

TOPICAL OUTLINE OF COMPREHENSIVE MEDICAL QIGONG PROGRAM

SECTION ONE - QIGONG EXERCISES

- Quiet Gong
- Meridian Dao Yin Gong
- Standing Gong
 - Wuji Zhanzhan Gong - Primordial Standing Exercise
 - San Yuan Zhanzhan Gong - Three Circle Standing Exercise
- Moving Gong
 - Fundamental Exercises
 - Three Gates Gong
 - Taiji Dongzuo Gong - First Full Moving Gong
 - Taiji Kai He Gong - Second Full Moving Gong - part 1 & part 2
 - Closing Gong
 - Extraordinary Vessel Exercises
 - Dai Mai Gong - Belt Vessel
 - Chong Mai Gong - Penetrating Vessel
 - Ren Mai Du Mai Gong - Conception Vessel & Governor Vessel
 - Yin Wei, Yang Wei Gong - Yin & Yang Linking Vessels
 - Yang Qiao Gong - Yang Mobility Vessel
 - Yin Qiao Gong - Yin Mobility Vessel
- Qigong Self-massage

SECTION TWO - THEORY

- Traditional Chinese Numerology
 - description of processes of life through qi, yin yang, etc.
- Fundamental Substances
 - Qi
 - categories of qi
 - channels
 - 12 Organ Channels
 - 8 Extraordinary Vessels
 - 3 Treasures - Jing Qi Shen
 - Fundamental Substances - Jing Qi Shen Xue Jin Ye
- Internal Organs - traditional functions and associations
 - 5 zang “solid” organs
 - 6 fu “hollow” organs
- Cause of disorder according to traditional theory
 - internal factors - emotions, internal states
 - external factors - environmental
 - other factors - conduct

- Philosophy of Nature - Dao
 - relationship to nature - Daodejing
 - natural order
 - internal reality - reality of life
 - weiwuwei
 - authenticity

SECTION THREE - Language - Traditional Chinese Characters

- Writing Traditional Chinese Characters
 - stroke order, components of a traditional character
- Characters, meaning and etymology of key characters in Chinese medicine and Philosophy. Examples:
 - Dao
 - Yin
 - Yang
 - Qi
 - Jing Mai - channels
 - Jing - essences
 - Shen - spirits
 - Zheng - correct
 - Song - relax
 - Qi Gong
- Character, meaning and etymology of Qigong Point Names
 - Dan Tian
 - Yong Quan
 - Ming Men
 - Tan Zhong
 - Lao Gong
 - Bai Hui