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The Tai Chi and Qigong exercises, techniques, and methods presented in this book have been carefully researched and are based on traditional teachings as well as modern insights. However, the descriptions cannot replace qualified instruction from an experienced teacher. Before beginning the practice, it is strongly recommended to consult a doctor to rule out any potential health risks. This is especially important for individuals with pre-existing conditions, injuries, or physical limitations. The execution of all described exercises is at one's own risk. No liability is accepted for any injuries or health impairments that may arise from the application of the presented techniques. The traditional names of the exercises and movements in Chinese, as well as the names of the styles, may be protected by trademark law and are recognized as such. References to historical traditions, medical studies, and scientific findings can be found in the appendix of the book. This work is intended as an introduction and supplement to practical training. For a solid practice, regular participation in courses under qualified guidance is recommended.

Bendis Saage

**Tai Chi & Qigong:  
The Complete Guide to Internal  
Martial Arts  
Master Yang and Chen Style Tai Chi Chuan  
with Essential Qi Gong Practices for  
Beginners and Advanced Practitioners**

74 Sources  
42 Diagrams  
17 Images  
7 Illustrations

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**Dear readers,**

We sincerely thank you for choosing this book. With your choice, you have not only given us your trust but also a part of your valuable time. We truly appreciate that.

In an age where stress and haste dominate our daily lives, the millennia-old art of Tai Chi and Qigong offers a proven path to greater serenity and physical well-being. This practical book systematically introduces the traditional movement forms of the Yang and Chen styles. It conveys the interplay of breath, movement, and inner energy (Qi) - from the initial basic exercises to more complex sequences. The detailed instructions allow for an understanding of both styles and the realization of their health benefits: from improved posture to increased flexibility and mental balance. With over 200 illustrations, practical exercise routines, and well-founded explanations of the energetic principles, this work provides a reliable foundation for independent practice. Discover the harmonizing effect of this holistic movement art and integrate its timeless wisdom into your modern life.

This guide provides you with easy-to-understand and practical information on a complex topic. Thanks to self-developed digital tools that also use neural networks, we were able to conduct extensive research. The content has been optimally structured and developed up to the final version to provide you with a well-founded and easily accessible overview. The result: You get a comprehensive insight and benefit from clear explanations and illustrative examples. The visual design has also been optimized through this advanced method so that you can quickly grasp and use the information.

We strive for the highest accuracy but are grateful for any indication of possible errors. Visit our website to find the latest corrections and additions to this book. These will also be incorporated in future editions.

We hope you enjoy reading and discover new things! If you have any suggestions, criticism or questions, we look forward to your feedback. Only through active exchange with you, the readers, can future editions and works become even better. Stay curious!

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## Quick access to knowledge

To ensure an optimal reading experience, we would like to familiarize you with the key features of this book:

- **Modular Structure:** Each chapter is self-contained and can be read independently of the others.
- **Thorough Research:** All chapters are based on thorough research and are supported by scientific references. The data shown in the diagrams serves for better visualization and is based on assumptions, not on the data provided in the sources. A comprehensive list of sources and image credits can be found in the appendix.
- **Clear Terminology:** Underlined technical terms are explained in the glossary.
- **Chapter Summaries:** At the end of each chapter, you'll find concise summaries that give you an overview of the key points.
- **Concrete Recommendations:** Each subchapter concludes with a list of specific advice to help you put what you've learned into practice.

## **Additional bonus materials on our website**

We plan to provide the following exclusive materials on our website:

- Bonus content and additional chapters
- A compact overall summary
- An audio drama version. (In planning)

The website is currently under construction.



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# 1. Fundamentals of Movement Arts

**H**ow do simple movements give rise to a centuries-old art of inner harmony? Eastern movement arts have always combined physical grace with mental clarity and energetic balance. Various traditions developed from ancient China that today inspire people worldwide in their quest for balance and strength. The gentle, flowing movements adhere to precise principles and a profound philosophical wisdom. Before we immerse ourselves in practice, it is essential to understand the fundamental concepts that shape this timeless art of movement.



## 1.1 Origin and Philosophy



Tai Chi and Qigong offer far more than mere physical training. The Daoist roots of these arts promote the harmony of body and mind through the guidance of life energy, Qi. This chapter illuminates the philosophical foundations underlying the movements and the associated health benefits. It also highlights the challenges of integrating these principles into contemporary practice. From the Five Elements to the concepts of Yin and Yang and Dao Yin – the principles presented here form the foundation for a deeper understanding of Tai Chi and Qigong. The traditional teachings, which have long been safeguarded within a close circle, are made accessible here. Discover the fascinating world of internal martial arts and unlock the transformative potential of Tai Chi and Qigong.

