



# 健身气功的练功境界与提高路径

The State of Practice and the Method of Improvement of Health Qigong

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## 明确练功目的 Purpose of Health Qigong

健康促进

Health promotion

防治疾病

Disease prevention and treatment

益寿延年

Longevity

三调合一的身心运动模式，尤其符合健康促进与慢病防治的运动康养原则

Body-mind exercise mode—the combination of body, mind, and breathing regulation, which is in line with the principles of Health preservation with exercising , especially for health promotion and chronic disease prevention and treatment .



## 身心运动模式

Body-mind mode



- 国际公认，中国是世界上最早应用运动疗法的国家之一，中医学治疗技术：“一导，二砭，三针，四灸，五汤药”，导，指的就是运动疗法，是预防保健和防治疾病的干预手段。
- China has been internationally recognized as one of the earliest countries that apply exercise therapy. There are five major treatment methods of Traditional Chinese medicine (TCM): “Dao, Bian, Zhen, Jiu and Tangyao”. Among them, “Dao” refers to exercise therapy, one of the methods for healthcare and disease prevention and treatment, such as Health Qigong Baduanjin.





## 初级境界：调形筑基，技术规范

### Primary State: Regulating the Body and Building a Foundation

- ▶ 遵循“调形为核心，意、气服从于形”的基本原则：侧重于形体技术的锻炼，意念虽在其中也起着重要作用，但意念主要是指挥形体动作做到规范，呼吸强调运用自然呼吸。

Follow the basic principle of "Take body regulating as the main goal, mind and breathing serving it": The practitioners should focus on the training of body regulating skills, mind also plays an important role during this process but it mainly guides the body to be standardized, and the natural breathing pattern is suggested.





- ◆ 虽然健身气功是形、气、神三位一体的综合锻炼，但练功起始阶段必须先从技术动作入手，又称为“调形筑基”。

Although Health Qigong is a comprehensive exercise of the body, breathing and mind, but for the initial stage, practitioner must begin with the technical movements, which is also known as "regulating the body and building a foundation".

- 调形筑基的基本阶段与提高路径：

The basic stage and improvement approach of body regulating:





## (一) 初级阶段（泛化阶段）

### Initial Stage (Generalization Stage)

在学习技术的初期，由于新技术刺激会引起大脑皮质兴奋和抑制的扩散，分化抑制尚未建立，条件反射也不稳定，因此会出现动作僵硬和不协调等现象。

At the beginning stage of learning, the new stimuli cause a diffusion of cortical excitation and inhibition, differentiated inhibition is not yet established and conditioned reflexes are unstable.







► **提高路径：** Improving approach:

1.掌握基本的身型、手型、步型等基本技术。

Master basic techniques include body position, hand form, and stance.

2.掌握技术动作的运动路线、方法与技术方法。

Master the movement routine, method, and techniques.

3.宜采用自然呼吸。

Breathe naturally.

4.意念关注技术动作。

Pay attention to the movement itself.

**举例说明：导引养生功十二法·乾元启运**

**Example: Dao Yin Yang Sheng Gong Shi Er Fa·  
Beginning of Heaven's Creation**





- 在此阶段，练功要学会慢，只有慢才能有时间静下心来用心记忆和体会功法动作，并逐渐形成正确的技术规范。

In this stage, a slow exercise is necessary for remembering and feeling movements. Then, a correct exercise pattern can be formed gradually.

- 练习每一个动作，都要用心体会身体是否放松，是否做到中正，重心是否做到虚实分明，是否做到腰为主导，逐一体会纠正。

While exercising, you should always check whether you are relaxing, whether you keep a right body position, whether the center of gravity is correct, and whether guide your movement with your waist, if there is any wrong, just correct it.







