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A Brief Introduction of Daoyin Yangsheng Gong

Daoyin (导引) is the original name for Qigong (气功). Dao (导) means to channel (疏导), unclog (通导), and refers to the guidance of qi (导气). Yin (引) means to extend (引伸), lead (引导), and refers to the stretching of the body (引体). How and to what end should guidance of qi and stretching of the body be done? The book of Taoist Philosopher Zhuangzi tells us, “导气令和, 引体令柔” (《庄子·刻意》李颐注). This can be understood as to regulate one's breathing to a soft, even, deep, and long abdominal breathing, and train one's body and limbs to make them strong and supple. Since guidance of qi and stretching of the body in Daoyin are mostly led by conscious thought, we can say that Daoyin is an amalgamation of breathing, thought, and physical exercises for strengthening the body and mind to keep diseases at bay.

Yangsheng (养生) is to take care of one's body in order to have a healthy and long life. 《吕氏春秋·节丧》云：“知生也者，不以害生，养生之谓也。”晋代葛洪也云：“养生以不伤为本。” These two quotations show that Chinese Yangsheng theory aims to fully develop the human body's inherent potential life force while advocating moderation (节) and harmony (和), so that no harm is done to the body.

Daoyin and Yangsheng theories are the chief guiding principles when Professor Zhang Guangde (张广德教授) of Beijing Sport University created Daoyin Yangsheng Gong in the mid-1970s. This series of exercises addresses the causes, pathology, and treatment of diseases of the nervous, cardiovascular, respiratory, digestive, muscular, endocrine, urinary, and reproductive systems based on concepts of Traditional Chinese Medicine, theories of yin, yang, and five elements, organs and their related channels, relationship between qi and blood, as well as modern medical theories. Daoyin Yangsheng Gong lets one improve life by working out one's channels and collaterals (经络) through use of conscious thought, breathing regulation, and body conditioning. People may practise for disease prevention in times of good health, for curative purposes to complement medical treatment in times of sickness, and for recuperative purposes to get well again after illness. Daoyin Yangsheng Gong received China's National Award for Advances in Sports Science and Technology in 1992. There are now around 4 million practitioners in more than 60 countries. At Beijing Sport University, it is compulsory for students to learn Daoyin Yangsheng Gong as part of their curriculum.

Daoyin Yangsheng Gong Content and Classification

Daoyin Yangsheng Gong is a Life Science. Its exercises can be classified as follows:

(A) Basic

1. Nerve Calming, Thought Training, Mind Regulating Method
2. Qi Harmonising, Breathing Regulating Method
3. 13 Steps Body Stretching Exercise
4. Blood Nourishing, Qi Replenishing, Longevity Enhancing Method

(B) System/Disease Targeting

1. Shuxin Pingxue Gong 1 & 2 and Heart Exercise in Sitting Position: Cardiovascular System
2. Yiqi Yangfei Gong 1 & 2 and Lungs Exercise in Sitting Position: Respiratory System
3. Hwei Jianpi Gong 1 & 2 and Spleen Exercise in Sitting Position: Digestive System
4. Shujin Zhuanggu Gong 1 & 2 and Numbness Alleviating Exercise in Sitting Position: Skeletal & Muscular Systems
5. Yuzhen Buyuan Gong 1 & 2: Reproductive & Urinary Systems
6. Shugan Lidan Gong 1 & 2: Liver & Gall Bladder
7. Xingnao Ningshen Gong: Nervous System, headaches, and Brain Diseases
8. Mingmu Huanshi Gong: Eyes
9. Zuoshi Conger Gong: Ears
10. Sanxiao Jiuzhi Gong: Diabetes
11. Tuomin Taiji Gong: Allergies
12. 49 Steps Jingluo Dong Gong: Complicated Diseases such as Cancer and boost overall body functions
13. Meirong Yangsheng Gong: Facial Complexion maintenance

