



## 平衡功 **Balancing Gong**

Balancing Gong is a set of basic and deep foundation Qigong exercises and is a traditional Chinese health skill. Balancing Gong is very good for the posture and the joints, particularly for the shoulders, spine and waist. The exercises begins with Dantian which is the centre of the body and is where we store the Qi that maintains us to live a healthy life. If we can master these exercises, then we can have a very good foundation for all the other Qigong movements and forms in the Kunlun Dayan (Wild Goose) Qigong system.

1. 手抱丹田 **Holding Dantian (勞宮穴對氣海穴 Laogong to Qihai)**
  - a. nervousness
  - b. stress
  - c. saving energy
2. 升降丹田 **Up and Down with Dantian (合谷穴對氣戶穴 Hegu to Qihu)**
  - a. breathing
  - b. lungs
  - c. depression
3. 開合丹田 **Open and Close with Dantian (合谷穴對帶脈穴 Hegu to Daimai)**
  - a. stomach
  - b. increasing energy
  - c. constipation
4. 美女轉腰 **Beautiful Woman turns the Waist (勞宮穴對雙腎 Laogong to Kidneys)**
  - a. backache
  - b. hips
  - c. kidneys
5. 搖頭擺尾 **Turning the Head and Twisting the Tail**
  - a. arthritis
  - b. co-ordination
  - c. wrists
6. 猴子偷看 **Peeping Monkey (啞門穴, 命門穴, 合谷穴 Yamen, Mingmen and Hegu)**
  - a. neck
  - b. opening the Du Mai 督脈
  - c. spine
7. 巨熊伸腰 **Big Bear Stretches**
  - a. spine
  - b. neck
  - c. all the internal organs
8. 大鵬展翅 **Roc extends the Wings**
  - a. depression
  - b. lungs
  - c. lower back
9. 托天雙拳 **Supporting the Sky (合谷穴對天目 Hegu to Sky Eye)**
  - a. headache
  - b. asthma
  - c. opening the Chong Mai 沖脈
10. 雲步 **Cloud Steps (合谷穴對環跳穴 Hegu to Huantiao)**
  - a. stroke
  - b. memory
  - c. co-ordination
11. 猴步 **Monkey Walk (合谷穴, 啞門穴, 命門穴 Hegu, Yamen and Mingmen)**
  - a. releasing sick Qi
  - b. co-ordination
  - c. calm aggressive energy