



# Health Qigong

A Gem of Chinese Traditional Culture

Wang Zhen

Li Wei

Liu Xiaolei











巴黎  
特武会

热烈欢迎中国健身气功代表团访法

八段锦

















身心一统 兼蓄竞攀

Shanghai University of Sport



中国体育报



# The IOC Sport for All Grant QACSC

Shanghai University of Sport





❖ 气功是中国优秀传统文化的重要组成部分，其特有的养生理论蕴含着儒家、道家、佛家等中国哲学思想的文化理念，强调人与自然、人与社会合一，进而达到身心和谐完美境界。

❖ As a significant element in traditional Chinese culture, Qigong assembles Confucian cultivation of body and mind; Taoist pursuit to transcend worldliness; Chinese keep healthy theory. It also combines the ancient Chinese philosophy of the harmony in human society and between human and nature.





❖ 气功是中华民族的文化瑰宝，它历史悠久、源远流长。目前能够证实的至少5000年前我们的先人就有意识的进行了呼吸吐纳的气功活动。气功所包含的内容极为丰富。我国古代道家的吐纳、行气、内丹，佛家的禅定、观想，医家的导引、按跷，儒家的修身、养气，武术的内功修炼等等都有气功习练的内容。





❖ Taoists and Buddhists do it to transcend worldliness;





❖ Confucians  
practice Qigong to  
cultivate mind and  
body.



Confucius



Chinese medical physicians use it to cure illness and keep health;







- ❖ Wushu learners practice it to defend themselves and fight against attacks.



Cai Longyun



Qigong has a long history with rich connotations

- ❖ On the archeological objects of the pottery jars in color which was made during the Majiayao culture period and excavated in Qinghai Province, China, colorful drawings of people are seen practicing Qigong, indicating that 5000 years B.C., the Chinese ancients did understand to build up health by way of practicing Qigong.



身心一统 兼蓄竞攀

Shanghai University of Sport



# History

Origin

Ancient

Modern

远观近择  
取象比类

To observe and  
imitate selectively  
from the nature

（伸懒腰、闭目、站桩、  
嘘、呵）

儒Ru  
释Shi  
道Tao  
医Yi  
武Wu

内养功  
Neiyang Gong  
放松功  
Fangsong Gong  
健身气功  
Health Qigong





## What is Health Qigong?

- ❖ Health Qigong is a traditional Chinese health exercise with improvement of mental and physical health as its aim, it's a combined system including body movement, breathing exercise and psychological adjustment as its main content.



- ❖ It known as an component of traditional Chinese culture, originated in ancient China and its functions vary in different traditional Chinese cultural schools.



## 健身气功

- ❖ 健身气功是以增进身心健康为目的，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，是中华悠久文化的组成部分。”
- ❖ 2002年，健身气功成为中国国家体育总局正式认可的第62个体育运动项目。





❖ 健身气功是一门关于和谐的学问，在理论上以人体生命整体观为指导，在实践上以三调合一为基准，既体现了中华优秀传统文化智慧，也吻合现代养生学理念，是当今人们健身养生的时尚运动。

身心一统 兼蓄竞攀

Shanghai University of Sport



# Health Qigong

健身气功

1568

易筋经

Yi Jing Jing

五禽戏

Wu Qin Xi

六字诀

Liu Zi Jue

八段锦

Ba Duan Jin

# Yi Jin Jing

易  
筋  
經



掉尾勢  
摘星撈月勢

練習圖解





## 易筋经 Yi Jin Jing

- ❖ Yi Jin Jing 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 and Han 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 and Song Dynasties, Yi Jin Jing developed greatly. It began to spread out of the temple from the Ming Dynasty. Yi Jin Jing has been greatly influencing the traditional Chinese national sports.



# Wu Qin Xi

华祖庵五禽戏雕像



鸟戏：鸟飞





## 五禽戏 Wu Qin Xi

- ❖ Wu Qin Xi (frolics of five animals) was developed by Hua Tuo, the most famous doctor in the Eastern Han Dynasty. It imitates 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.



