

## <<健身气功>>

### 图书基本信息

书名：<<健身气功>>

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### 内容概要

国家体育总局健身气功管理中心编写的这本《健身气功：大舞》的英文内容简介如下：

Health Qigong — Dawu Exercises is one of the new health qigong breath and exercise regimens organized and compiled by the Chinese Health Qigong Association. This new exercise is based upon "Da Wu" which was recorded in ancient documents, with stress laid on flexing movements and rotation of joints throughout the body. Da Wu is a set of joint-relaxing dance exercises that has graceful movements and is easy to learn; it is suitable for people of varied abilities. Qigong helps prevent illnesses, improve health and prolong life.

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Chapter IV Movements

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Section II Movements, Tips and Health Benefits

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Step 2 Open Hips(Kai Kua Shi)

Step 3 Extend Waist(Chen Yao Shi)

Step 4 Shake Body(Zhen Ti Shi)

Step 5 Rub Backbone(Rou Ji Shi)

Step 6 Swing Hips(Bai Tun Shi)

Step 7 Massage Ribs(Mo Lei Shi)

Step 8 Flying Stance(Fei Shen Shi)

Ending Stance

Appendix: Acupuncture Points

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