

# 養生氣功 - Health Qi Gong

氣功中醫講

Qi Gong in TCM talk

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# 養生氣功 - Health Qi Gong

什麼是氣？

What is Qi?

生物原動力 – Life force

# 養生氣功 - Health Qi Gong

## 氣的種類 Type of Qi

穀氣

**Grain Qi**

大氣

**Air**

營氣

**Nutritive Qi**

衛氣

**Defence Qi**

臟腑氣

**Organ Qi**

元氣

**Original Qi**

# 養生氣功 - Health Qi Gong

氣功是什麼？  
What is Qi Gong?

培養 元氣  
**Cultivate Original (Yuan)Qi**

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氣 存在的需求?  
What Qi needs?

空間

**Space**

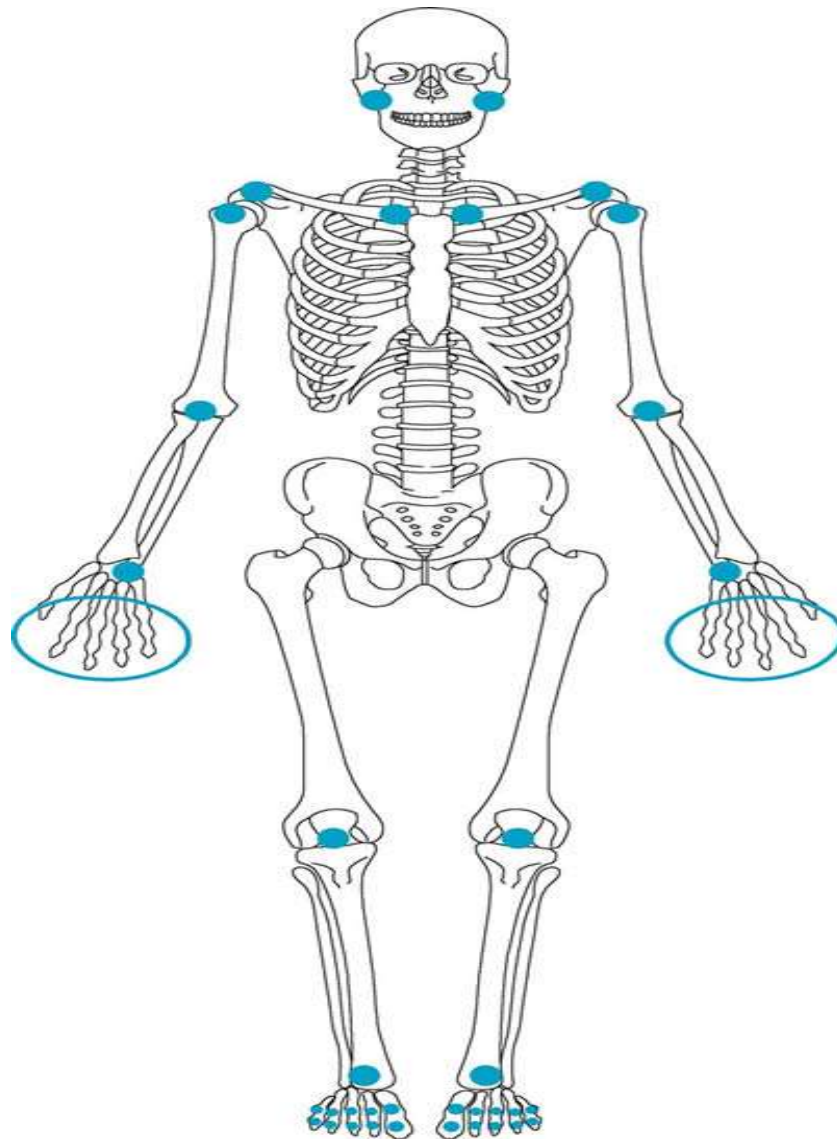
# 養生氣功 - Health Qi Gong



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痛不通， 通不痛。

