

Fitness Network conducts classes teaching Qigong, Taiji Quan, and Bagua Palm. Below, we list the exercises we have taught, highlighting Daoyin Yangsheng Gong and Health Qigong.

### DAOYIN YANGSHENG GONG

Daoyin Yangsheng Gong, created by Professor Zhang Guangde of Beijing Sports University, was awarded China's National Sports Science and Technology Progress Prize in 1992. The qigong exercises are designed based on Chinese as well as Western medical theories to target specific body systems to achieve preventive, curative, and recuperative effects on particular diseases. Clinical tests done in China found that overall effective rate among practitioners was 95%, among which 74% had remarkable effect. Beneficiaries call this the "Life Saving Qigong". There are now around 4 million practitioners in more than 60 countries. At Beijing Sports University, it is compulsory for students, many of whom are healthy and young athletes, to learn Daoyin Yangsheng Gong as part of their curriculum.

### HEALTH QIGONG

1. Ba Duan Jin (8 Brocade)
2. Yi Jin Jing (Muscles Tendons Changing Script)
3. Wu Qin Xi (5 Animal Frolics)
4. Liu Zi Jue (6 Healing Sounds)

The above 4 sets of ancient qigong exercises (Hua Tuo's Wu Qin Xi date back as far as 2000 years) have been recompiled under the commission of China's State General Administration of Sports – Health Qigong Management Centre. They are scientific, easy to learn, suitable for all ages, safe, and effective exercises for maintaining and enhancing one's general health and vitality.

### OTHERS

- 24 Movements Simplified Taiji Quan
- 42 Movements Taiji Quan Competition Routine
- Chen Style Taiji Quan 56 Movements Competition Routine
- Chen Style Taiji Single Sword
- Chen Style Taiji Twin Swords
- 32 Movements Taiji Sword
- 42 Movements Taiji Sword Competition Routine
- Wudang Taiji Sword
- Taiyi Fire Dragon Palm
- Bagua Palm
- Bagua Longxing Sword

Reference websites:

- The English Daoyin Yangsheng Gong Association:  
[www.dyysg.co.uk](http://www.dyysg.co.uk)
- Chinese Health Qigong Association: [jsqg.sport.org.cn/en](http://jsqg.sport.org.cn/en)

参考网站:

- 北京体育大学导引养生中心:  
[www.bsu.edu.cn/jgsz/htm/xzbm/dyys/htm/dyys\\_zxj2.htm](http://www.bsu.edu.cn/jgsz/htm/xzbm/dyys/htm/dyys_zxj2.htm)
- 中国健身气功协会: [jsqg.sport.org.cn](http://jsqg.sport.org.cn)

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**FITNESS NETWORK specialises  
in Qigong courses for health**

菲特尼斯网络专门主办有益健康的气功课程

Daoyin Yangsheng Gong series of exercises include:

1. Taiji Dynamic Zhuang Gong

System/Disease targeting exercises:

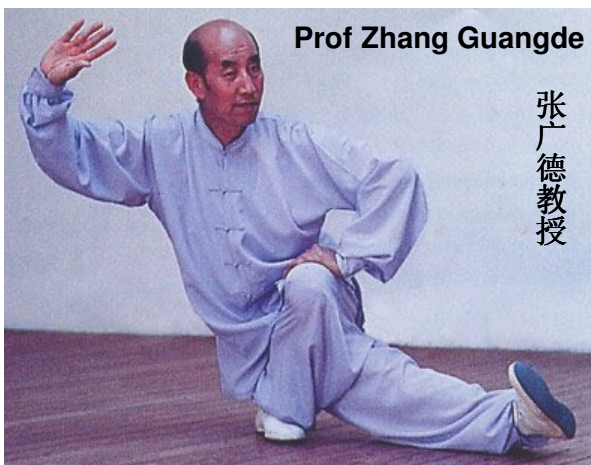
2. Shuxin Pingxue Gong – Cardiovascular System
3. Yiqi Yangfei Gong – Respiratory System
4. Hewei Jianpi Gong – Digestive System
5. Yuzhen Buyuan Gong – Reproductive & Urinary Systems
6. Shugan Lidan Gong – Liver & Gall Bladder
7. Shujin Zhuangu Gong – Skeletal & Muscular Systems
8. Xingnao Ningshen Gong – Nervous Systems
9. Mingmu Huanshi Gong – Eyes
10. Sitting Conger Gong – Ears
11. Jiujiu Huantong Gong – Anti Senility
12. 49 Steps Jingluo Dong Gong – Complicated Diseases such as Cancer
13. Daoyin Baojian Gong – General Health

Yangsheng Routines with use of Apparatus

14. Yangsheng Taiji Sword (Short or Long Tassel)
15. Yangsheng Taiji Sabre
16. Yangsheng Taiji Fan (Single Fan or Twin Fans)
17. Yangsheng Taiji Baton

Yangsheng Taiji Palm Routines

18. Yangsheng Taiji Palm 1 – Heart & Lungs
19. Yangsheng Taiji Palm 2 – Kidneys & Spleen
20. Yangsheng Taiji Palm 3 – Liver & Gall Bladder



导引养生功的主要功法包括:

1. 站桩功

对症功法类

2. 舒心平血功 – 心血管
3. 益气养肺功 – 呼吸系统
4. 和胃健脾功 – 消化系统
5. 育真补元功 – 生殖、泌尿系统
6. 舒肝利胆功 – 循环系统
7. 疏筋壮骨功 – 运动系统
8. 醒脑宁神功 – 神经系统
9. 明目还视功 – 眼部
10. 坐势聪耳功 – 耳部
11. 九九还童功 – 抗衰老、延年益寿
12. 四十九式经络动功 – 疑难症
13. 导引保健功 – 综合保健

养生器械类

14. 养生太极剑（长、短袍）
15. 养生太极刀
16. 养生太极单扇、双扇
17. 养生太极棒

养生太极掌类

18. 第一套：强心益肺太极掌
19. 第二套：滋肾补脾太极掌
20. 第三套：舒肝利胆太极掌



菲特尼斯网络主办课程教导气功、太极拳和八卦掌。以下，列出我们教过的功法、套路，并重点介绍导引养生功和健身气功。

### 导引养生功

北京体育大学张广德教授所创编的导引养生功是集健身、治病、养生于一体的导引保健气功。曾在一九九二年获得中国国家体育科学技术进步奖。其功法科学合理，治病针对性强。经实践调查，参与练功锻炼的人 95%均有良好的效果，其中 74%的人效果显著。此导引功法不受年龄、场地限制，花时短，易学易练。导引养生功现已传播世界 60 多个国家，约有 400 万名爱好者。并作为当前中国全民体育健身首推项目和被列为北京体育大学学生必修课程。

### 健身气功

1. 八段锦
2. 易筋经
3. 五禽戏
4. 六字诀

以上被中国国家体育总局健身气功管理中心列入编创健身气功新功法的四套功法，均属于中国古老传统的养生功法。历史悠久，民间流传甚广（华佗·五禽戏至今已有 2000 多年历史）。动作简单易学，花时间短，老少皆宜，无副作用，并且有良好的养生、健身和治病效果。

### 其他

- 二十四式简化太极拳
- 四十二式太极拳竞赛套路
- 陈式太极拳五十六式竞赛套路
- 陈式太极单剑
- 陈式太极双剑
- 三十二式太极剑
- 四十二式太极剑竞赛套路
- 武当太极剑
- 太乙火龙掌
- 游身八卦连环掌
- 八卦龙行剑