

<<健身气功>>

图书基本信息

书名：<<健身气功>>

13位ISBN编号：9787119078700

10位ISBN编号：7119078704

出版时间：2012-7

出版时间：外文出版社

作者：国家体育总局健身气功管理中心

页数：89

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<健身气功>>

内容概要

Health Qigong-Mawangdui Daoyin Exercises , with the Pictures of Daoyin Exercises unearthed from the Mawangdui Tombs of the Han Dynasty (206 BC-AD220) in Changsha , Hunan Province serving as the source for the exercises , was compiled by the Chinese Health Qigong Association. The movements are meant to be practiced using mental concentration focused along the meridians , and incorporate rising and squatting , extending and withdrawing , bending and stretching. These simple , beautiful movements are easy to learn , benefiting practitioners both physically and spiritually. The book may serve as a reference for people who wish to practice the exercises to prevent disease and prolong life.

<<健身气功>>

书籍目录

Chapter	Origins and Development
Chapter	Characteristics
Chapter	Main Points
Section	Health-Preservation Concepts
Section	Hand Positions and Stances
Section	Breath Control and Mental Concentration
Chapter	Movements
Section	Names of Movements
Section	Movements, Tips and Health Benefits
	Initial Stance
	Starting Stance
	Movement 1: Drawing a Bow (Wan Gong)
	Movement 2: Stretching the Back (Yin Bei)
	Movement 3: Wild Duck Swimming (Fu Yu)
	Movement 4: Dragon Flying (Long Deng)
	Movement 5: Bird Spreading Its Wings (Niao Shen)
	Movement 6: Stretching the Abdomen (Yin Fu)
	Movement 7: Hawk Glaring (Chi Shi)
	Movement 8: Stretching the Waist (Yin Yao)
	Movement 9: Wild Goose Flying (Yan Fei)
	Movement 10: Crane Dancing (He Wu)
	Movement 11: Exhaling with Head Raised (Yang Hu)
	Movement 12: Body Bending (Zhe Yin)
	Ending Stance
	Appendix: Acupuncture Points

<<健身气功>>

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>