

# BA DUAN JIN: EIGHT-SECTION QIGONG EXERCISES (CHINESE HEALTH QIGONG) BY CHINESE HEALTH QIGONG ASSOCIATION

CHINESE HEALTH QIGONG

## Ba Duan Jin



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*Eight-Section Qigong Exercises*

With  
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## **Review**

The online video is very professionally and beautifully done and is one of the best that I have seen. The practitioners demonstrating the forms are clearly very experienced and are excellent models to follow. I have practised several versions of ba duan jin and I particularly like this version. It's simple, aesthetic and very effective. This book and online video are a readable and thorough guide to the practice of ba duan jin. -- Medical Qigong Education Centre With these books the Chinese Health Qigong Association have come close to providing everyone with their own personal qigong instructor. -- Tai Chi Finder Limited This online video content, filmed as it is in uplifting locations, such as on top of the Great Wall of China and by the sea etc. with the performers in their silk pyjamas, does add a little something extra to the experience of participating in this virtual class. -- Tai Chi Finder Limited

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Qigong is an aspect of traditional Chinese medicine that involves coordinating breathing patterns with physical postures to maintain health and well-being. Ba Duan Jin: Eight-Section Qigong Exercises is an accessible, fully-illustrated guide to this particular qigong exercise, which has been shown to improve the respiratory, cardiovascular and immune systems.

The Ba Duan Jin exercise dates back to the Song Dynasty, and is broken down into eight sections, each of which focuses on a different physical area. The routine enhances limb strength and flexibility of the joints, and also fortifies the nerves. It can help in the treatment of illnesses such as osteoporosis and is also beneficial for mental health. 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 access to online downloadable content, 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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#### Most helpful customer reviews

8 of 8 people found the following review helpful.

I have been in pain for many years, not so much now. I am so glad to have discovered these exercise routines.

By Rev. F. Anthony Claxton

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. 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 Ba Duan Jin, 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.

3 of 3 people found the following review helpful.

Ba Duan Jin, baby!

By Steve B.

Vid shows proper and solid technique for the ancient Shaolin 8 Section Brocade form in great detail, but it's a little slow moving for an experienced martial arts practitioner. It's great for those who hate reading instructions (it comes with a book). As you investigate further, there are many interpretative styles or "takes"

on some of the techniques you may find in other similar products, or within Chinese culture, which would yield the same results. Good mellow musical background to accompany your workout and promotes a centered mind. Further demonstrates the targeted muscle groups involved and the movement's effect on them. Do them correctly, and you shall notice the benefits.

6 of 6 people found the following review helpful.

A great learning tool

By David Henry

The whole series by the Chinese Health Qigong Association is great. I love this one and the Five Animal forms. The locations of the filming are in the Forbidden City, the Great Wall, the mountains of Southern City and a few other places I do not recognize. All are extremely beautiful. The three practitioners are great. The movements are presented in the classically simple forms that are easy to do and very energizing. It is true that the camera angles are a little "ambitious" in places, but nothing is lost since the movements are explained fully and repeated several times. This is a great instructional tool.

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