**Blockage leads to pain!**

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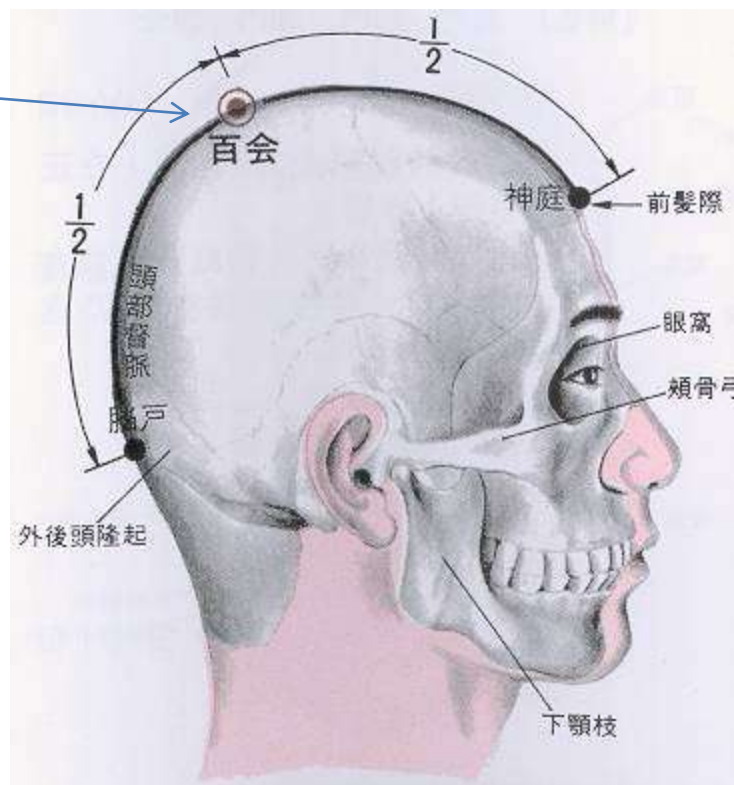
## 目的 - Purpose?

- 伸筋拔骨 - **extend tendon pull bone**
- 養氣 - **Cultivate Qi**
- 守神 - **Calm Spirit**
- 補精 - **Nourish Essence**

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注意地方  
Focus area?

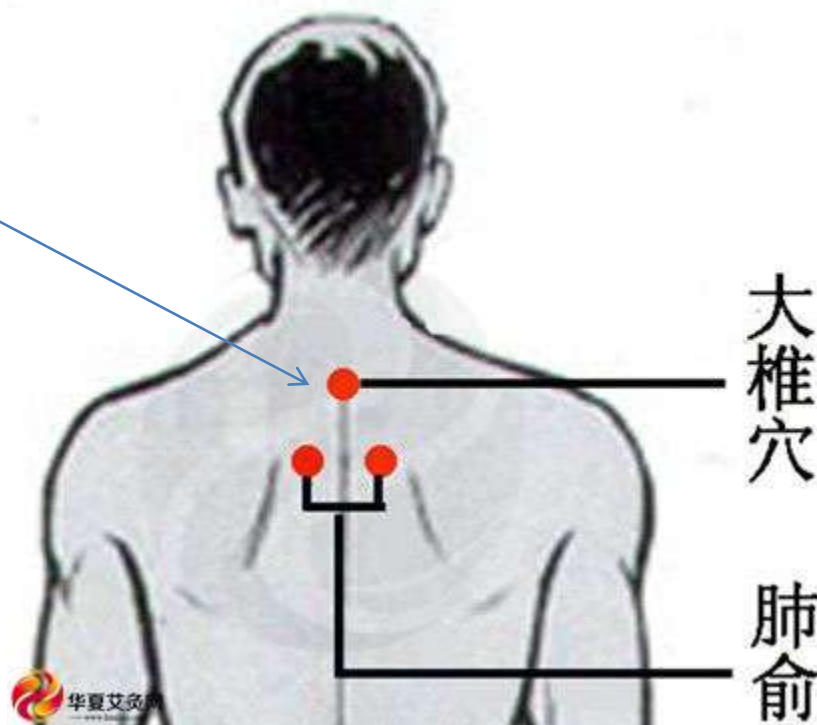
DU20  
百會



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注意地方  
Focus area?

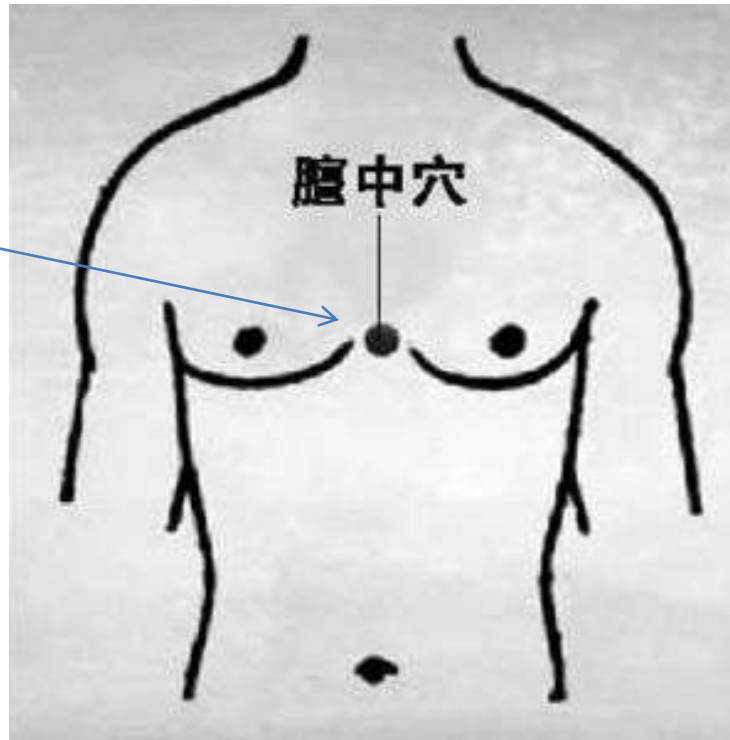
DU14  
大椎



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注意地方  
Focus area?