# Liu Zi Jue

服气诀图：龙惠和架



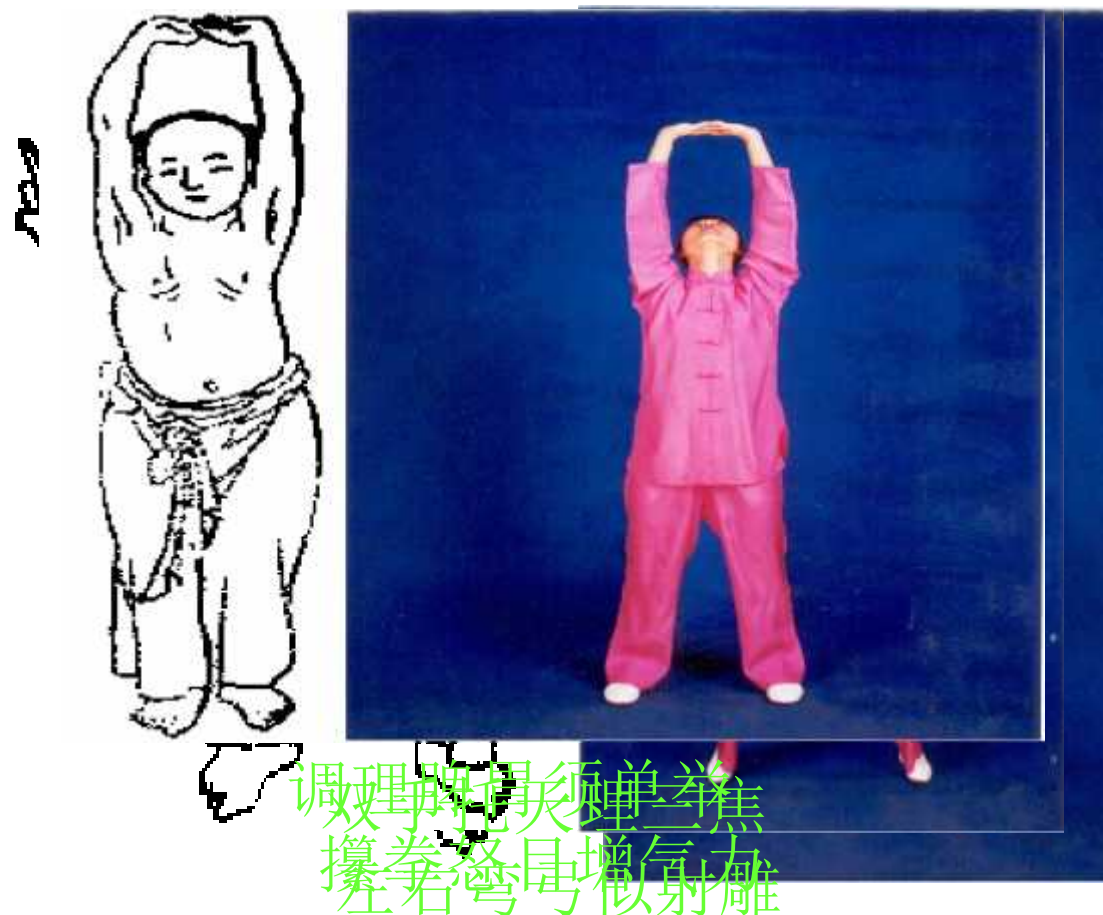
六字诀：明家诀



## 六字诀 Liu Zi Jue

- ❖ 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. During the process of its spread, the masters of medicine and regimen in various generations replenished and improved it in different aspects.

# Ba Duan Jin





## 八段锦 Ba Duan Jin



- ❖ Ba Duan Jin (eight excellent movements), emerged before the Song Dynasty, and gradually developed to a perfect degree during the periods of the Ming and Qing Dynasties. 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.



