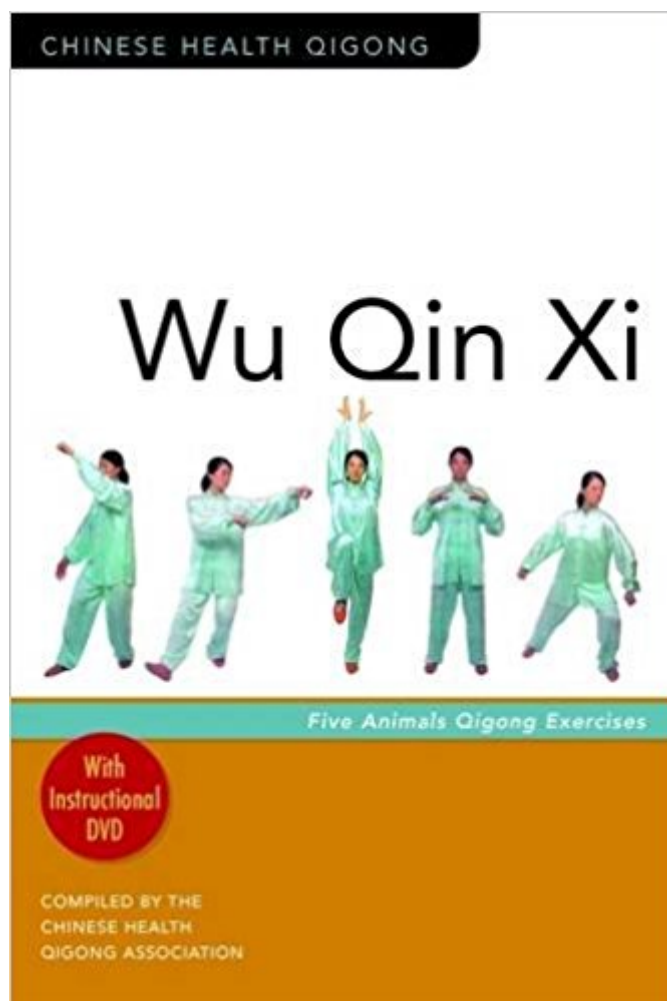


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# Wu Qin Xi: Five-Animal Qigong Exercises (Chinese Health Qigong)



## Synopsis

Qigong is an aspect of traditional Chinese medicine that involves coordinating breathing patterns with physical postures to maintain health and well-being. Wu Qin Xi: Five-Animal Qigong Exercises is an accessible, fully-illustrated guide to a particular qigong exercise that imitates the movements of animals and birds. The book explores the development of the five-animal exercises from the work of Hua Tuo, a leading physician of the Eastern Han Dynasty whose inspiration came from the observation of tigers, deer, bears, monkeys and birds. He came to the conclusion that wild creatures regularly performed certain exercises which can be replicated in order to build up the constitution and improve life skills. Each routine is described step-by-step, and is illustrated with photographs and key points. The authors also point out common mistakes and offer advice on how to correct these. Complemented by an appendix of acupuncture points and accompanied by a DVD, this book will be of interest to Qigong and Tai Chi practitioners at all levels, students of martial arts and anyone interested in Chinese culture.

## Book Information

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## Customer Reviews

'Taken together, and done properly, the movements described here comprise a system of exercise that emphasizes grace and strength. Each focuses on a different part of the body to coordinate breathing patterns with movement; each exercise is easy to do and quiets the mind as well as stabilizes the body. Includes full illustrations, instructions and explanations, including the important

reasons why these exercises should be conducted together rather than "cafeteria style." Safe for all age groups and very useful to those who practice Tai Chi and martial arts.' - Booknews.com'With these books the Chinese Health Qigong Association have come close to providing everyone with their own personal qigong instructor.' - Tai Chi Finder Limited'In the book, after introducing the history of wu qin xi, some of the characteristics of the animal movements are explained and some practice tips are given. Then, the book goes through a step-by-step description of each of the ten practices(two for each animal). After each practice, the key points are highlighted, common mistakes are given, how to correct them and the benefits of the practice is explained.' - Medical Qigong Education Centre'In this well-illustrated, succinct, and easy to read manual, these qigong exercises are described in clear language and simple step-by-step pictures of each form are provided in the proper sequences. Additionally, an instructional DVD comes with the book that breaks down each movement in the sequences, shows common mistakes, and then provides an uninterrupted full Five-Animal Qigong workout... You will not go wrong by adding this and the other books in this series to your martial arts or qigong library, and you will be pleasantly surprised in all that you will learn from doing so.' - Journal of Asian Martial ArtsQigong is an aspect of traditional Chinese medicine that involves coordinating breathing patterns with physical postures to maintain health and well-being. Wu Qin Xi: Five-Animal Qigong Exercises is an accessible, fully-illustrated guide to a particular qigong exercise that imitates the movements of animals and birds.The book explores the development of the five-animal exercises from the work of Hua Tuo, a leading physician of the Eastern Han Dynasty whose inspiration came from the observation of tigers, deer, bears, monkeys and birds. He came to the conclusion that wild creatures regularly performed certain exercises which can be replicated in order to build up the constitution and improve life skills. Each routine is described step-by-step, and is illustrated with photographs and key points. The authors also point out common mistakes and offer advice on how to correct these.Complemented by an appendix of acupuncture points and accompanied by a DVD, this book will be of interest to Qigong and Tai Chi practitioners at all levels, students of martial arts and anyone interested in Chinese culture.