REN17  
膻中



# 養生氣功 - Health Qi Gong

注意地方  
Focus area?



# 養生氣功 - Health Qi Gong

注意地方  
Focus area?

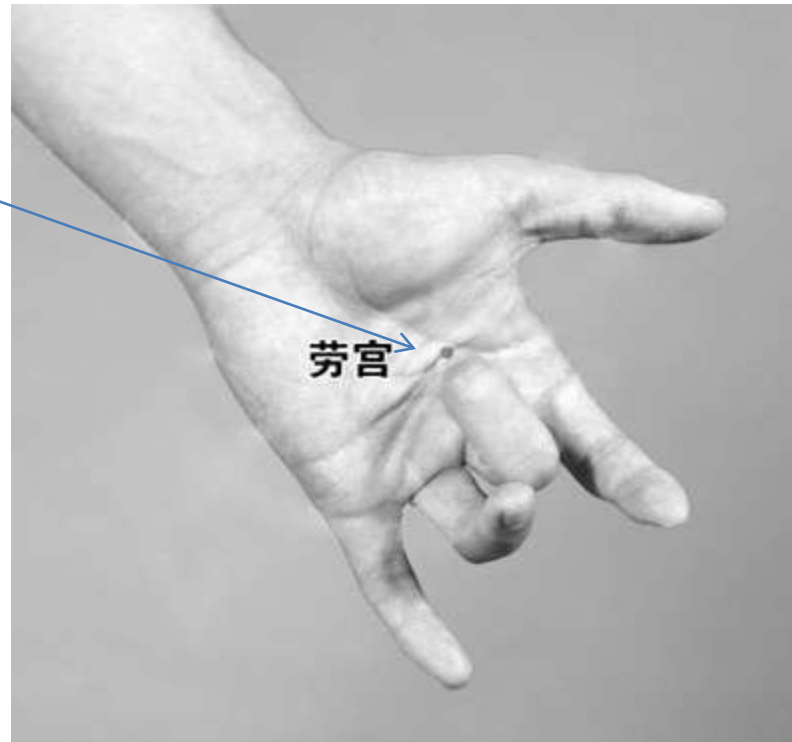
REN4  
關元 (下丹田)



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注意地方  
Focus area?

PC8  
勞宮

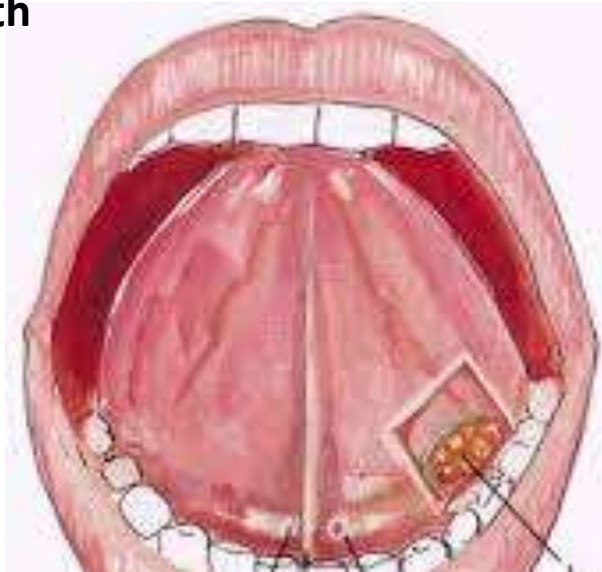




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注意地方  
Focus area?

Tongue touch roof of mouth  
舌鼎上顎（搭雀橋）



# 養生氣功 - Health Qi Gong

運氣（呼吸）注意地方  
Breathing focus area?



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Tea?

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八段錦 - Eight Silk Brocade

宋代 - 九百余年 (900 Yrs)

