

<<健身气功>>

图书基本信息

书名：<<健身气功>>

13位ISBN编号：9787119078700

10位ISBN编号：7119078704

出版时间：2012-7

出版时间：外文出版社

作者：国家体育总局健身气功管理中心

页数：89

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

## &lt;&lt;健身气功&gt;&gt;

## 内容概要

Health Qigong-Mawangdui Daoyin Exercises , with the Pictures of Daoyin Exercises unearthed from the Mawangdui Tombs of the Han Dynasty ( 206 BC-AD220 ) in Changsha , Hunan Province serving as the source for the exercises , was compiled by the Chinese Health Qigong Association. The movements are meant to be practiced using mental concentration focused along the meridians , and incorporate rising and squatting , extending and withdrawing , bending and stretching. These simple , beautiful movements are easy to learn , benefiting practitioners both physically and spiritually. The book may serve as a reference for people who wish to practice the exercises to prevent disease and prolong life.

<<健身气功>>

书籍目录

Chapter   Origins and Development  
Chapter   Characteristics  
Chapter   Main Points  
Section   Health-Preservation Concepts  
Section   Hand Positions and Stances  
Section   Breath Control and Mental Concentration  
Chapter   Movements  
Section   Names of Movements  
Section   Movements, Tips and Health Benefits  
Initial Stance  
Starting Stance  
Movement 1: Drawing a Bow ( Wan Gong )  
Movement 2: Stretching the Back ( Yin Bei )  
Movement 3: Wild Duck Swimming ( Fu Yu )  
Movement 4: Dragon Flying ( Long Deng )  
Movement 5: Bird Spreading Its Wings ( Niao Shen )  
Movement 6: Stretching the Abdomen ( Yin Fu )  
Movement 7: Hawk Glaring ( Chi Shi )  
Movement 8: Stretching the Waist ( Yin Yao )  
Movement 9: Wild Goose Flying ( Yan Fei )  
Movement 10: Crane Dancing ( He Wu )  
Movement 11: Exhaling with Head Raised ( Yang Hu )  
Movement 12: Body Bending ( Zhe Yin )  
Ending Stance  
Appendix: Acupuncture Points

<<健身气功>>

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>