

气功一八段锦 (The Eight Essential Exercises)

Qigong, qi gong, chi kung, or chi gung is a centuries-old system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training. [Wikipedia](#)

按 预备式 (The Ready Posture)

站好 腿微微弯曲 双手抱球 两掌心朝向腹部 指间相对且距离十厘米
自然呼吸

Stand naturally with your legs slightly bent; both hands pose like holding a ball with your palms facing your abdomen; your fingers point each other at a distance of 10 cm.

Breathe naturally.

第一式：两/双手拓天理三焦 (The First Exercise: Both hands reaching upwards and prepare your energy, breathing and spirit)

1. 两掌交叉 吸气上托 反掌 上举 向前看 微微闭气 松指下落呼气抱球
2. 两掌交叉 吸 翻掌 上举 前看 微微闭气 分手呼气下落
3. 同上
4. 同上

两手环抱 (预备式)

Cross your hands, then raise your hands and inhale; turn your palms upwards and lift your hands and look forward and gently hold breath; loosen your fingers, put down your hands and exhale.

**Note: No 1~4 are repetition of the same thing; just said in fewer words and in slightly different way.*

Hands pose like holding a ball. (At the end of each exercise, you go back to the beginning Ready Posture.)

第二式 左右开弓似射雕 (The Second Exercise: Squad with you hands posing like pulling a bow)

双腿微弯 双手抱球 指尖相对 自然呼吸 (预备式)

1. 开脚搭手吸气 呼气下蹲拉弓 吸气转重心 呼气回正
2. 开脚 吸气 呼气下蹲拉弓 吸气转重心 呼气并脚
3. 开步搭手吸气 呼气下蹲拉弓 吸气转重心 呼气并脚
4. 开步搭手吸气 呼气下蹲拉弓 吸气转重心 并脚

两手环抱 (预备式)

Side step and cross your hands and inhale; squat and hands posing like pulling a bow and exhale; inhale and turn and move your weight to the other side; exhale and return to the ready posture.

**Note: No 1~4 are repetition of the same thing; just said in fewer words and in slightly different way.*

Hands pose like holding a ball. (At the end of each exercise, you go back to the beginning Ready Posture.)

第三式 调理脾胃需单举(The Third Exercise: Conditioning spleen and stomach needs to raise one hand at a time)

双腿微弯 双手抱球 指尖相对 自然呼吸 (预备式)

1. 吸气起身 上托下按 微微闭气 呼气下落手收回 X4

Inhale and stand straight; raise one hand up with the other hand pressed down and gently hold your breath; lower down the raised hand to join the other hand and return to the Ready posture while exhaling.

第四式 五劳七伤往后瞧(The Fourth Exercise: Conditioning the "Five Strains and Seven Impairments" by doing looking backwards movements)

^{wǔ lǎo qī shāng}
*五劳七伤 "Five strains and Seven impairments," five referring to the five viscera ^{wǔ zàng | wǔ zàng} 五臟 | 五臟, and seven to adverse effects on one's body as a result of: overeating (spleen), anger (liver), moisture (kidney), cold (lung), worry (heart), wind and rain (outer appearance) and fear (mind)

双腿微弯 双手抱球 指尖相对 自然呼吸 (预备式)

1. 起身手上摆 吸气翻掌摆头 微微闭气 呼气下按腿微弯 X3

4. 起身手上摆 吸气翻掌摆头 微微闭气 呼气下按

抱球

Stand up straight and swing up both of your hands with palms facing upwards and your head turning sideward while inhaling; then gently hold your breath; then turn your head back and bend your knees slightly to return to the Ready Position.

Hands pose like holding a ball. (At the end of each exercise, you go back to the beginning Ready Position.)

