

<<健身气功>>

图书基本信息

书名：<<健身气功>>

13位ISBN编号：9787119078717

10位ISBN编号：7119078712

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：99

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 — 12-Routine Exercises is a new exercise regimen developed by the Chinese Health Qigong Association. This new compilation of movements synthesizes the essence of different schools of the original exercise and puts more emphasis on the movements of the neck, shoulders, waist and legs. This is a sitting-posture regimen that involves systematic exercise of the head, neck, shoulders, back, waist, arms, legs, chest and abdomen one after another. It has graceful movements and smooth links which are safe, reliable, easy to learn, and suitable for various kinds of qigong enthusiasts. Qigong practice offers disease-preventing, body-building, and life-prolonging effects.

<<健身气功>>

书籍目录

Chapter I Origins and Development
Chapter II Characteristics
Chapter III Practice Tips
Section I Hand and Body Form
Section II Breathing and Mind
Section III Basic Postures
Chapter IV Descriptions of the Routines
Section I Movements
Section II Movements Illustrated, Points for Attention, Functions and Effects
Ready Position
Routine 1 Calming Heart and Positioning Hands(Ming Xin Wo Gu)
Routine 2 Tapping Teeth and Sounding Drums(Kou Chi Ming Gu)
Routine 3 Shaking the Heavenly Column(Wei Han Tian Zhu)
Routine 4 Hugging Kunlun(Zhang Bao Kun Lun)
Routine 5 Rotating Winches(Yao Zhuan Lu Lu)
Routine 6 Propping up the Sky and Pressing the Skull(Tuo Tian An Ding)
Routine 7 Bending to Touch the Feet(Fu Shen Pan Zu)
Routine 8 Massaging Jingmen on the Back(Bei Mo Jing Men)
Routine 9 Caressing the Belly and Abdomen(Qian Fu Wan Fu)
Routine 10 Burning Navel Ring(Wen Xu Qi Lun)
Routine 11 Rotating the Upper Body(Yao Shen Huang Hai)
Routine 12 Rinsing Mouth and Swallowing Saliva(Gu Shu Tun Jin)
Closing Position
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>