

What is Qigong / Chi Kung? [chee-gung]

Pronounced 'chee-gung', Qigong is a method of movement training that helps you to balance and enhance your health and your energy.

It improves your physical balance, spinal health, core strength, breathing and flexibility whilst remaining relaxed and calm. You can improve mobility and flexibility of any injured part of the body, or train the whole body as a single unit.

It has also been used to help with heart conditions and blood pressure; to restore balance and bring the mind to a more calm and clear state.

Regular practice brings strength to all the systems of the body (endocrine, cardiovascular, nervous, digestive, respiratory, skeleton-muscular, hormonal, digestive, urinary, lymphatic, immune, integumentary, reproductive).

Mindful Guernsey's core Qigong is Master Ma Ba Guo's Hunyuan movement method. Once proficiency is attained in the basic HunYuan Qigong, further development is acquired through higher levels of Qigong and dynamic training using the HunYuan Taichi method.

What is Taichi Chuan? [Tie-jee chwan]

"....outside like cotton, inside like steel..."

Taichi Chuan, pronounced tie-gee, is one of the three Internal Martial Arts or Internal Kung Fu combat methods.

Translated as 'supreme ultimate fist', Taichi Chuan is a very expressive method for moving and co-ordinating the whole body. It has all the benefits of Qigong but will take your practice to a more advanced level.

As with the other Internal Kung Fu methods, the key expression of Taichi Chuan is the use of the mind to direct slow and fast movements during practice. It also emphasises softness whilst having powerful whole-body alignment, balance and exceptionally fluid and flexible movement.

Want to make mindful movement part of your wellbeing and fitness regime?
Contact Rajan : info@mindfulguernsey.com

Other aspects of Internal Kung Fu

In China, IMA (Internal Martial Arts) or Internal Kung Fu consists of the 3 Taoist Martial Arts (combat methods) of Tai Chi Chuan, Hsing-I Chuan and Bagua Chang. These 3 Arts have specific training methods or components and even their own Qigong exercises that assist the practitioner to gradually develop the skills required for that art.

Again, all training leads to the cultivation of mental, physical, energetic and breathing concepts. The body becomes very strong from being connected as one unit during dynamic movement, resulting in increased power and [postural] stability. The movements are trained slow to begin with and can be trained quicker with practice, without compromising internal-awareness.

What is Hsing-I Chuan? [shing-ye]

Hsing-I is considered a very direct Internal Kung Fu method. It can be translated as Mind-Form Boxing and has a strong mind development concept to its training method and exercises. The basic training and key expression is the development of the 5 Hsing-I fists, which are related to the 5 elements (metal, water, wood, fire and Earth) and standing posture practice.

Hsing-I practice has the capacity to strengthen the physical body very quickly and is thus effective for physical rehabilitation. This is why Hunyaun Qigong is an effective rehabilitation tool as it has Hsing-I practice embedded into its training strategy from the very beginning.

What is Bagua Zhang? [ba-gwa]

Translated as “eight trigram palm” BZ is a unique Taoist Art based on the ancient classic text known as the *I Ching* or The Book of Changes.

Bagua training methods and exercises emphasize ever-increasing fluid, circular and spiraling movement as found naturally throughout the human body. This makes it a very powerful method for internal energy development, physical and mental training. Bagua builds a very very powerful body.

Bagua’s key expression is to move and be with change whilst twisting and coiling deeply into the body and engaging the bone, fascia and organs. Only taking on that which we need and letting go of that which we do not – ultimately bringing on mental transformation.



Remember – any method is just a different way to train – and not the only way to train.

If you are interested in learning any form of Internal Art practice for yourself or workplace – please contact me directly.

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