## (二) 中级阶段 (分化阶段) Middle Stage (Discrimination Stage)

在次阶段，大脑皮质兴奋和抑制过程逐渐集中，分化抑制得以发展，条件反射建立逐渐稳定，不协调和多余动作逐渐消失，动力定型初步形成但不稳固。

In this stage, the cortical excitatory and inhibitory processes are gradually concentrated, differentiated inhibition develops, conditioned reflexes are gradually established and stabilized, uncoordinated and redundant movements gradually disappear, kinetic stereotypes are initially formed but not firmly established.





► 提高路径：Improving approach:

1. 强调错误动作的纠正，重点体会动作细节。

Emphasize on the correction of movement, and pay attention to details.

2. 强调上下相随、动静结合、松紧结合等协同练习。

Emphasize on the coordination exercise. The lower and upper part of body, the dynamic and static, and relaxation and tension, should combine and be coordinated.

举例说明：导引养生功十二法·金鸡报晓

Example: **Dao Yin Yang Sheng Gong Shi Er Fa·  
Golden Rooster Heralds the Dawn**





### (三) 高级阶段 (自动化阶段)

Advanced Stage (automation stage)

- 经过反复练习，技术动作在时间和空间上更加准确、优美，动力定型牢固建立，技术进入自动化、熟练化阶段。

After repeated practice, the technical movements are more accurate and element in the dimensions of time and space, the dynamic stereotype is firmly established, and the technology enters the stage of automation and proficiency.

- 注意事项:  
应精益求精，不断巩固完善动作技术。

Cautions:

One should strive for perfection, and constantly consolidate and improve the technology.







## 中级境界：动息相依，意气相合

Intermediate State: Movements coordinate with breathing, and breathing coordinates with mind.

- 遵循“调气为核心，形、意服从于气”的基本原则：侧重于呼吸的锻炼，形体动作要与不同的呼吸方法相配合，意念要有意识地关注呼吸，进而强化呼吸功能的锻炼。

Follow the basic principle of "Take breathing regulating as the main goal, body and mind serving it ": The practitioners should focus on the training of breathing regulating skills, body movements should be coordinated with different breathing methods, and the mind should consciously pay attention to breathing, so as to strengthen the respiratory function.





◆ 由自然呼吸逐渐过渡到细、匀、缓、长的腹式呼吸，避免憋气。  
Gradually transit from natural breathing to the fine, even, slow, deep abdominal breathing, do not hold the breath.

◆ 动息相依：

Movements coordinate with breathing：

遵循基本规律：如升吸降呼、开吸合呼等。

Basic rules:

Inhale when moving upward, exhale downward;  
inhale when movement opening, exhale closing.

举例说明：导引养生功十二法·金鸡报晓

Example: **Dao Yin Yang Sheng Gong Shi Er Fa·**  
**Golden Rooster Heralds the Dawn**





## 高级境界：三调合一，融于生活

Advanced State: Integrate the three elements into one and apply it to life

### ► 三调合一，形神俱妙

Three elements into one, with a perfect form and spirit

遵循“以调心为核心，形、气服从于神”的基本原则：侧重于神意的锻炼，以意念为主导，意与气合，气与形合，形、气、神三调合一，进而使神意功能得到强化。

Follow the basic principle of "Take mind regulating as the main goal, body and breathing serving it ": The practitioners should focus on the training of mind regulating skills, under the guiding of the mind, coordinate mind with breathing and breathing with body, and then regulate the three into one, so as to strengthen the mind function.







## ► 融于生活，修身养性

Apply it to daily life for self-cultivation

我们练习健身气功的终极目的是为了增强体质、促进健康、防治疾病、益寿延年，要想达到这样的境界，仅靠每天一定时间的锻炼是远远不够的，我们应该有意识地将健身气功科学的理与法贯穿于日常生活，通过练功生活化，获得最佳的健康益处。

The ultimate purpose of the Health Qigong is to enhance physical fitness, promote health, prevent and treat disease , and prolong the life . To achieve such a state, one spares some time every day to practice is far from enough, instead he should consciously apply Health Qigong to daily life.Only in this way can we achieve the best health benefits.



