



Basic Qigong Glossary

Qi - Life energy/Vital force

Gong - Cultivation/Skill

Qigong - Cultivation of life energy

Shibashi - 18 exercises

Dan Tien - Field of longevity cultivation/Energy field

Bai Huai - 100 Meeting point

Ming Mun - Gate/Door of life

Yong Quan - Bubbling spring

Lao Gong - Palm centre

Shao Gong - Gather all the Qi cultivated and store in the Dan Tien (balancing & centering)

An Mo Gong - Self-healing massage

Zhan Zhuang - Standing like a post/pillar

Tai Yang Bu Yin - Gathering the Yang to nurture the Yin

Ba Duan Jin - 8 Silk brocades

Ping Shuai Gong - Arm swinging exercise