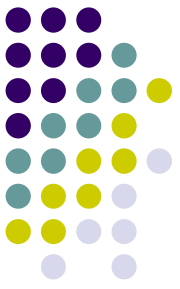




Wushu and Qigong



Contents

- Objectives
- Wushu
- Qigong
- Take-away Work



A. Wushu

The origin of Wushu

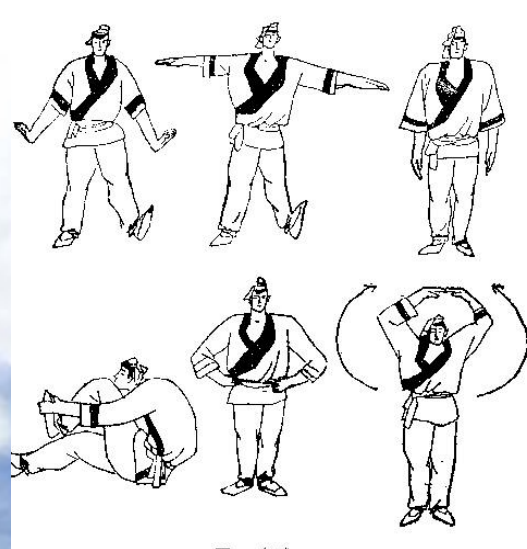
It was connected with hunting, fishing and fights in primitive China. These skills were developed into weapon fighting and bare-handed fighting.



A. Wushu

Hua tuo and “five bird-and-beast game”

- Hua tuo in Han Dynasty developed the game by imitating the gestures of the tiger, deer, bear, ape and crane for the purpose of improving strength, activating the joints and the blood flow.



A. Wushu

Wushu emphasizes physical strength and abilities.



A. Wushu

Continuing its fighting function, Wushu becomes a more athletic and aesthetic performance and competitive sport.



A. Wushu

Chinese wushu is more than kung fu. It embodies a profound philosophy and a sense of human life and social values.



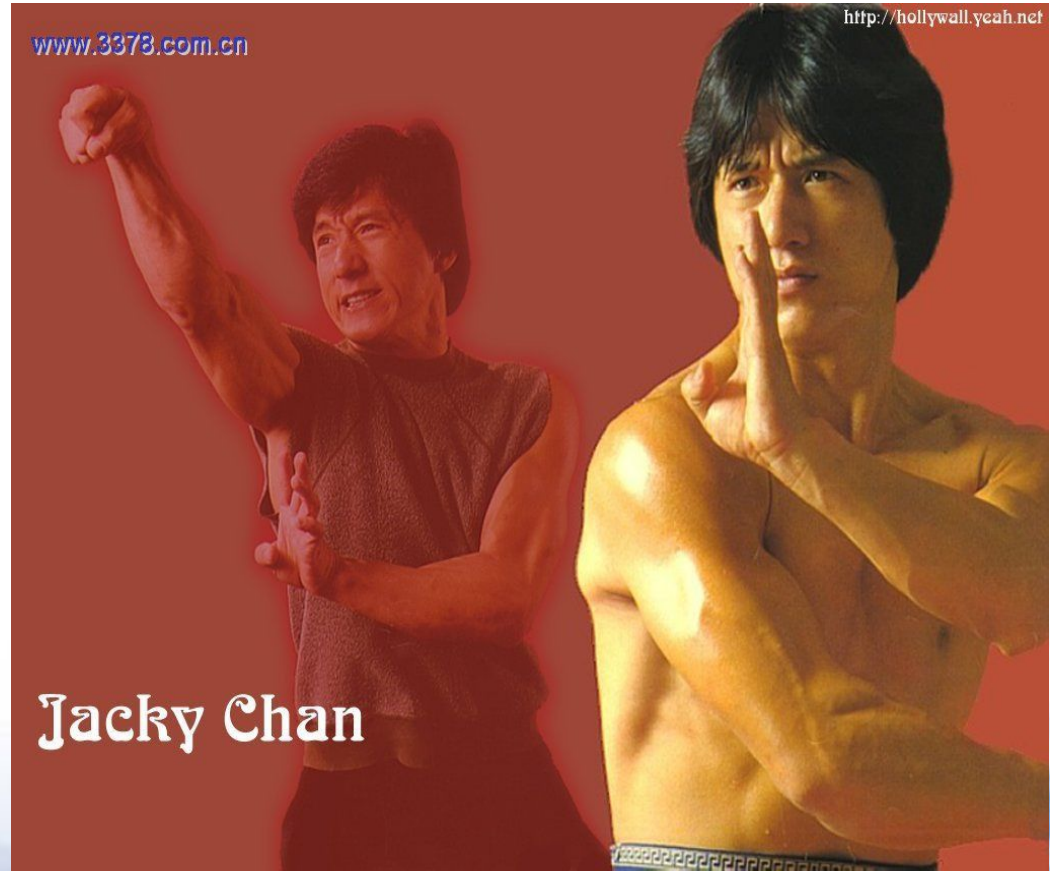
A. Wushu

Bruce Lee



A. Wushu

Jackie Chan



B. Qigong

- “Qi “,the inner energy or "life force" that is said to animate living beings, is encountered in almost all styles of Chinese martial art.



B. Qigong

- Qigong can be described, in terms of its function and capabilities, as an ideal technique for health maintenance, health improvement, disease prevention.



B. Qigong

One's qi can be improved and strengthened through the regular practice of various physical and mental exercises known as qigong.



B. Qigong

- It can be classified into health-protecting qigong, therapeutic qigong and martial art qigong.

