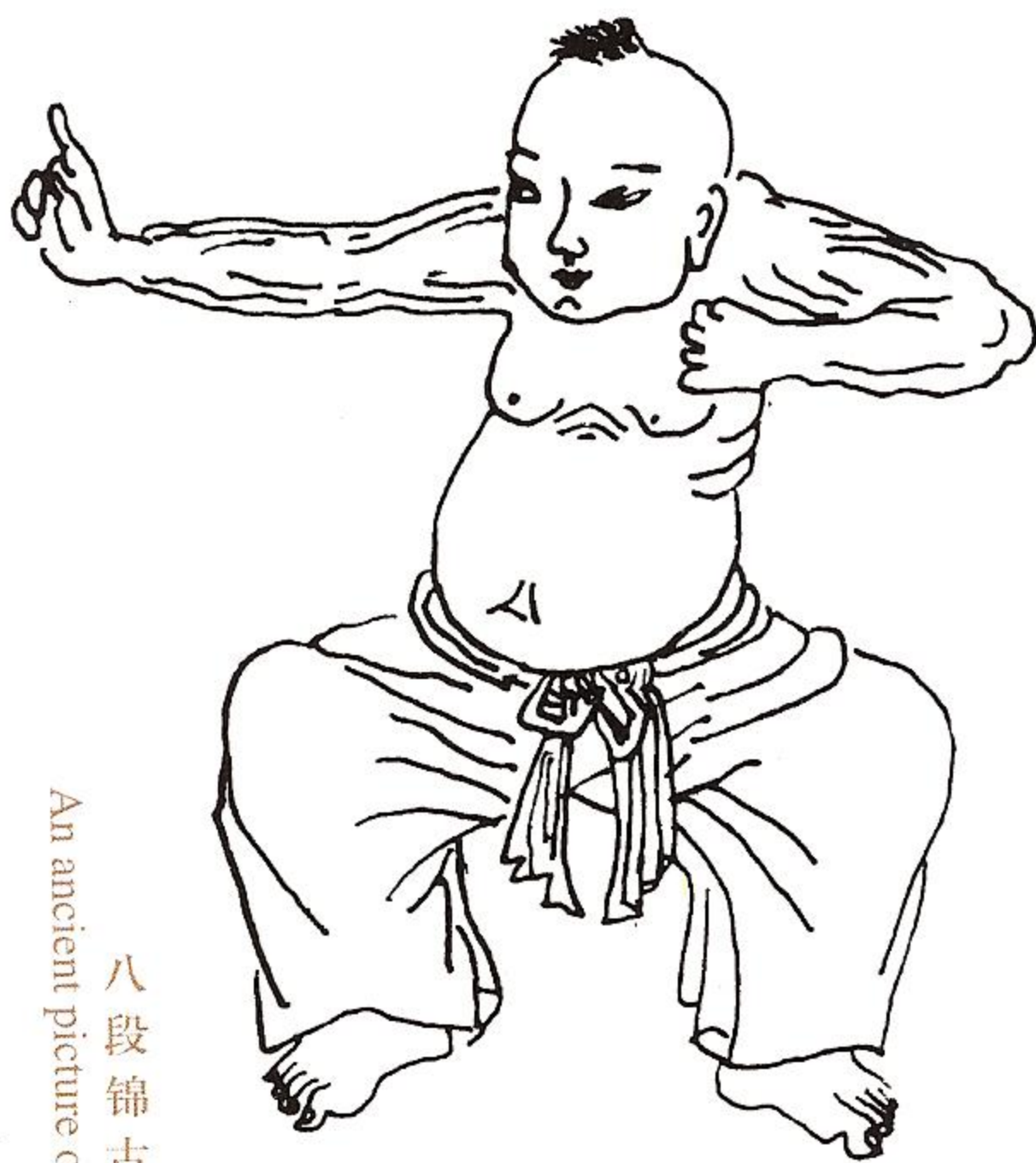
Health Qigong·Ba Duan Jin

八段锦产生于中国宋代（公元960年—1279年）以前，在明（公元1368年—1644年）、清（公元1644年—1911年）时期逐渐发展完善，是历代养生家和习练者共同创造的传统健身方法。八段锦动作简单易学，健身效果良好，是中华养生文化中的瑰宝，一直深受广大群众的喜爱。

健身气功·八段锦继承了传统八段锦各流派的精要，基本保持了传统八段锦的定势动作和风格特点，并按照现代运动学和生理学规律，对动作次序和运动强度进行了科学合理的调整，突出了健身的特点，使其更加完整规范，安全有效。

Ba Duan Jin (eight excellent movements) emerged before the Song dynasty (960-1279 A.D.), and gradually developed to a perfect degree during the periods of the Ming (1368-1644 A.D.) and Qing dynasties (1644-1911 A.D.). Being a traditional health-promoting exercise jointly developed by the masters of the regimen and practitioners in the past dynasties, *Ba Duan Jin*, the treasure of the Chinese regimen culture is popular with the broad mass, for its movements are simple and easy to learn, and bring about good results in health-building.

Health Qigong·Ba Duan Jin embodies the essences of different schools, and preserves the formed movements and style in the main. On the bases of the Modern Athletic Science and physiology, the order of the movements has been changed and the amount of physical exercise regulated reasonably, so as to make it more suitable, effective and standardized.



八段锦古图
An ancient picture of Ba Duan Jin



编创人员与专家研讨
The compilers are discussing with the experts.

健身气功·八段锦柔和缓慢，圆活连贯，舒展大方，动作松紧结合，动静相兼，并通过动作、意念和呼吸的协调配合，达到强身健体的功效。

科研测试表明，习练健身气功·八段锦有助于改善呼吸系统、神经系统及循环系统的功能，增强细胞免疫功能和机体抗衰老能力，促进心理健康，提高上下肢力量、关节灵活性和平衡能力。

The characteristics of the movements of Health Qigong·*Ba Duan Jin* are gentle, slow, smooth and coherent, unfold and elegant; and it couples tension with relaxation, activeness with quietness. *Ba Duan Jin* leads to good health by harmonious conjugation of mind, breath and movements.

Scientific studies show that Health Qigong·*Ba Duan Jin* can enhance the functions of the respiratory, nervous and cardiovascular systems, build up the cellular immune function and the ability to resist senility, adjust the psychological state, strengthen the limbs and joints, and improve the equilibrium of the body.



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