身心一统 兼蓄竞攀

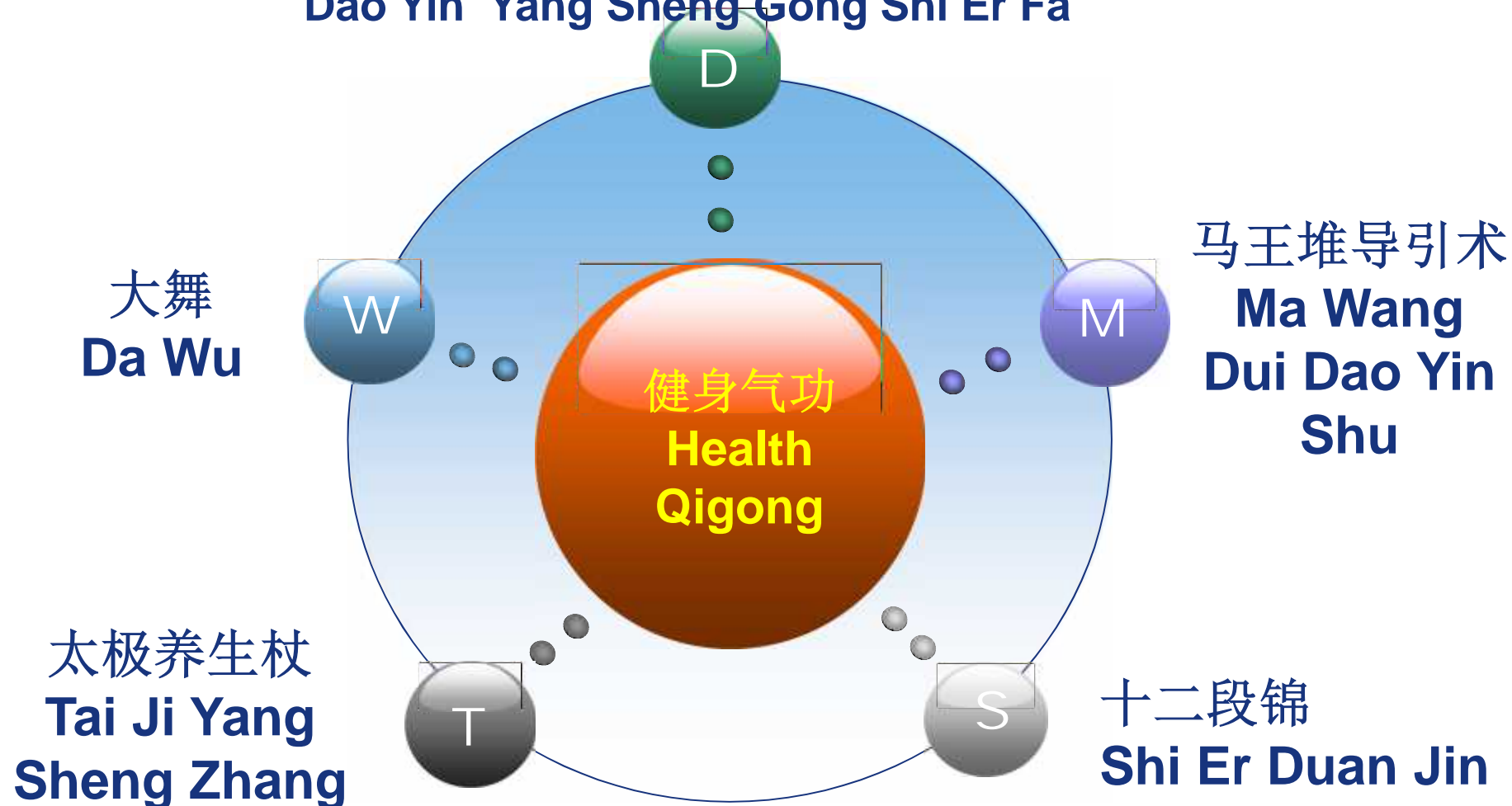
Shanghai University of Sport



D-M-S-T-W

导引养生功十二法

Dao Yin Yang Sheng Gong Shi Er Fa





## The essence of Qigong

- ❖ Qigong is a psychosomatic practicing skill that adjusts body, breath and mind into one.
- ❖ The first adjustment is to adjust posture and movement. (调身)
- ❖ The second is to adjust breath type. (调息)
- ❖ The third is to adjust mental activities. (调心)
- ❖ It forms the special psychosomatic state of Qigong practice when integrating the “three adjustments into one”. (三调合一)



身心一统 兼蓄竞攀



Increase maximum oxygen  
intake ( $\text{VO}_2 \text{ max}$ )

