



健康生活功第三節 **Healthy Living Gong Part III**

Part III is the last set of the Healthy Living Gong exercises and they are very challenging and dynamic. They can even be very powerful if you like put more energy on certain movements because there are some that relate to Hard Qigong and martial art internal training. I created these movements at the same time as I created the Healthy Living Gong Part II. When you do the Healthy Living Gong movements, you will find that Part II is more challenging than Part I and Part III is more challenging than Part II. However, they all are very important and will lead you to good health step by step. Healthy Living Gong Part III is very important because if we want to be super healthy, we need to know how to use strength. When we begin to study Qigong we start to create warmth and good circulation and then the next step is to develop our strength. Of course, it must be in the healthy way not like just training the muscle and external body. The proper way to train strength is to train our bones and then the Qi will go into our bones to create bone marrow. A high level Qigong master must be both soft and hard both together.

1. 紅日東昇 East Rising Sun (天目 Sky Eye, 丹田 Dantian, 任脈 Renmai and 沖脈 Chongmai)
 - a. balance
 - b. stroke
 - c. open up the Chong Mai
2. 神龍穿海 Dragon Tunnelling under the Sea (stretch the shoulder, front arm and back arm in line)
 - a. legs
 - b. shoulders
 - c. co-ordination
3. 毛虫展伸 Caterpillar Stretching (spine and all the joints)
 - a. spine
 - b. joints
 - c. flexibility
4. 冰地滑行 Skating on Ice (Forward, backwards and sideways. 帶脈 Dai Mai)
 - a. depression
 - b. co-ordination
 - c. light body
5. 定步游球 Rotating the Qi Ball in Stationary Position (勞功 Laogong)
 - a. lungs
 - b. cold hands
 - c. wrists
6. 大雁飲水 Wild Goose Drinks Water (氣戶 Qihu)
 - a. back
 - b. releasing negative Qi
 - c. cold legs
7. 猛虎推山 Tiger Pushes the Mountain (氣戶 Qihu)
 - a. hand strength
 - b. good posture
 - c. lungs and kidney
8. 怒漢踢門 Angry Man Kicks the Door (壇中 Shanzhong)
 - a. legs strength
 - b. balance
 - c. knees
9. 八卦步 Bagua Stepping (勞功 Laogong, 丹田 Dantian)
 - a. dizziness
 - b. gathering Qi in all different directions
 - c. clear the mind
10. 自由流冰步 Free Style Skating on Ice (帶脈 Daimai)
 - a. happy attitude
 - b. stable footwork
 - c. co-ordination
9. 拿金鼎 Holding the Golden Cauldron in Horse Stance (勞功 Laogong, 丹田 Dantian)
 - a. grounded
 - b. strong breathing
 - c. all internal organs