

## WHAT IS QI / CH GONG/KUNG TAI JI ( TAI CHI ) ?

Qi Gong literally means “ *working with your life energy* “ . Gong means “ **dedicated practice**” or **daily effort**” . In short , Qigong is a practice to use chi for different purposes including self-healing.

Everyone is born with qi and everyone has the potential to use qi for many purposes. It is the same way with swimming, we are born with the potential to swim but only when we acquire the skill to swim then we can enjoy different water activities such as scuba diving, water polo, free style etc. In the same manner the skill to use qi is *learned* or trained and not born. **Once a person is trained he or she can use qi for martial arts, dancing, weight lifting, medical and self-healing**

Historians think that it originated some 5000 years ago . Legend has it that originated also in communal healing dance practices. Over the centuries different interest groups saw this a way of “cultivating” energy and started to develop techniques for their own goals: We have the monastic traditions – Taoist groups, Buddhist all using it to enhance their spirituality as this would make their meditation go more deeply. Essentially it “**takes you out of your mind**” to allow for a meditative state.

Qi Gong was also first practiced by the emperors and nobility to encourage longevity. Martial artists appreciated qigong because when you employ such violent techniques you learn to master tension and relaxation.

Part of the whole exercise is to know how to be extremely relaxed, but to exercise tension when you really need it. Think of the image of a bow as in a bow and arrow ,that is standing upright , just like you in the **THREE CENTERS MERGED METHOD**.

Qi Gong allows for more **flexibility, stamina and vitality**. It operates like a self-acupuncture system . You are getting rid of excess energy where there is pain and hyper activity ( like a troubled mind ) and “ freshening up “ stagnant areas “ where there is fatigue.

improvements result from a combination of movement , meditation and breathing.