**减少呼吸频率**

DECREASES RESPIRATORY RATE



身心一统 兼蓄竞攀

University of Sport



# 呼吸频率

## Respiratory Rate (RR)

### 每分钟呼吸的次数

THE NUMBER OF BREATHS (INHALATION-  
EXHALATION CYCLES



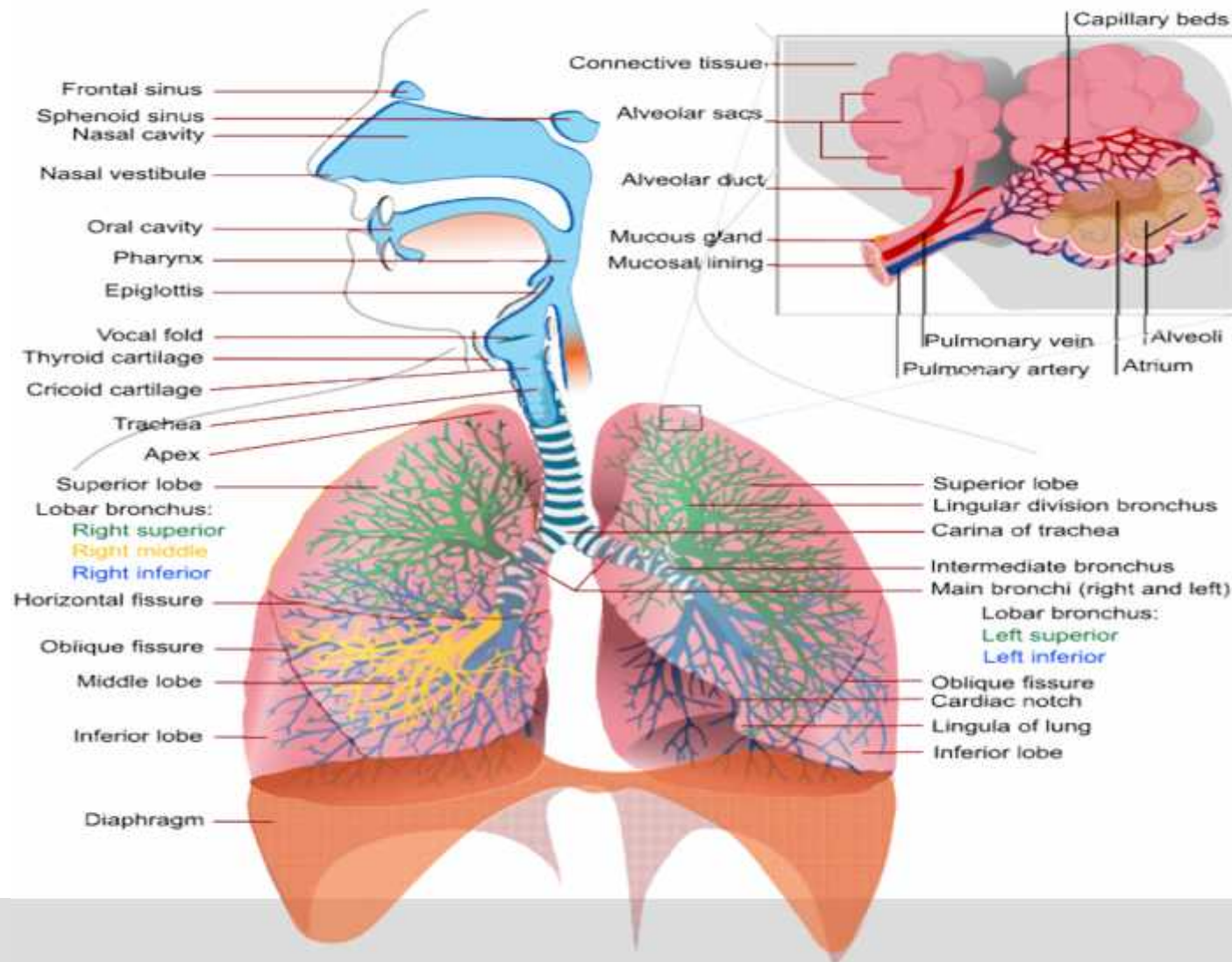


## 呼吸频率的正常范围 Normal Range

- ❖ 健身成年人的呼吸频率12-20次/分钟
- ❖ The typical respiratory rate for a healthy adult at rest is 12–20 breaths per minute.
- ❖ *Ganong's Review of Medical Physiology* (24 ed.). p. 619. [ISBN 0071780033](#).



# 呼吸系统 Respiratory system





## 无效腔 Dead space

- ❖ 无效腔大约占据人体安静状态下的每次吸入或呼气量的三分之一。
- ❖ The normal value for dead space volume is approximately the lean mass of the body, and averages about a third of the resting tidal volume (450-500 mL). In Fowler's original study, the anatomic dead space was  $156 \pm 28$  mL (n=45 males) or 26% of their tidal volume.