“拔断筋” - Pull break tendon

《養生八段錦》 - 2003 中國國家體育總部  
China National Athletic Institute

養生氣功 - Health Qi Gong

八段錦 - Eight Silk Brocade

第一段

Part I

養生氣功 - Health Qi Gong

八段錦 - Eight Silk Brocade

双手托天理三焦

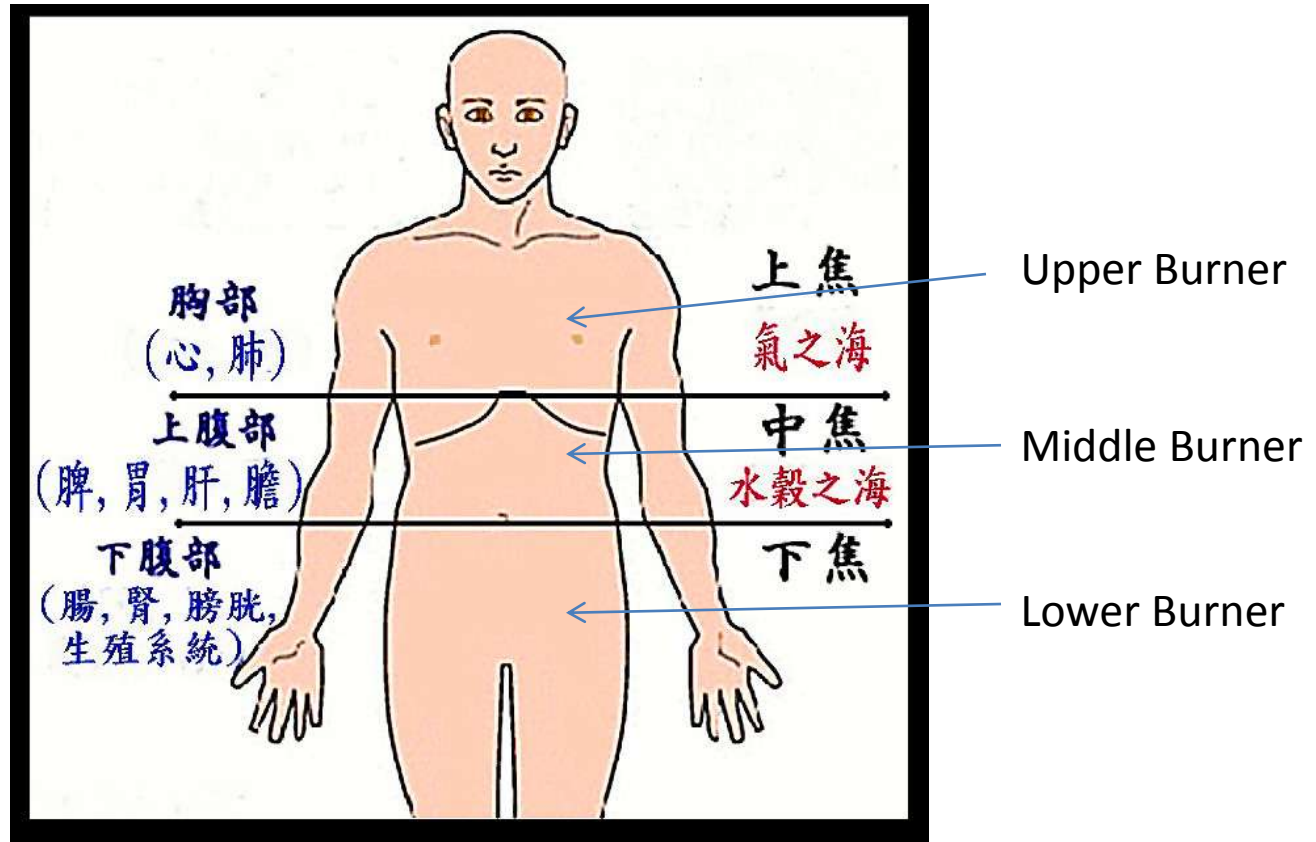
Both hands push sky regulate triple burners

何謂“三焦”？

What is triple Burner?

