

<<武术养生功>>

图书基本信息

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内容概要

WUSHU exercise for life enhancement , also called Wushu.Qigong or internal Wushu exercise , is a unique system for improving the internal conditions of the human body , thus benefiting the body and the mind and leading to a longer life. Physical combat and health promotion are the two essential aspects of Chinese Wushu. However , the latter is often neglected , stress being laid on the improvement of the muscles , the bones and the skin rather than the essence , the vital energy and the spirit. This book gives a systematic and condensed introduction to Chinese Wushu , describing its basic principles and major schools as well as providing detailed instructions on how to practise it. In addition , the author has selected several basic exercises and classic routines , which are well-coordinated , precise and easy to learn and practise. According to the tradition of Chinese Wushu , "Learning the basic exercise goes before learning fist forms." "One who learns fist forms without practising the basic exercise will attain nothing in his lifetime." This book will help Wushu enthusiasts at home and abroad to grasp the essence of Chinese Wushu for health building and improvement of the body's inner strength. It will therefore help them fully understand and practise with success Wushu exercise for life enhancement.

FOREIGN LANGUAGES PRESS BEIJING

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作者简介

Yu Gongbao was born in 1964 in Henan Province , China. He graduated from Beijing University in , 1986 and works with the Qigong Research Section at the Chinese Wushu Research Institute. Yu Gongbao began to practise Wushu and Qigong while a teenager. He was chairperson of the Wushu Association of Beijing University and won a first prize in a Wushu tournament among institutions of higher learning in Beijing. Yu Gongbao is often invited as the keynote speaker and performer at international seminars on Qigong and Wushu. He is a contributor to several Chinese magazines on Wushu and Qigong and has published The Scientific Basis of Wushu , Diagrams of Chinese Qigong and Essentials of Contemporary Chinese Qigong. He is chief editor of Modern Wushu Series and Chinese Internal Wushu Exercise for Life Enhancement.

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书籍目录

Inrroduaion Basic PrIndples of Wushu Exerdse for Life Enhancement Main Schools of Wushu Exerdse for Life Enhancement Instructions for Begfnners The Basic Wushu Method: Sitting Exerdse The Unique Wushu Method: Standing Pole Yi Jin Jing (Sinew-Transforming Exerdse) Eight-Trigram Internal Excrdse Exerdse for Opening and Closing of Yin and Yang

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章节摘录

symptoms of dysfunction of the nervous system , such as neurasthenia , insomnia and listlessness. The Triad Pole The triad pole is an essential technique in Xing Yi Quan , a popular style of Chinese shadow boxing. It is known as the "mother of Xing Yi Quan , " which indicates that all movements of Xing Yi Quan have developed from the triad pole. The word triad has several meanings. First , it refers to heaven , earth and man , symbolizing the unity of man and nature in this exercise. Second , it refers to the head , hands and feet , indicating that the exercise provides coordinated training of all parts of the body , Third , it refers to the solid , liquid and gaseous states of matter , implying that all components of the body are mobilized during the exercise. Among these , the solid state comprises the internal organs , muscles , sinews and skin , the liquid comprises saliva , semen and blood , and the gaseous refers to the genuine qi indispensable to life. The triad pole can be practised in the following way : Stand with the left foot at the front and pointing straight forward , and the right foot in the rear and pointing obliquely to the right. Grasp the ground with your toes and flex the muscles of the feet as if to pull them together. Look straight ahead and relax the whole body. Suggest to yourself that you are about to squat down , thereby lowering your centre of gravity. Reach forward with your left palm and create a sensation of pushing it down lightly. Move the right hand to the lower abdomen , palm down and pushing slightly downward , For both hands , keep the fingers apart naturally. Create a sensation of pushing upward with your head lightly , as opposed to the downward orientation of the hands (Fig. 6-2)

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