



推陈出新的四种健身气功

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，组织专家编创了健身气功·易筋经、健身气功·五禽戏、健身气功·六字诀、健身气功·八段锦等四种健身气功。目前他们已经在我国国内普及，并逐渐流行海外。

Health Qigong

Chinese Health Qigong Association, based on traditional Qigong practices, has released 4 sets of healthcare Qigong practice forms, including "Yi Jin Jing" (Sinew and Tendon Transforming Exercise), "Wu Qin Xi" (Frolics of Five Animals), "Liu Zi Jue" (Six Healing Sounds) and "Ba Duan Jin" (Eight Section Brocade). They have been widely practiced in China and gradually known overseas.

Qigong: A Gem of Chinese
Traditional Culture



《易筋经》和《五禽戏》

《易筋经》原为少林寺僧人活动筋骨、习武健身的功法，共有12式动作。《五禽戏》模仿5种动物的动作、神态以活动身心，是传统中医用以强身健体、延年益寿的功法。这两种功法的动作的原型在中国湖南长沙出土的西汉文物《导引图》中可以找到，该文物距今已有两千多年。

"Yi Jin Jing" and "Wu Qin Xi"

"Yi Jin Jing", composed of 12 sets of movements, was originally an exercise that monks of Shaolin Temple practiced to strengthen physique and improve martial art skills. "Wu Qin Xi", by imitating movements and postures of five animals, aims to enhance fitness, good health and longevity. These two types of health Qigong were developed more than two thousand years ago, which are evidenced by the culture relic of "Dao Yin Tu" (Map of Guiding Qi) unearthed in Changsha, Hunan Province of China.

《六字诀》和《八段锦》

《六字诀》是以呼吸吐纳配合动作的气功功法，共6节，原本出自于道家 and 医家，始于公元6世纪初南北朝时期，发展于唐宋，成熟于明清。《八段锦》共有8个动作，最早见于南宋，有坐式、立式之分。《健身气功·八段锦》主要取材于立式。

"Liu Zi Jue" and "Ba Duan Jin"

"Liu Zi Jue", composed of 6 sections, is Qigong practice form focusing on breathing with movements. Originating from Taoist and medical schools, this form emerged in the Southern and Northern Dynasties, was developed in the Tang and Song dynasties and grew mature in the Ming and Qing dynasties. "Ba Duan Jin", consisting of 8 movements, was derived from the concept of Eight Diagrams in "Yi Jing" (Book of Changes) and first appeared in the Southern Song Dynasty. The exercise can be practiced either in standing or in sitting. "Ba Duan Jin" here is mainly applied in standing styles.

健身治疗作用

气功锻炼有益于身心健康，因为它通过身、息、心的自我调节而达到三者的和谐统一，从而促进整个机体保持平衡协调，且具有相应的保健和治疗作用。气功锻炼的积极效果已经引起了现代医学和科学的重视，它已经是当今西方补充和替代医学的有机组成部分。

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.

走向世界

改革开放以来，作为中国传统文化代表之一，气功也开始走出中国国门，走向世界。由于气功所具有的中华传统文化特色，以及它的简便易学、强度适中、效果显著、花费不多等特点，适合于各年龄阶段人群，特别是中老年人的锻炼，气功已经越来越为世界各国人民所接受和喜爱。

Worldwide Spread of Qigong

As one of the representative Chinese traditional culture, Qigong also started to step from China to the world. As it is easy to learn, requires little cost, has better healthy effects and includes elements from Chinese traditional culture, Qigong is gaining growing recognition and popularity worldwide.



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）时期逐渐发展并完善，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。

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.



八段锦古图
An ancient picture of Ba

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。

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.

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。

The characteristics of 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.



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 and 机体抗衰老能力，改善心理健康，并能提高上下肢力量、关节灵活性和平衡能力。

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.

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。

Wu Qin Xi (Frolics of Five Animals) was developed by Hua Tuo, the most famous doctor in the Eastern Han Dynasty (25-220A.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.



An ancient picture of Wu Qin Xi

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。

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.

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。

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.



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 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.

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，历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。



六字诀古图
An ancient picture of 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 widely. There existed the records of *Liu Zi Jue* in the Southern and Northern Dynasties (420-581 A.D.). During the process of its spread, the masters of medicine and regimen in various generations replenished and improved it in different aspects.



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、发音和口型进行了调整和规范。

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.

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。

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.

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·六字诀对中老年人某些慢性病较为有效。

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.



代表团在法国巴黎与参加培训的200多位学员合影

Photo of the Delegation and Over 200 Trainees at Paris



德国学员在学练四种健身气功
Trainees from Germany are Practicing Health Qigong



澳大利亚学员在学练四种健身气功
Trainees from Australia are Practicing Health Qigong



葡萄牙学员在进行四种健身气功表演
Trainees from Portuguese are Practicing Health Qigong



英国学员在学练四种健身气功
Trainees from England are Practicing Health Qigong



法国学员在学练四种健身气功
Trainees from France are Practicing Health Qigong



加拿大学员在学练四种健身气功
Trainees from Canada are Practicing Health Qigong



美国学员在学练四种健身气功
Trainees from the U.S. are Practicing Health Qigong