## 每分钟呼吸量

### Respiratory volume per minute

- ❖ 在安静状态下成年人每分钟呼吸量在5-8升。
- ❖ The normal volume while resting is about 5–8 liters per minute in humans.
- ❖ Zuurbier, M., Hoek, G., van den Hazel, P., Brunekreef, B. (2009). "Minute ventilation of cyclists, car and bus passengers: an experimental study." *Environmental Health* 8 (48). [doi:10.1186/1476-069x-8-48](https://doi.org/10.1186/1476-069x-8-48).





1 minute: 8,000 ml, Dead space: 150ml

❖ 20 times : 8,000 ml

❖ 1 time : 400 ml

❖  $400 - 150 = 250\text{ml}$

❖  $250 * 20 = 5,000 \text{ ml/m}$

■ 10 times: 8,000 ml

■ 1 time : 800 ml

■  $800 - 150 = 650 \text{ ml}$

■  $650 * 10 = 6,500 \text{ ml/m}$



# Defferent RV Contrast table (ml)

times	1 time	1 minute	1 hour	1 day
20	250	5,000	300,000	720,000
10	650	6,500	390,000	936,000
5	1,450	7,250	435,000	1,044,000
1	7,850	7,850	471,000	1,130,400

RV: Respiratory Volume





## Suitable age group of Qigong practice

- ❖ Everyone can benefit from Qigong practice, regardless of age. As it doesn't require much physical strength consumption, Qigong is an ideal exercise particularly for middle-aged or senior people. In China, Qigong is one of the major morning exercises.









## Healthy Effect of Qigong

- ❖ Qigong benefits physical and mental health, because it can achieve harmony of body, breath and mind and maintain balanced coordination of human organic system through self-adjustment of the three. Its healthy effects have been recognized by modern medicinal science and now it is used as a supplementary and alternative therapy in western medicine.



# Physical and Mind Health



中国传统文化的瑰宝



## Enhancing Physical Qualities

- ❖ 科学测试显示，坚持习练健身气功，能够提高身体的反应速度，增强肌肉力量，提高柔韧性和平衡协调能力；练功人群的肺活量、心率、血压也都得到了良性改善。
- ❖ The scientific tests show that Health Qigong can improve reaction speed , muscle strength, flexibility, balance and coordination ability, vital capacity, heart rate, blood pressure and bone mineral density.





## Promoting Mental Health

- ❖ 习练健身气功能够增进心理健康，有效调节因为衰老、疾病及生活压力引起的负面情绪，舒缓心情，消除焦虑和抑郁等症状。
- ❖ Health Qigong can help adjust practitioners' spirit, emotion and mental balance, relieve anxiety and blues, focus attention and keep mental state.



## Delaying Intelligence Decline

- ❖ **坚持健身气功锻炼能够改善习练者的思维反应速度、肢体灵活性、短时记忆和注意品质，起到延缓中老年人智能生理年龄及其衰老的作用**
- ❖ Health Qigong can better practitioner' thought reaction speed, body agility, short-term memory and attention quality so that it can delay the aging of elderly people in intelligence and biological age.



## Improving Life Quality

❖ 坚持习练健身气功能够改善人体的精力、心境、饮食、睡眠和记忆力等状况，提高老年人的生活能力，增强生活情趣，降低医疗费用，对优化人体生命活动的整体功能有着积极的作用。

❖ Health Qigong can better practitioners' energy, emotion, diet, sleeping and memory, improve the living ability and sentiment of the elderly people, decrease medical expense and optimize their health status.