*True mastery in Tai Chi and Qigong arises from the harmonious connection of Daoist principles, consistent self-cultivation, and mindful body awareness.*

## Taoist Roots



Tai Chi and Qigong are deeply rooted in the Taoist philosophy. Taoism emphasizes the harmony between humans and nature and seeks a balance of the forces Yin and Yang [s1] [s2]. This balance is not static but a dynamic interplay that forms the foundation for health and well-being [s1]. The Taoist concept of Qi, the life energy that flows through the body, is also central to Tai Chi and Qigong [s1] [s2]. Through the practice of these arts, one learns to direct and harmonize the flow of Qi. The theory of the Five Elements (Wood, Fire, Earth, Metal, Water) expands this understanding by describing the complex relationships and transformation phases in nature and within humans [s1]. These elements are in constant interaction and influence each other; for example, Wood nourishes Fire and controls Earth. A deep understanding of these interconnections allows practitioners to refine their practice of Tai Chi and Qigong and adapt it to their individual needs.

Dao Yin, an ancient Chinese movement form, is considered a precursor to Qigong and illustrates the historical connections to Taoism [s3]. The term "Dao Yin" literally means "to guide the Qi" and describes the practice of consciously directing life energy through the body [s3]. This is achieved through a combination of postures, movement, breathing, and mental focus [s3]. Similar to Tai Chi and Qigong, Dao Yin aims to achieve inner balance and promote health [s3]. The Taoist philosophy of the unity of humans and nature is also reflected in the theoretical foundations of Dao Yin [s3]. The principles of Yin and Yang, as well as the Five Elements, form the framework for understanding the energetic processes in the body and the environment [s3]. These principles are not merely theoretical concepts but find concrete application in practical exercises. Through the conscious execution of movements and the regulation of breath, practitioners can promote the harmony of body and mind, thereby positively influencing their health and well-being. The integration of breathing techniques in Tai Chi and

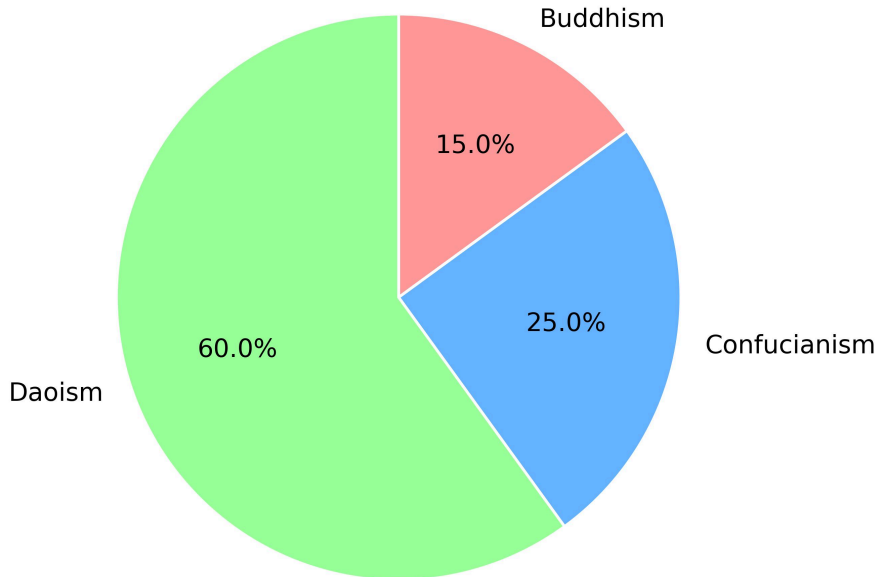
Qigong plays a crucial role in regulating the flow of Qi and promoting relaxation [s4]. These techniques help stimulate the vagus nerve, which plays an important role in the parasympathetic nervous system and is responsible for the body's relaxation response [s4]. The Taoist philosophy views the cultivation of mindfulness and inner peace as an integral part of practice [s5] [s4]. Tai Chi and Qigong serve not only as physical movements but also as meditative practices that sharpen awareness and strengthen the connection between body and mind [s5] [s4]. In Taijiquan, the Taoist roots manifest in the concepts of relaxation (song) and focused listening (ting) [s5]. These principles emphasize the importance of body awareness and inner mechanics during movement execution. Practitioners learn to pay attention to subtle inner sensations and to perform movements with mindfulness and precision. Through the practice of song and ting, a deeper connection between body and mind is established, leading to a state of inner calm and balance [s5]. Thus, Taoist philosophy provides a comprehensive framework for understanding and practicing Tai Chi and Qigong. It emphasizes the importance of harmony between body and mind, the connection to nature, and the cultivation of inner peace and balance.



*Taijiquan* <sup>[i1]</sup>

## Philosophical Influences on Tai Chi and Qigong

Main philosophical influences on Tai Chi and Qigong.



- BUD: Buddhism
- CON: Confucianism
- DAO: Daoism

While Daoism is the core influence, Confucianism and Buddhism also contribute significantly, shaping the ethical framework and meditative aspects. The integration of these philosophies emphasizes harmony, self-cultivation, and the interconnectedness of mind, body, and spirit in these practices.