健康生活功第二節 Healthy Living Gong Part II

Healthy Living Gong Part II is little bit more physical then the Healthy Living Gong Part I and it the concentration is more on co-ordination and fitness. Therefore, it is more dynamic than the Healthy Living Gong Part I. This is because when we want to be healthier, we need to be strong. Part I is for relaxation and calming the mind whereas Part II needs to be stronger then Part I. Otherwise our healthy will go down and we will be ill. It is just like preparing ourselves before the problems happen rather than dealing with the problems when they are there.

1. 無極生太極 **Wuji creates Taiji (Hold a Qi ball on each hand,** 天目 **Sky eye /** 丹田 **Dantain)**
   a co-ordination
   b. dizziness
   c. preventing stroke
2. 玉帶環腰 **Jade Belt around the Waist (Circling towards Dantian- palms up/Circling away - palms down)**
   a. backache
   b. hips
   c. knees
3. 一點中原 **Pointing to the Middle of China (Index finger points forward)**
   a. circulation
   b. liver
   c. knees
4. 白鶴飛翔 **Flying White Crane (Do not drop hands lower than shoulder level when flying)**
   a. lung
   b. depression
   c. high blood pressure
5. 愚公移山 **Foolish Old Man moves the Mountain (**氣戶 **Qihu Point)**
   a. backache
   b. weak body
   c. bones
6. 蝴蝶飛舞 **Butterfly Playing (Both palms face each other, movement is in figure eight)**
   a. hips
   b. kidneys
   c. shoulders and neck
7. 拔苗助長 **Pulling Sprouts from the Field (Dantian and Mingmen)**
   a. clumsiness
   b. losing balance while walking
   c. dizziness
8. 點指通氣 **Opening the Channels by Touching the Fingers**
   a. opening all the channels
   b. co-ordination
   c. leg circulation
9. 袖舞飛花 **Dancing with the Long Sleeves**
   a. shoulder
   b. relaxation
   c. wrists
10. 天圓地方 **Heaven Circle and Earth Square (Walk in square but with the hands circling)**
    a. dizziness
    b. co-ordination
    c. breathing

After I created the Healthy Living Gong Part I, I decided to create a complete set of exercises, to include Parts II and III. This was in following year 1996. The reason was that before I learned 大雁氣功 Wild Goose Qigong with my teacher 楊梅君 Yang Mei Jun, I had learned 太極氣功十八式 Taiji Qigong 18 Movements which I usually introduced to beginners, however, after many years of Qigong practise, with more understanding of Qigong, health and longevity, I realised that, basically, all the Taiji Qigong movements were the same attitude even though each individual movement was different. In order to have good health, we need more challenges. With the Healthy Living Gong Parts I, II and III, the exercises are very good for health and help to really challenge and develop the body in many different ways.

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