



## 謝瑋精氣功中心氣功教學大綱 Tse Qigong Centre Qigong Syllabus

I have been training Qigong and Traditional Chinese Martial Arts for since I was fourteen years old. Over the years, I have come to understand that those traditional skills that have passed down for hundreds and even thousands of years, have proven themselves by their very existence today. They are very good and safe skills. These true skills are not just fashions that come and go. They are traditional skills that have been passed down generation after generation out of respect and from the benefit they give to society.

I myself also try to keep all these traditional skills so that they can be passed down. As I have been training quite a long time, I have also contributed some of my own knowledge to make the skill suitable for today's society. This Qigong Syllabus is arranged to try to help all my students and the following generations to benefit as much as possible. I hope it can help all of you.

### 基本功法 **Beginning Level**

- |             |                              |
|-------------|------------------------------|
| 1. 熱身功第一層   | Warm Up Level I              |
| 2. 平衡功      | Balancing Gong               |
| 3. 健康生活功第一節 | Healthy Living Gong Part I   |
| 4. 健康生活功第二節 | Healthy Living Gong Part II  |
| 5. 健康生活功第三節 | Healthy Living Gong Part III |

### 第一層 **Level I**

- |             |                                      |
|-------------|--------------------------------------|
| 1. 大雁氣功前六十四 | Wild Goose Qigong 1 <sup>st</sup> 64 |
| 2. 大雁氣功後六十四 | Wild Goose Qigong 2 <sup>nd</sup> 64 |
| 3. 游龍功      | Swimming Dragon Gong                 |
| 4. 玉柱功      | Jade Pillar Gong                     |
| 5. 拍打健身功    | Slapping Healthy Gong                |
| 6. 崑崙纏手八卦   | Kunlun Twining Hands Bagua           |

### 第二層 **Level II**

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|----------|--------------------------------|
| 1. 綿掌    | Cotton Palm                    |
| 2. 三叉螺旋功 | Triple Crossing Spiral Gong    |
| 3. 八字拔腰功 | Eight Pulling Waist Gong       |
| 4. 梅花功   | Plum Blossom Gong              |
| 5. 七星開穴功 | Seven Star Opening Points Gong |
| 6. 安位靜功  | Peaceful Position Meditation   |