# 双手托天理三焦

Both hands push sky regulate triple burners



# 双手托天理三焦

Both hands push sky regulate triple burners





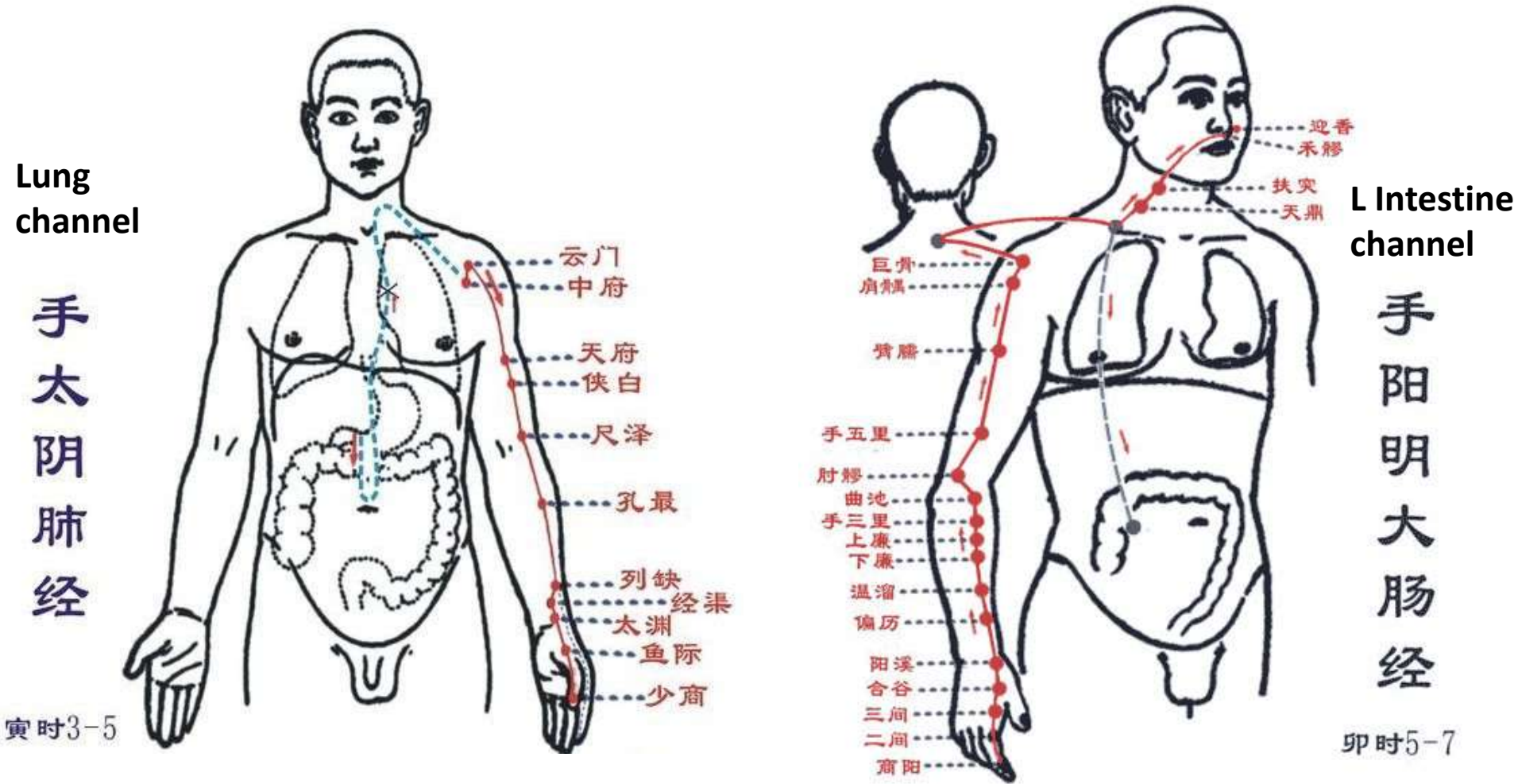
# 左右開弓似射鷗

Left right pull bow shoot eagle



# 左右開弓似射鵰

Left right pull bow shoot eagle



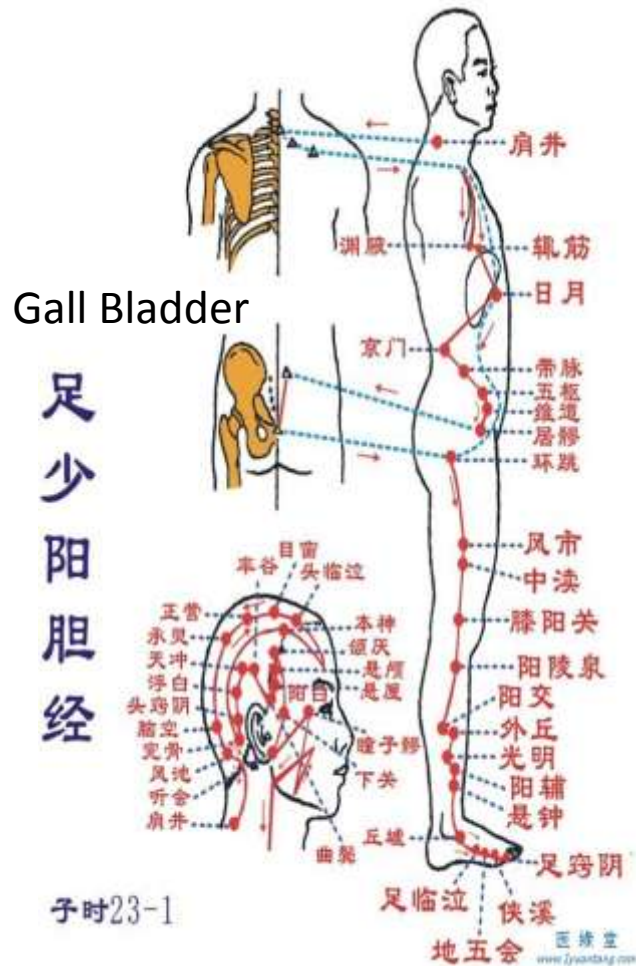
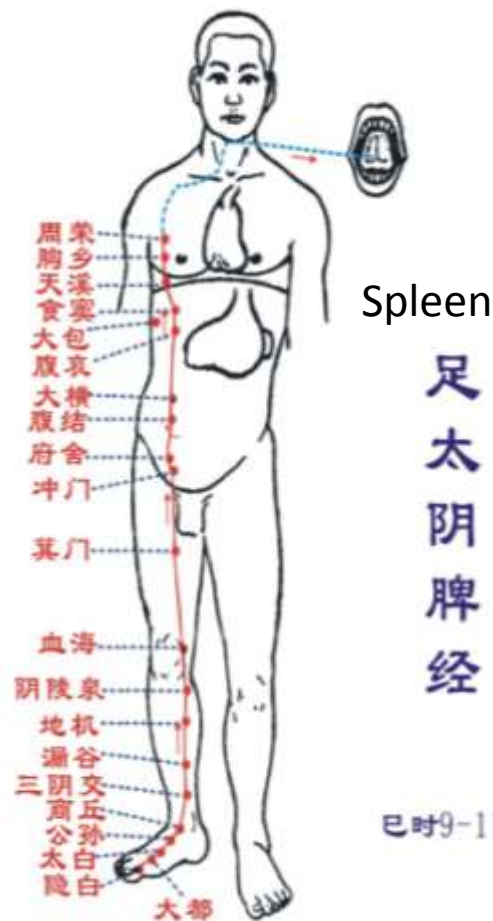
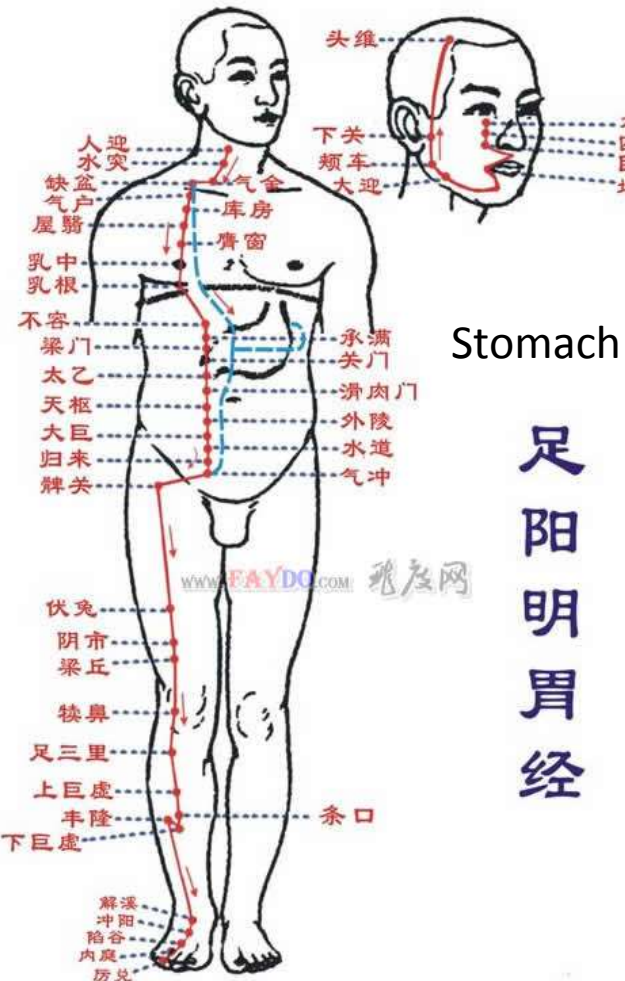
# 左右開弓似射鵰

Left right pull bow shoot eagle



# 調理脾胃單手舉

## Regulate Spleen Stomach raise one arm



巳时9-11

子时23-1

www.tyuantang.com

# 調理脾胃單手舉

Regulate Spleen Stomach raise one arm



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八段錦 - Eight Silk Brocade

第一段 完

Part I End

養生氣功 - Health Qi Gong

八段錦 - Eight Silk Brocade

第二段

Part II

# 五勞七傷往後瞧

5 exhaustions 7 injuries look backward

五勞 - 視（血）、卧（氣）、坐（肉）、立（骨）、行（筋）  
5 exhaustions – See (Blood), Sleep (Qi), Sit(muscle), Stand (bone),  
Walk (Tendon).