(C) General Health

1. Daoyin Baojian Gong 1 & 2
2. Zuoshi Jianshen Gong 1 & 2
3. Yangsheng Taiji Cao 1 & 2
4. Jiujiu Huantong Gong

(D) Artistic Performance

1. Poetry of Daoyin Yangsheng



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导引养生功简介

导引，是气功的古称。导，有疏导、通导的意思，是指导气。引，有引伸、引导的意思，是指引体。导气“导”到什么程度，引体达到什么目的？古人告诉我们：“导气令和，引体令柔”（《庄子·刻意》李颐注）。可以理解为把人们日常生活中的呼吸，疏导成细、匀、深、长的腹式呼吸，把人们的四肢锻炼得柔软、坚韧、结实。而导引当中的导气和引体又大多是在意念的引导下完成的，因此我们说，导引就是呼吸运动、意念活动和肢体运动三者相结合的一种祛病健身功夫。

养生，就是保养身体以达健康长寿。《吕氏春秋·节丧》云：“知生也者，不以害生，养生之谓也。”晋代葛洪也云：“养生以不伤为本。”可以看出，中国养生学是以充分调动身体内潜在的生命力，主张“节”与“和”，使人体各种机能不受伤害为其主要特点。

导引养生功就是在此理论的指导下，根据神经、心血管、呼吸、消化、运动、内分泌、泌尿、生殖等八大系统发病的病因、病理和保健原则，以祖国医学的整体观念、辨证施治为指导，运用阴阳五行、脏腑经络、气血理论及现代医学的有关理论，由北京体育大学张广德教授于二十世纪七十年代中期创编而成。它是通过意识的运用，呼吸的控制和形体的调整，使生命优化的自我经络修炼的方法。人们无病时可以用于预防，有病时可以用于治疗，病后又可以用于康复。导引养生功在一九九二年获得中国国家体育科学技术进步奖，现已传播世界 60 多个国家，约有 400 万名爱好者，并被列为北京体育大学学生必修课程。

导引养生功内容与分类

导引养生功属生命科学范畴。概括起来分为以下几大类：

（一）基础功法类

- 1、宁神练意调心功
- 2、导气令和调息功
- 3、引体令柔十三式
- 4、养血补气益寿功

（二）对症功法类

- 1、舒心平血功（第一套）、（第二套）和坐势强心功：有助于防治高血压、低血压、冠心病、心率过速等心血管系统疾病。
- 2、益气养肺功（第一套）、（第二套）和坐势益肺功：有助于防治伤风、感冒、气管炎、肺气肿等呼吸系统疾病。
- 3、和胃健脾功（第一套）、（第二套）和坐势补脾功：有助于防治消化不良、胃脘痛、溃疡病、痔疮等消化系统疾病。
- 4、疏筋壮骨功（第一套）、（第二套）和坐势除痹功：防治颈、肩、腰、腿痛等运动系统疾病。
- 5、育真补元功（第一套）、（第二套）：防治男、女生殖、泌尿系统疾病。
- 6、舒肝利胆功（第一套）、（第二套）：防治急、慢性肝炎、胆囊炎、胆石症。
- 7、醒脑宁神功：防治全头痛、偏头痛、三叉神经痛、美尼尔氏综合症、脑动脉硬化症等。
- 8、明目还视功：防治近视眼、老花眼、青光眼等眼部疾患。
- 9、坐势聪耳功：是防治耳鸣、耳聋等症的功法。
- 10、三消九治功：有助于防治糖尿病。
- 11、脱敏太极功：对荨麻疹、花粉症具有一定作用。
- 12、四十九式经络动功：有助于防治疑难杂症和全面提高身体机能。
- 13、美容养生功：是防治面部衰老，有助于面部丰润光泽，减少皱纹，耳聪目明的功法。

（三）导引保健类

- 1、导引保健功（第一套）、（第二套）
- 2、坐势健身功（第一套）、（第二套）
- 3、养生太极操（第一套）、（第二套）
- 4、九九还童功

（四）艺术表演类

- 1、导引养生形体诗韵