

# WHAT IS QIGONG?



*“Life Coaching For Your Individual Greatness”*

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## TABLE OF CONTENTS

| <u>Section</u>                           | <u>Page</u> |
|--|-------------|
| <b>1.0. ABOUT ONE 80 TURN, LLC .....</b> | <b>3</b>    |
| <b>2.0. DOCUMENT INFORMATION.....</b>    | <b>3</b>    |
| 2.1. Description                         |             |
| 2.2. Objectives                          |             |
| 2.3. Suggested Users                     |             |
| <b>3.0. DOCUMENT CONTENT.....</b>        | <b>4</b>    |
| 3.1. What Is Qigong?                     |             |
| 3.2. Health Benefits                     |             |
| 3.3 Core Skills                          |             |
| 3.4. How Does It Work?                   |             |

## **ABOUT ONE 80 TURN, LLC**

One 80 Turn<sup>SM</sup> is a holistic life wellness service provider located in Nashville, TN. Our whole body approach utilizes results oriented tools and concepts, from various cultures and philosophies, to provide high school and college athletes with reliable information on various topics that have the potential to help them improve their athletic performance, as well as assist them in forming good habits that will benefit them throughout their lifetime.

The concept for the services of One 80 Turn<sup>SM</sup> was conceived by the owner after several years of personal interaction with teens through life coaching and athletic instruction. The goal is for our business to be recognized as the number one source of life enhancing information and instruction for high school and college athletes.

Our mission is to provide a supportive, non-judgmental environment to assist our partners in reaching their highest potential as athletes and achieving whole body wellness by utilizing resources, programs and tools that promote good health physically, emotionally, mentally and spiritually. Personal gains, such as improved self esteem and self motivation, combined with measurable benefits, will create tremendous life long advantages. Our holistic approach to wellness will establish our reputation as the best in the industry.

## **DOCUMENT INFORMATION**

### **2.1 Description**

The information in this document, on qigong, is taken from various internet and book sources and is provided in this compiled format for easy reading.

### **2.2 Objectives**

Provide general information about, and on the use of, qigong.

### **2.3 Suggested Users**

Any person desiring to increase their knowledge about qigong as they make choices for their individual nutrition/exercise needs/requirements.

## DOCUMENT CONTENT

### 3.1 What Is Qigong?

Qigong (Chi Kung), pronounced chee-gung, is the mother of Chinese self-healing and is one of the four pillars of traditional Chinese medicine: Acupuncture, Massage, Herbal Medicine and Qigong. Of these, qigong is the easiest in terms of self-application, and is a practice that has been used by the people of China for thousands of years to improve and maintain their health as well as develop greater power for the martial arts. Those who practice qigong regularly need less medication and heal faster.

The word qigong, when broken into its two components, translates like this:

Qi = energy, life force, vitality that circulates within the body  
Gong = work, practice, cultivate, refine

Therefore, qigong can be defined to mean *to cultivate and refine, through practice, the body's energy or life force to increase and control its circulation.*

The practice of qigong can vary from a "hard" style such as Kung Fu to a "soft" style such as T'ai Chi Ch'uan (Tai Chi), to simple internal forms. Every person can benefit from consistent practice regardless of ones physical fitness level.



Source: [secretsofqigong.com](http://secretsofqigong.com)

### 3.2 Health Benefits

There is no doubt that this discipline can reduce stress and improve overall well-being, thus making it ideally compatible with athletics. Some practitioners suggest that doing Qigong:

- Increases delivery of oxygen to the tissues to improve stamina
- Enhances the elimination of waste products
- Increases the flow of lymphatic fluid throughout the body helping to strengthen the immune system
- Shifts us out of the sympathetic nervous system (associated with fight-or-flight and our normal reaction to stress) into the parasympathetic nervous system (associated with feelings of pleasure and harmony).

Because it promotes relaxation, qigong may also:

- Decrease the heart rate
- Lower blood pressure
- Relieve pain from migraines and some forms of arthritis

### 3.3 Core Skills

Qigong is a technique driven art that requires discipline on behalf of the practitioner in order to gain the maximum benefits possible. The core skills that you must learn to integrate successfully are:

- Relaxation
- Breathing
- Physical Postures
- Focused Intent

Relaxation—*The* most important aspect of qigong. When the mind and body are relaxed, qi can circulate freely, thereby enhancing health and mental well being.

Breathing—Very important because the execution of the proper breathing technique helps all the other skills come together easily.

