

Part I General Information

1. Health Qigong (HQG) Ba Duan Jin (BDJ) 健身气功八段锦

- The Health Qigong Ba Duan Jin to be practised in class is compiled by the Chinese Health Qigong Association. To view the full version, please visit https://youtu.be/rSzpTLQap0o?si=Ls_fetbXp8OHFYN5.

Book, comes with DVD, can be purchased via website

<https://www.taichilink.net/product-category/books-posters/qi-gong-healthqigong/>

- The best HQG **practice time** is in the morning. And there are 3 inappropriate time for practice:
 - ❖ within ½ hour after meals when the stomach is busy with digestion
 - ❖ between 11:00 – 13:00 when it is the best time to rest and nourish the heart (mind). In Traditional Chinese Medicine, heart takes care of the mind as well
 - ❖ after 21:00 when the blood returns to the liver
- HQG integrates **3 regulations (body, mind and breath)**. So during the HQG practice,
 - ❖ keep body parts in correct positions. In particular, the spine should be upright and centred
 - ❖ the mind should focus on movements and guide body parts to reach their correct positions
 - ❖ breathe evenly and naturally
- One of the characteristics of HQG is the interplay between strength and relaxation. Strength is required only for an instant when movements are changed, but **relaxation is to be maintained at all other times** throughout the form.

2. Names of the BDJ Movements

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|-----------|---|
| Routine 1 | Holding Up the Sky with Both Hands to regulate the Triple Burners
两手托天理三焦 |
| Routine 2 | Posing as an Archer Shooting Both Left- and Right-Handed
左右开弓似射雕 |
| Routine 3 | Raising One Arm to regulate the Spleen and Stomach
调理脾胃须单举 |
| Routine 4 | Looking Backwards to Prevent Sickness and Strain
五劳七伤往后瞧 |
| Routine 5 | Swinging the Head and Wagging the Tail to Relieve Stress
摇头摆尾去心火 |
| Routine 6 | Touching the Feet with Both Hands to Strengthen the Kidneys and the Lower Back
两手攀足固肾腰 |
| Routine 7 | Clenching the Fists and Making the Eyes Glare to Enhance Strength
攒拳怒目增气力 |

Routine 8 Raising and Lowering the Heels to Prevent Diseases
背后七颠百病消

3. Equipment

- Computer or mobile devices with Zoom app
- Chair for sitting practice or for rest. If the chair is for sitting practice, it should be
 - ❖ Sturdy, without arms, firm seat
 - ❖ Chair height should allow the practitioner to sit on it comfortably with feet flat on the ground; hips, knees and ankles at right angles

4. Environment

- The room should be quiet, **well ventilated** and with adequate space for practice.
- Follow the steps below to check if space is adequate
 - A) For standing practice –
 1. stand with feet close together
 2. left foot take a step to your left, keeping 2-shoulder width apart from the right
 3. lean onto the left, stretch out and move the left upper limb around to see if there are any obstacles
 4. left foot step back to the centre
 5. repeat steps 2-4 with the right foot to check if space is adequate on the right side
 6. lean forward with both upper limbs stretched out to check if there are any obstacles
 - B) For sitting practice –
 1. Sit on the chair (chair requirements are listed in the Equipment section above)
 2. Lean onto the left side, stretch out and move the left upper limb around to check if there are any obstacles
 3. Repeat step 2 with right upper limb to check if there is adequate space on the right side
 4. lean forward with both upper limbs stretched out to see if there are any obstacles

Part II To Do List for HQG Practice

1. Before

- Prepare the environment and the equipment
 - Check your own body condition to see if you are well enough to do the HQG
 - Stop all stressful and strenuous activities, and relax the body and mind about 10 – 15 min before HQG practice
 - Wear loose fitting clothes and soft comfortable flat shoes
 - Empty the bladder & bowel
 - Lower the notification volume of your mobile phone to minimise disturbance
 - Do warm-ups

2. During

- Breathe evenly and naturally. Do not hold your breath
- Work within your own comfort zone at all times
- Stop and rest whenever you feel unwell
- Avoid head bending movements if you have blood pressure or headache issues

3. After

- Do cool-down exercises to bring your body and mind back to their pre-practice state.
- Slight sweating may occur during the practice. Drinking warm (or at room temperature) water after the practice helps to re-hydrate the body. However, drinking cold water immediately after the practice may harm the body.
- Skin pores often open during the practice. To avoid getting cold, do not take cold shower immediately after the practice.

Part III Course Schedule

<u>Week</u>	<u>Date</u>	<u>Content</u>
1	Apr 3	Health Qigong Greeting Brief talk on the characteristics of BDJ movements (big, round, slow, pause) Basic stance & moves practice BDJ Preparatory and Opening Stance
2	Apr 10	Routine 1

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3	Apr 17	Routine 2
4	Apr 24	Routine 3
5	May 1	Routine 4
6	May 8	Routine 5 (part 1)
7	May 15	Routine 5 (part 2)
8	May 22	Routine 6
9	May 29	Routine 7
10	Jun 5	Routine 8 Closing form Whole form practice Q&A