第五式 摇头摆尾去心火(The Fifth Exercise: Shake head and body to reduce internal heat)

双腿微弯 双手抱球 指尖相对 自然呼吸 (预备式)

开步 托 吸气 举 呼气 下落 起 俯身吸气 呼气旋转 吸气向后摇头
呼气回中正

(另一边) 起 俯身吸气 呼气旋转 吸气向后摇头
呼气回中正 (All the above X4)

Side step and raise up both hands (to the chest); inhale while lifting both hands up straight; put both hands down on your thighs and exhale; then move your body upward so to lean toward to one leg while inhaling; then turn and lean your body toward to the other leg while exhaling; then move your body/swing your

head with face up while inhaling; then exhale with body/face returning to the central position and hands on thighs.

(Do the same with the opposite time side) X4

When finishing up the 4th time, you will be doing the following to get back to the ready posture.

收左脚 双手抱球

Left leg steps back to the central position and hands pose like holding a ball.

第六式 双手攀足固肾腰(The Sixth Exercise: Both hands touch the feet to strengthen kidney and lower back)

双腿微弯 双手抱球 指尖相对 自然呼吸 (预备式)

双手下按 吸气举手起身 呼气下落 吸气穿掌 呼气弯腰往下摸 按掌
手往前伸 吸气举手起身 呼气下落 吸气穿掌 呼气弯腰往下摸 按掌
吸气举 呼气 落 吸气穿掌 呼气抹熨弯腰 按掌

抱球

With both hands pressed down; raise your hands while inhaling; lower your hands to the chest and exhale; move your hands with palms facing up to touch behind the back and inhale; bend down and hands touch downward from waist to feet and press insteps.

Move your body upward with your hands reaching forward and upward; (then repeat the above 4 times)

Hands pose like holding a ball. (At the end of each exercise, you go back to the beginning Ready Position.)

*Note: No 1~4 are repetition of the same thing; just said in fewer words and in slightly different way.

第七式 攢拳怒目增气力(The Seventh Exercise: Make a fist and stare with strength to raise energy)

双腿微弯 双手抱球 指尖相对 自然呼吸 (预备式)

1. 开脚变马步下落 攢拳怒目 (右手) 旋掌 收回

2. 攢拳怒目 (左手) 旋掌 收回

出拳时吸气 旋转手掌时憋气 收拳呼气

3. 攢拳怒目吸气 旋掌 憋气 收回呼气

4. 攢拳怒目 旋掌 收回

起身并步 双手落

Side step and squat; fingers turn into fists and arms close to your body and then punch your right hand with your eyes while staring forward with strength; open your right fist and turn the palm upward and form a fist again and withdraw the hand back close to your body.

Repeat the above but punch your left hand

* Inhale when punching out; hold your breath when turning your palm upward; exhale when withdraw your hand back*

*Note: No 1~4 are repetition of the same thing; just said in fewer words and in slightly different way.

Stand straight with both heels touching each other and both hands down. (This ending posture is to get ready for doing the 8th exercise.)

第八式 背后七颠百病消 (The Eighth Exercise: Raise heels and stand on toes to do away with all illness)

1. 并脚 提脚吸气 落脚呼气 轻轻下震地面 x 8
2. 提脚吸气 落脚呼气
3. 吸气上提 呼气下落

Stand straight with both heels touching each other; raise up both heels and inhale; put down both heels with your weight gently falling on the ground and exhale. X4

*Note: No 1~3 are repetition of the same thing; just said in fewer words and in slightly different way.

收式

并脚 回收抱球 气沉丹田 周身放松 目视前方

跟着节奏调整呼吸 吸-呼-吸-呼

这时候应该感觉全身放松 微微发热

继续保持均匀的呼吸 深深的吸 呼气 吸气 呼气

The Ending Exercise

Stand straight with both heels touching each other; move your hands to the “ball holding” position with fingers touching each other and inhale deeply to send your breath down to your lower abdomen; relax your whole body and look into the distance.

(Inhale and exhale deeply and naturally with rhythm)

You should feel that your whole body is relaxed and warm at this time

Continue to breathe evenly, inhale deeply, exhale, inhale, and exhale.)