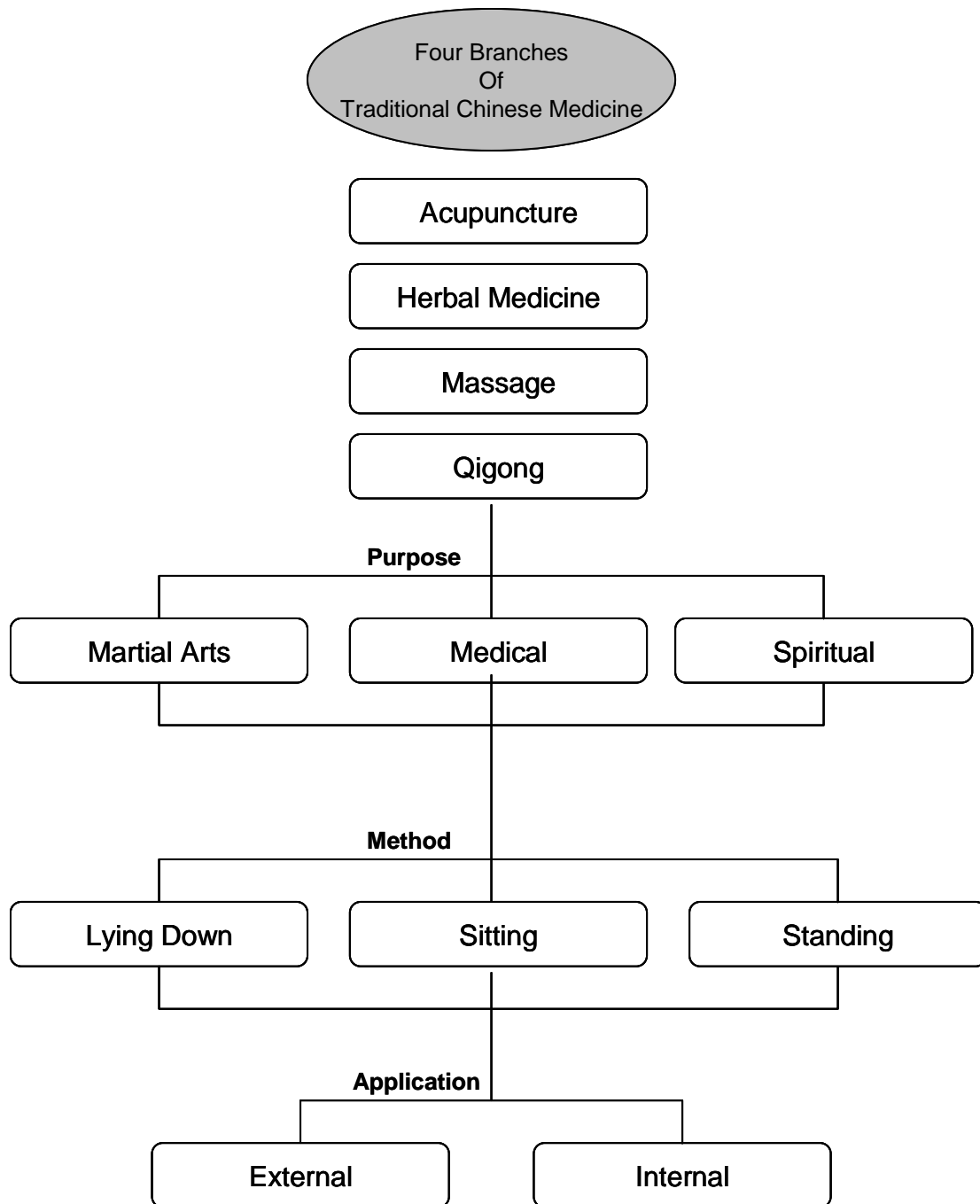
Physical Postures—Proper physical postures encourage qi to balance and flow in the fashion that is most beneficial and natural.

Focused Intent—Your focused intent establishes what you want to achieve from practicing qigong. It is not an internal conversation and replaces mental chatter.

### 3.4 How Does It Work?

There are **thousands** of different qigong exercises and the word "form" is used to refer to a specific sequence of individual exercises that are traditionally performed together. The exercises may consist of simple movements designed to teach improved breathing or more complex exercises, similar to calisthenics that can affect functions such as heart rate and blood pressure. The exercises are typically done standing, sitting or lying down (with some done while walking) and can be modified for those with physical challenges.

Qigong is an ideal exercise for athletes because it assists in renewing the energy that an athlete is constantly depleting. An athlete will receive more energy back from performing qigong exercises than she/he puts into it and, typically, can realize significant benefits from a consistent practice of as little as 20 minutes a day.



Purpose Method & Application Of Qigong  
 2010 Rhonda Bradley for One 80 Turn, LLC

### 3.2 Sources

1. <http://www.nqa.com>
2. <http://www.secretsofqigong.com>
3. <http://www.qiwithoutborders.org>
4. The Healer Within by Roger Jahnke, O.M.D.