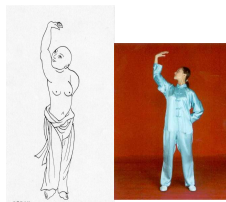


Introduce Health Qigong



“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.” – Chinese Health Qigong Association

Yi Jin Jing



摘星换斗势

“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.” – Chinese Health Qigong Association

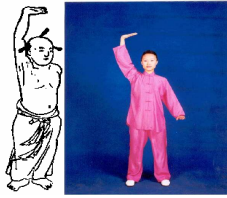
Liu Zi Jue



“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. “– Chinese Health Qigong Association

Ba Duan Jin



调整呼吸须举

“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.

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.

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. “– Chinese Health Qigong Association