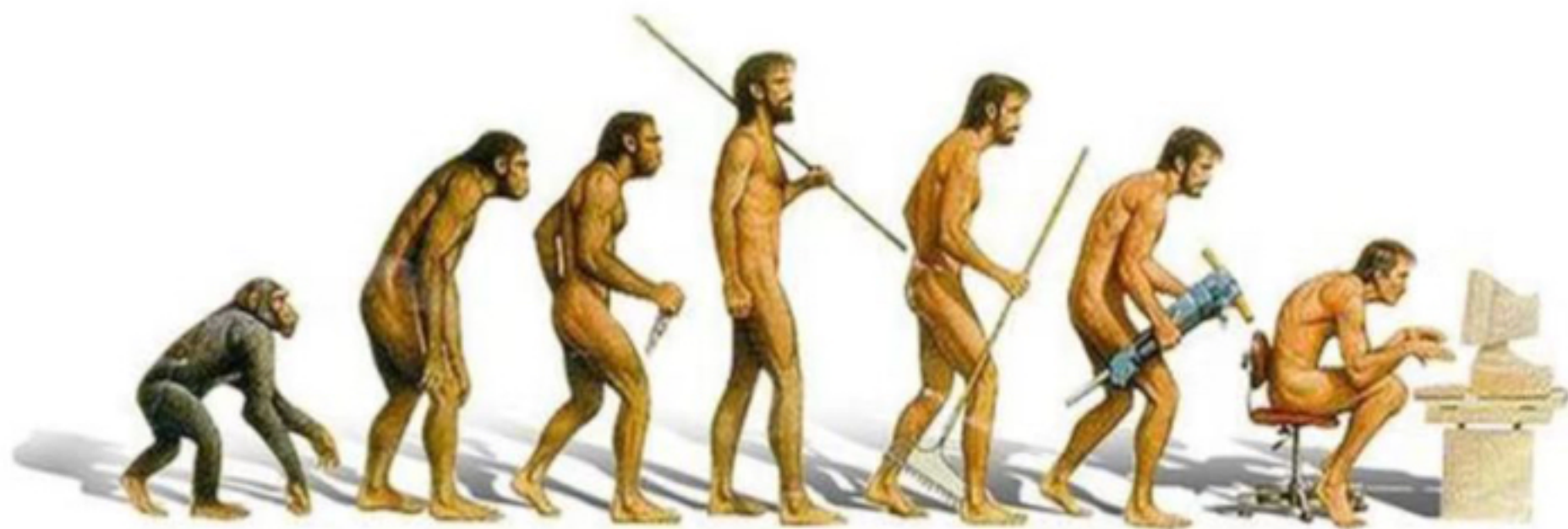


- ◆ 举例说明：  
将“形正体松”的技术要领融于生活，可获得意想不到的健康益处！

Example:

Apply the essentials of "Upright body position leads to relaxed body" into life, and one can obtain unexpected health benefits!