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I really like the setup of this Book/DVD training routine. I have been in pain for two decades, not so much now. While deployed overseas, I had my knee injured, I had my foot injured. I come home and I injure my back, then my neck. I tried to get back into shape, I tried returning to the workout routines that I grew up doing, that the Military taught me. I tried, and because of the pain, it was not possible. In a desperate last attempt to try anything, Several months ago I discovered Chi Kung aka. QiGong, I didn't believe that it would work, but I bought a book. About month later I bought a QiGong DVD on Ba Duan Jin "Eight Pieces of Brocade", and it helped. I no longer have to wear braces on my knees, my back may still be stiff, but it does not hurt all the time, my neck is better, I can now turn my head to the left without pain, I no longer dread what needs to be done. I purchased Wu Qin Xi, put in the DVD as soon as I got home, checked out the set up of the instruction, I started in on the book, and I must say that I am impressed with how well it is lined up, easy to follow, the book not only shows how to do the routines, but explains the common mistakes, and you can actually follow along with the DVD, reading the book as they demonstrate, then in a different section of the DVD you can get up and follow along. Being able to engage every style of learning method, seeing, hearing, and

doing. I seldom give 5 stars to anything, so when I say that I love it, I mean, I recommend this to the people that I know, and who trust me. If you are looking for a low impact, high result workout, that is adaptable to your specific needs.... I would encourage you to give this a try. The layout of the book is easy to follow, the matching DVD flows with the book, and then goes on to allow you to be able to get up and follow along and do the routines too. I am so glad to have discovered these exercise routines, and I am very happy with the way the book, and DVD allow a person to learn and adopt to the needs of the users. I now look forward to doing the 20-30 minute routines, not because I enjoy working out, but because I get such good results from doing these Chi Kung "QiGong" routines.

The whole series by the Chinese Health Qigong Association is top notch. The instruction is very detailed. They don't embellish the moves with any of the more martial stuff that some other DVDs use, so the moves are easily do-able by older folks, like me (65). The locations are set in several beautiful places in China, and the three practitioners are top-top quality. It is beautiful to watch. The instruction is detailed and very explicit, and when I am confused about exactly how to do a movement, the book is also very detailed. This is a great DVD and book.

This book is written by chinese health association,they standtartise qigong forms,the version of wuxin qi taught in this book is a very popular one in china. ƒÆ' ƒ is practical for all skill and age levels,it is instructed in great detail,with tips,common mistakes,corrections,health benefits for each exercise with very clear photos with lines for the next move makes it excellent book.Also the book comes with a dvd which shows everything in the book,so there is no question is left in the readers mind.But i suggest people with no qigong experience to begin with the same authors Ba duan jin book,because wuxin qi is a little bit advanced.ƒÆ' ƒ am a student of Shaolin Tagou school in China and i strongly recommend this book for anyone including novices to experienced martial artists.

I bought this for my husband, a novice to Qigong. He found the book to sync well to the DVD. The DVD offers a clear tutorial on the subject manner. Each "animal" is clearly presented, and some common errors are illustrated. He expects many hours of enjoyment and instruction. Others books/dvds in this series are well worth consideration.

I choose this product for my students to use on a check-out basis. They take the book home and read and study the pictures and postions and forms. It helps them to understand what we are trying

to master in class. A good product for teaching.

I have 27 years experience training in Qigong, Tai Chi and Karate. Among the various qigong videos and books I have, I would rate Wu Qin Xi as excellent. Both the book and the DVD provide clear and easy to follow instructions for this version of five animal qigong. The beauty and benefits of qigong are in the practice. Too many students bog down in theory and expectation and fail to practice. Use this fine resource to practice and reap the benefits of authentic qigong.

the book is excellent but the disk was defective. Still worth having.

when you see the animal exercises done in person, it is breathtaking. This video has a fantastic 11 minute segment at the end, that you can do the exercise to. Each animal is carefully shown. GLAD I got it. I liked it so much, I purchased a few more and gave them as gifts!!

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