

DR. YANG, JWING-MING

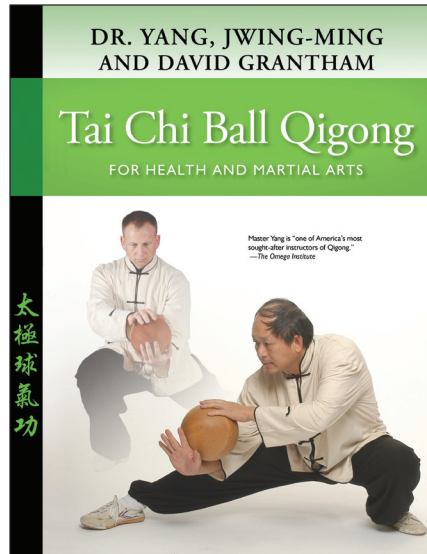
# Tai Chi Ball Qigong

FOR HEALTH AND MARTIAL ARTS

Master Yang is "one of America's most sought-after instructors of Qigong."  
—The Omega Institute

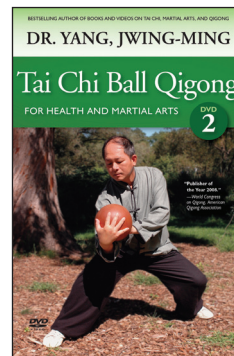
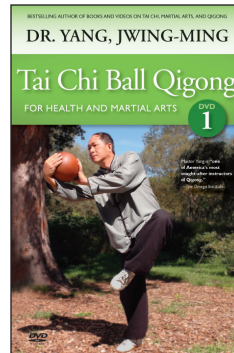


太極球氣功



*Tai Chi Ball Qigong* book  
by Dr. Yang, Jwing-Ming  
and David Grantham

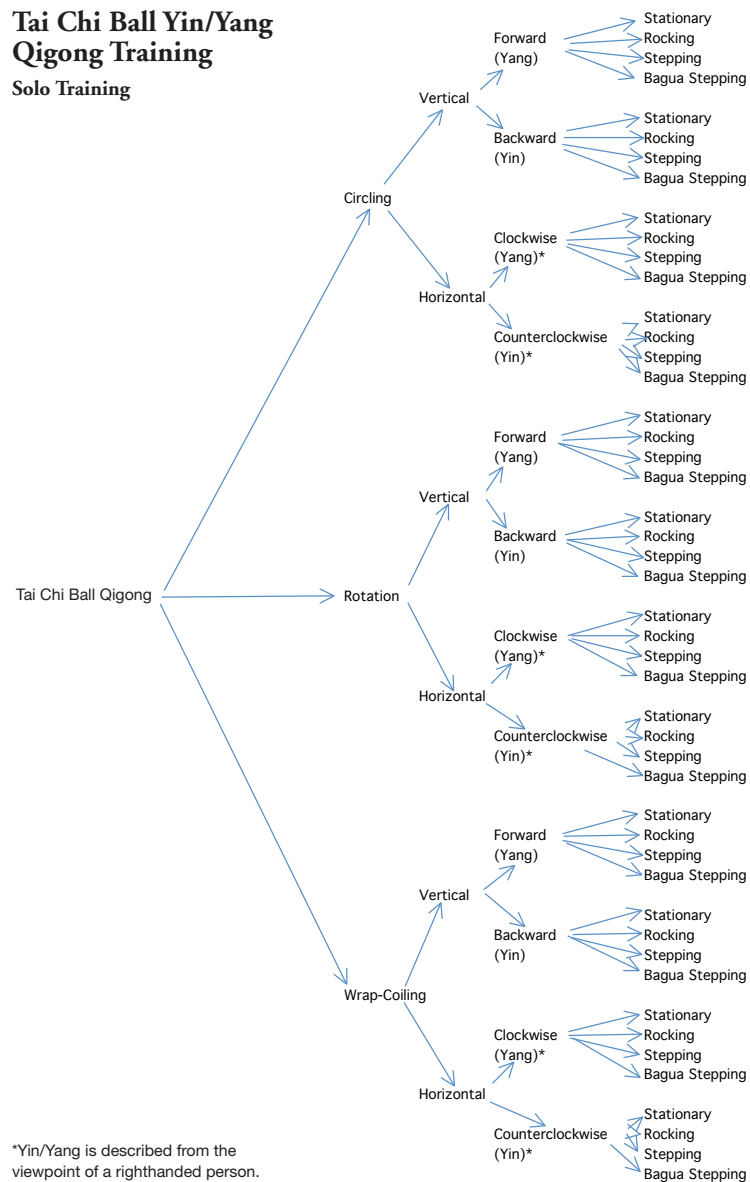
with companion DVDs  
*Tai Chi Ball Qigong 1*  
and *Tai Chi Ball Qigong 2*  
by Dr. Yang, Jwing-Ming  
with senior students



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## Tai Chi Ball Yin/Yang Qigong Training

Solo Training



\*Yin/Yang is described from the viewpoint of a righthanded person.

## Tai Chi Ball Qigong (Yin-Yang Taiji Ball Qigong)

太極球氣功 (陰陽太極球氣功)

Balls have commonly been used in both external and internal martial arts training in China. The original name of this practice is “Yin-Yang Taiji Ball Qigong Training.” Though the training methods are different from one martial art style to another, the main purposes are the same: 1. To strengthen the physical torso, especially spine. 2. To condition the muscles required for combat. 3. To learn to use the mind to lead the Qi to the physical body for power manifestation.

In Taijiquan (Tai Chi Chuan), Taiji ball training used to be one of the major training methods. However, due to its secrecy, few people know about it and the training has faded. The health benefit of practicing Taiji Ball is significant due to its emphasis of conditioning the torso. Taiji ball training is practiced with soft, flowing movements. This will condition the physical body deeply and also train the coordination and harmonization of your mind and Qi.

### Internal Foundation

1. Wuji Breathing (無極呼吸)
2. Yongquan Breathing (湧泉呼吸)
3. Laogong Breathing (勞宮呼吸)
4. Four Gates Breathing (四心呼吸)
5. Taiji Grand Circulation Breathing (太極大周天呼吸)
6. Taiji Ball Breathing (太極球呼吸)

### Three Steps of Tai Chi Ball Practice:

#### 1. Internal (without Ball) — Skin and Bone Marrow

Learn how to use the mind to lead the Qi to the bone marrow for marrow Qi (Sui Qi, 髓氣)(Yin) and also to the skin surface to strengthen guardian Qi (Wei Qi, 衛氣)(Yang).

#### 2. External (with Ball) — Muscles, Tendons, and Ligaments

To condition the physical body especially muscles, tendons, and ligaments which are required to maintain physical healthy condition. Naturally, all of the exercise patterns designed are also for Taijiquan pushing hands and combat situations.

#### 3. Unification of Internal and External (Without Ball)

The final stage of Taiji Ball training is the unification of the internal and external. That means using the mind to lead the Qi to the physical body for more efficient power manifestation.