

Yin/Yang Supplemental Qigong Exercise

By J. Justin Meehan

Feng Zhiqiang believes that qigong is so important that he insists on its daily practice in order to build a foundation of internal power.

He states that: "It is appropriate to practice Hun Yuan Qigong every day. It is not appropriate not to practice every day.

"If one is limited in time and has to choose between practicing qigong or practicing the (Taijiquan) form, one should choose to practice the qigong, because qigong is the foundation for the form and the foundation for health."

Besides The Hun Yuan Qigong Sequence, Feng has introduced a series of simple supplemental qigong exercises which can be practiced alone or as an interlude between forms.

One of the exercises that Feng places great emphasis on is an ancient exercise called the "Yin-Yang" supplemental qigong Exercise pictured above and demonstrated by Herbert Parran of St. Louis.



Herbert Parran in center position.

Standing with feet shoulder width apart, one leans the body from side to side while shifting the weight. The qi goes from one side of the body to the other.

The sinking hand is the Yin hand and the raising hand is the Yang hand. The palms feel swollen with qi.

The weight should be slightly forward onto the front of the feet to activate the qi meridians.

In leaning from side to side the dantian also rotates as do the kidneys. Raising one kidney while lowering the other stimulates the kidneys and kidney meridians which also relaxes the body and increases energy and stamina.

This is a very enjoyable exercise that helps to rejuvenate the legs when tired. It also has beneficial results for stomach problems, back

and knee problems, problems with sleeplessness and restores energy balance to the internal organs.

This type of shifting is preferred to still standing with weight equally distributed throughout the standing period.

The concept of shifting is in keeping with the Taiji dynamic. It does not conflict with the concept of rooting.

Rather it incorporates rooting within movement in conformity with the principle that, "In stillness there is movement, and in movement there is stillness". This principle is fundamental to Hun Yuan.

Feng said this particular "Yin-Yang" exercise was once considered a secret exercise from ancient days in China, but that now it was being revealed openly to the public in order to promote health.

According to Feng, the time for keeping secrets related to the general health and well being of others is over. This is the philosophy of teaching according to the concept of the Big Tao.●



Leaning to the right.



Leaning to the left.