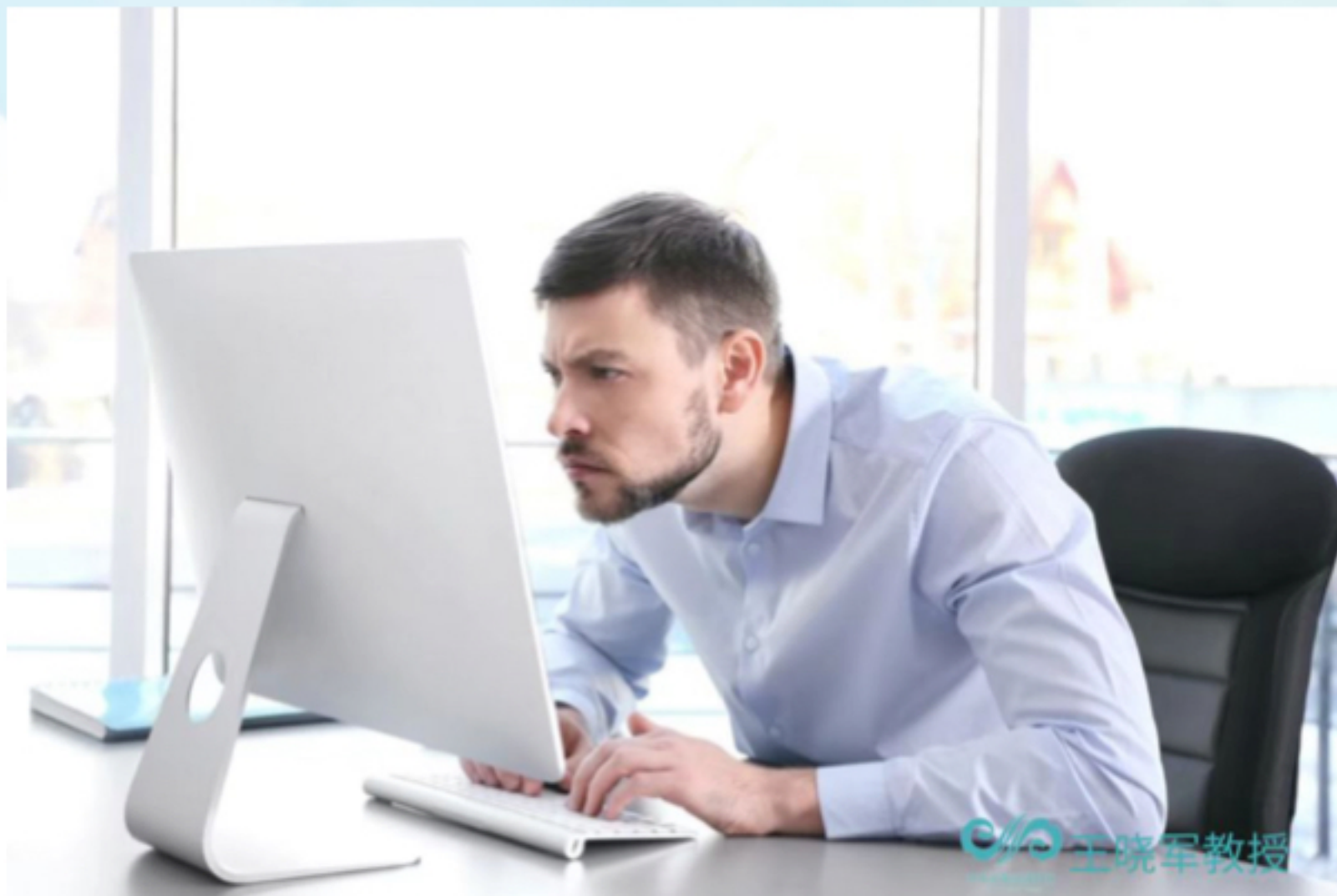
人类似乎正在返本归“猿”

王晓军教授

Humans seem to be degenerating back to the apes.