## Optimizing Physical Function

❖ **坚持习练健身气功对于改善人们的脑功能，提高心脏工作能力和肺通气、换气能力，降低高血压、动脉粥样硬化等心血管系统慢性疾病的发病率等具有积极的作用。**

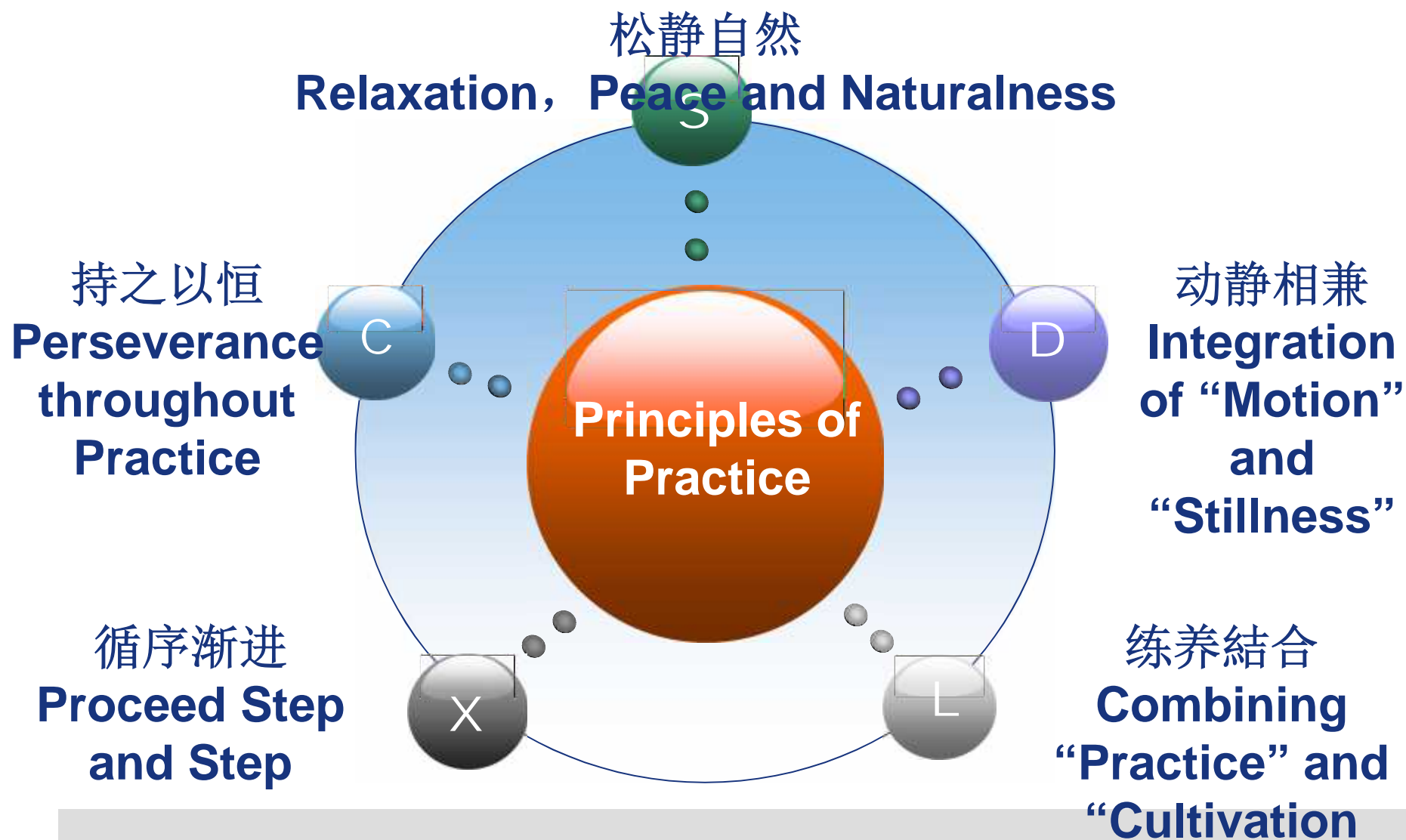
Health Qigong can improve the function of brain, heart, lung ventilation, reduce the incidence rate of chronic cardiovascular diseases, such as high pretension and atherosclerosis.





## How to learn Qigong?

- ❖ Qigong is a psychosomatic practicing skill. It is a skill-training process to learn Qigong. It focuses on the three adjustments of body, breath and mind, mainly relying on the learner's own practices. Qigong is neither a way to worship nor a religion. It is not a kind of political activities to teach or learn Qigong, requiring no membership in certain organizations or groups. The mastery of Qigong mainly depends on scientific methods, persistent practices and thorough understanding of the integrated state of adjusting body, breath and mind.





- ❖ Qigong is not only to practice one time or a few days. It should be a combination of daily exercise and health cultivation with progressive and persistent effort. As long as we have a clear and correct knowledge of Qigong, and maintain regular exercise, we will enjoy the health benefits of Health Qigong. I hope more overseas friends will fall in love with Qigong, practice Qigong, and promote Qigong, to contribute to the health and happiness of all human beings.



Qigong although originated  
in China, but belongs to  
the whole world.





上海体育学院  
| 尚武 | 崇文 | 厚德 | 博学

# Thank you!