七傷 -

•大飽傷脾、大怒傷肝、強力受濕傷腎、形寒傷肺、  
憂思傷心、風雨寒暑傷形、大恐傷志

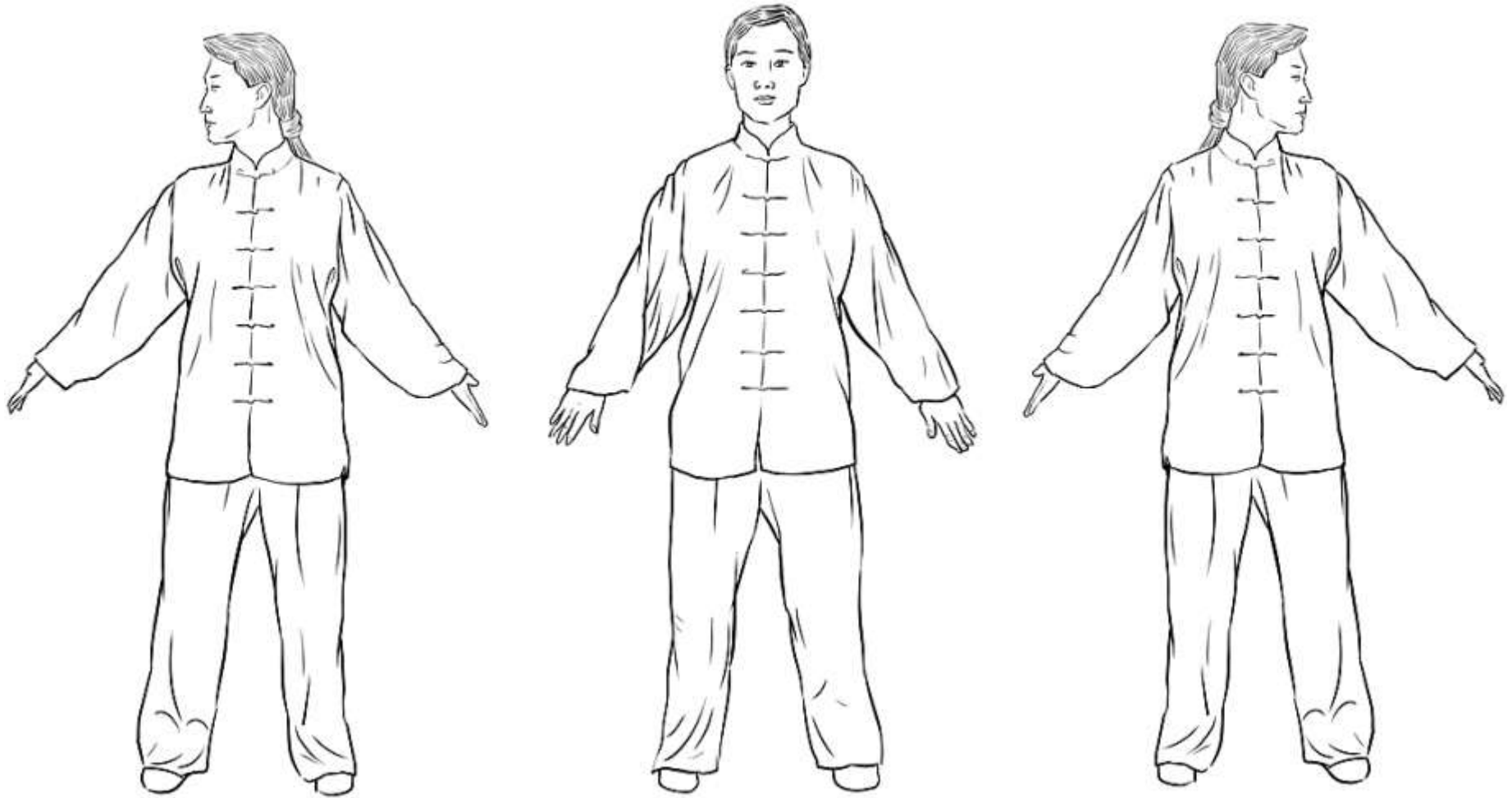
7 Injuries -

•Over eat (Spleen), Anger (Liver), Heavy Lifting and  
Wetness (Kidney) , Coldness (Lung), Worries (Heart),  
Wind/Rain/Cold/Summer heat (Body), Fear (Will)



