

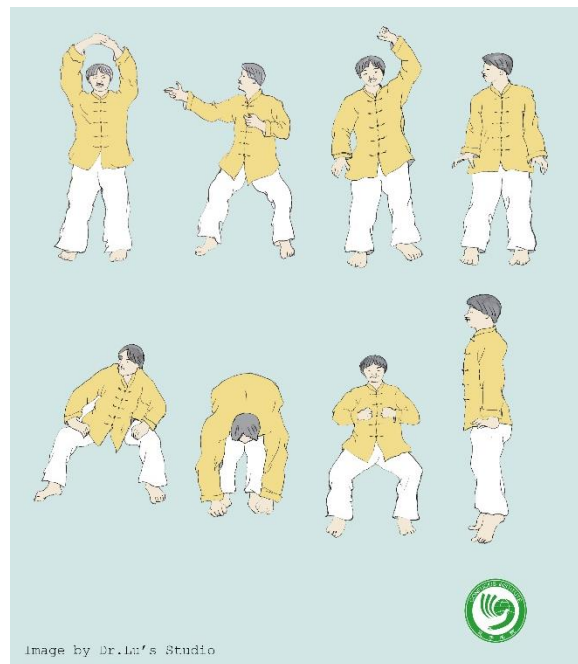
Baduanjin Qigong

Qigong is an ancient Chinese practice for health, spirituality and martial-arts training purposes. The practice and healing benefits of Qigong was recorded in the first Chinese medical book called 'Huangdi Neijing', which is believed to be composed during the Warring States period (475-221 BC).

Baduanjin is one of the common forms of Qigong. It is mainly designated as a medical Qigong for health benefits, and it is also commonly used by martial artists as a supplemental exercise. Baduanjin was mentioned in several encyclopaedias of the Song Dynasty (960-1279 AD).

The name Baduanjin can be translated as 'Eight-Section Brocade', which means that it is an exercise that consists of eight different techniques and the movement of the exercise is continuous. Furthermore, each of the Baduanjin technique focuses on a different part of the body, according to the theory of Traditional Chinese Medicine.

- 1) To improve the three sections of the body vertically
- 2) To open up the lung and chest horizontally
- 3) To improve the digestive system diagonally
- 4) To reduce fatigue by turning backwards
- 5) To reduce excess body heat by circling
- 6) To strengthen waist and kidney by bending
- 7) To increase strength by tight fists and fierce stare
- 8) To remove illness by stamping shake



Since 28th June 1982, the Chinese Ministry of Health, the Ministry of Education and the National Sports Commission have included Baduanjin and other traditional Chinese health practices, as part of the "health physical education" at Chinese medical universities.



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