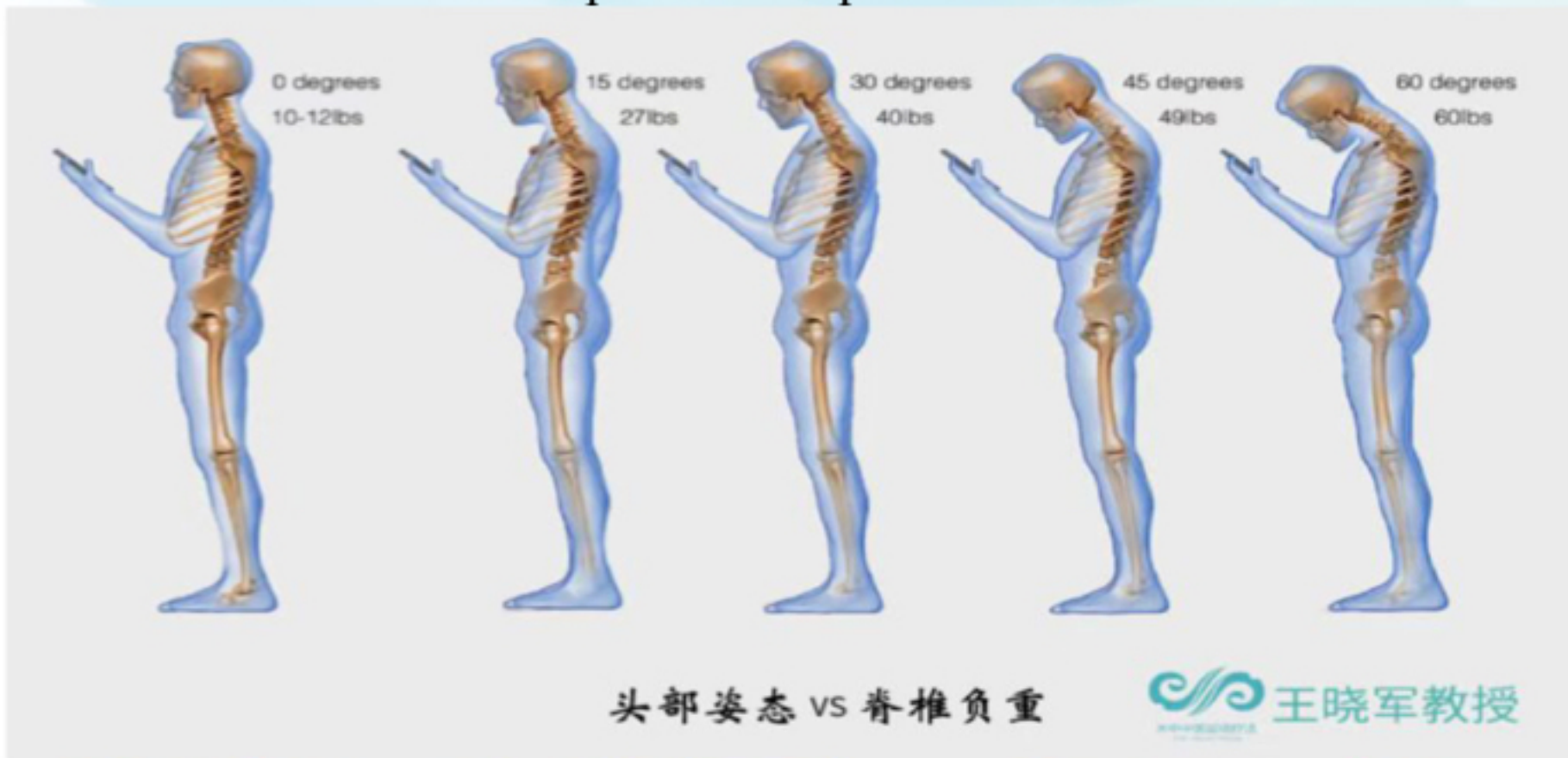






# 头部姿态vs脊椎负担

Head posture vs spine burden



“站如松”时，成年人头的重量为10~12磅（4.5~5.4公斤）；  
前倾15度时，成年人头的重量为27磅（12公斤）；  
前倾30度时，成年人头的重量为40磅（18公斤）；  
前倾45度时，成年人头的重量为49磅（22公斤）；  
前倾60度时，成年人头的重量为68磅（27公斤）。





- ◆ 举例说明二：  
健身气功“平衡和谐”的理念，对于心性调养大有裨益！

Example 2:

The concept of "balance and harmony" of Health Qigong is of great benefit to mental cultivation!







谢谢  
Thank You





# 2022年中国-东盟健身气功训练营

## 2022 CHINA - ASEAN HEALTH QIGONG TRAINING CAMP



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