# 五勞七傷往後瞧

5 exhaustions 7 injuries look backward



# 摇头摆尾去心火

Swing Head Wiggle Tail rid Heart Fire

**真火 - True Fire**

**下丹田 - Ren4 (Guan Yuan)**

**邪火 - Evil Fire**

**煩心 - disturb Heart**

**心腎不交 - Heart Kidney disharmony**

**水火不相容 - Water & Fire disconnected**

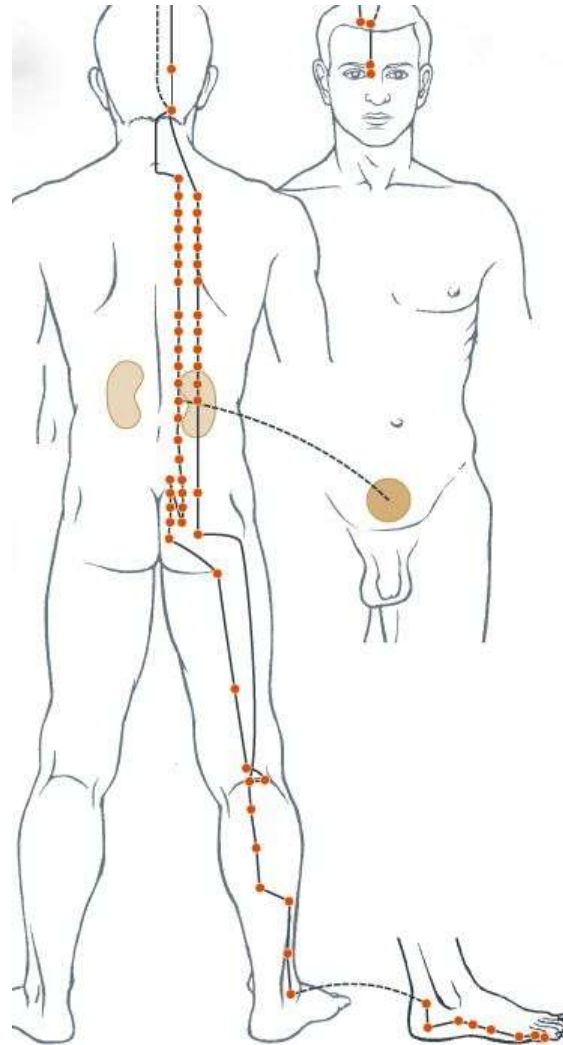
# 摇头摆尾去心火

Swing Head Wiggle Tail rid Heart Fire



# 两手攀足固肾腰

Both hands climb feet strong kidney



Bladder Channel

足  
太  
阳  
膀  
胱  
经

申时15-17

# 两手攀足固肾腰

Both hands climb feet strong kidney



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八段錦 - Eight Silk Brocade

第二段完

Part II End

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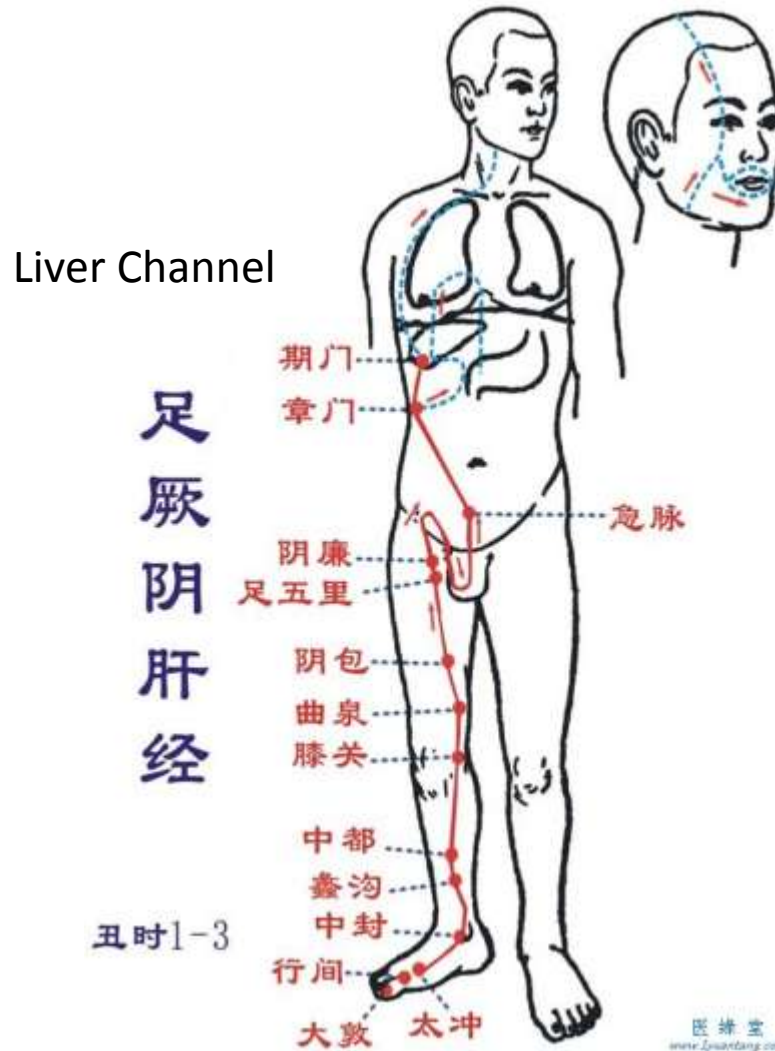
八段錦 - Eight Silk Brocade

第3段

Part III

# 攢拳怒目增力气

## Firm Fist Fury Eyes Increase Strength





# 攢拳怒目增力气

Firm Fist Fury Eyes Increase Strength



# 背后七颠百病消

## Seven Heel Shake Illness Gone

歸立所有動作 - Consolidate all movements

刺激腎，膀胱，胃脛 - Energise Kidney, Bladder, Stomach channels

颠 – Shake

震盪全身脛脈– invigorate all channels

# 背后七颠百病消

Seven Heel Shake Illness Gone



養生氣功 - Health Qi Gong

八段錦 - Eight Silk Brocade

第3段完

Part III End