

Neigong Exercises

1. Dantian Conditioning 丹田築基
2. Strengthening Qi (Rope Exercises) 壯氣
3. Martial Grand Circulation 武學大周天
4. Finger Conditioning 指勁訓練
5. Wrist Conditioning 腕力訓練
6. Cinderblock Toss 拋磚
7. Iron Board Bridge 鐵板橋
8. Brick Rooting 站磚
9. Push against Tree 推樹
10. Push Dantian Mutually 丹田互推
11. Jing Gong Training 勁功訓練
12. Bundle Striking 排打
13. Leg Conditioning 腿力鍛煉
14. Log Running 跑障

Outtakes

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NEIGONG

Martial Qigong for Internal Power 內功 — 武學氣功

How to use this DVD: It is best to watch the program in its entirety by clicking **Play All** to get an overview of its content. Once you're familiar with the NeiGong theory, you can skip to the shorter follow-along continuous exercise section by clicking the **NeiGong Exercises** chapter.

DISC ONE

Part I. General Concepts 一般概念

1. **Traditional Definition of Qi and Qigong** 氣之功傳統概念
2. **Scope of Qigong Practice** 氣功練習之規範
Wai Dan (External Elixir) 外丹
Nei Dan (Internal Elixir) 內丹
3. **Schools of Qigong Practice** 氣功練習之門派
Medical Qigong — for Healing
Scholar Qigong — for Maintaining Health/Peaceful Mind
Religious Qigong — for Enlightenment
Martial Qigong — for Fighting
4. **History of Martial Qigong** 武學氣功簡史
Qigong and Neigong 氣功與內功
Neigong and Waigong 內功與外功
Wuxue Neigong 武學內功

Part II. Neigong Theory 內功訓練之原理

1. **Human Qi Network** 人體氣網
Two Polarities of Human Body 人體兩儀
Three Dantians 三田
Qi Channels (12 Meridians) — Rivers 經，絡
Qi Vessels — Qi Reservoirs 氣庫
Qi Cavities 氣穴
108 穴 (36 大穴、72 小穴)
7 Qi Matching Gates 氣七對穴
Two Qi Chambers of Human Body 人體之兩氣室 (肺，真下丹田)

2. **Theory of Yi Jin Jing (Muscle/Tendon Change Classic)**
易筋經之原理



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3. Qi Quantity and Quality of Qi Manifestation

氣量與氣顯質

Qi Quantity 氣量的培植
Normal Abdominal Breathing
Reverse Abdominal Breathing
Quality of Qi Manifestation 氣顯質的訓練

4. Small Circulation Qigong 小周天氣功

5. Martial Grand Circulation Qigong 武學大周天氣功

6. Neigong and the Martial Arts 內功在武學上的應用

Yi Training — Alertness, Awareness 意的訓練

DISC TWO

Part III. Basic Neigong Training — Foundation

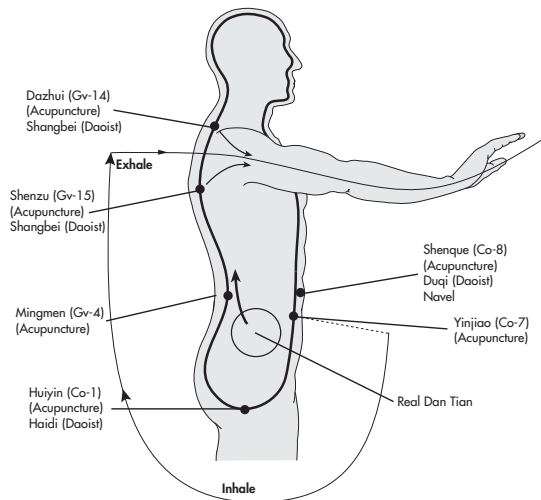
基本內功練法 - 築基

1. Increase Qi Quantity 氣量的增強

False and Real Lower Dantian 真假丹田
Dantian Conditioning 丹田築基
Rotate Dantian (Four Directions) 丹田輪轉
Spring Dantian 氣宜鼓蕩
Cultivating Qi (Generate Qi) 培氣
Martial Fire, Scholar Fire 武火, 文火
Nourishing Qi (Store Qi) 養氣
Filling Qi 充氣
Transporting Qi 運氣 (武學大周天靜坐)
Strengthening Qi 壯氣 (頂棍) (龜息) (頂抱)

2. Improve Quality of Qi Manifestation 氣顯質之增長

Focus 專意
Embryonic Breathing 胎息
Staring at Candle 觀燭
Use the Yi to Lead the Qi 以意引氣
Joint Breathing 關節息
Laogong Breathing 勞宮息
Yongquan Breathing 湧泉息
Four Gates Breathing 四心息
Five Gates Breathing 五心息
Single Finger Chan 一指禪



Martial Grand Circulation

3. Martial Grand Circulation 武學大周天

Self Grand Circulation 自練
Partner Grand Circulation 互練

Part IV. Applications of Neigong 內功的應用

Application 1: Gongli Training 功力訓練

Example 1: Finger Conditioning 指勁訓練

Grabbing Spring 抓弓
Finger Speed 指速
Untie Knots 打開氣結
Push Up with Fingers 伏地挺身

Example 2: Wrist Conditioning 腕力訓練

Condition Wrist by Resisting 頂抗易筋
Turning Wrist with Staff 握棍轉腕

Application 2: Rooting 立根

Thousand Kilograms Sinking 千斤墜

Example 1: Stand on Bricks 站磚
Example 2: Push against Wall 頂壁
Example 3: Push Dantian Mutually 丹田互推

Application 3: Jing Manifestation 發、化勁之應用

Definition of Jing 勁義

Hard Jing, Soft-Hard Jing, and Soft Jing 硬勁、軟硬勁、軟勁之分野

Mind -> Qi -> Action 意 -> 氣 -> 動

Training of Hard, Soft-Hard, and Soft Jings 硬勁、軟硬勁、軟勁之訓練

Example 1: Holding the Fists 範例一：握
Example 2: Striking the Ground 範例二：擊地
Example 3: Bouncing the Knees 範例三：彈膝
Example 4: Sand Bag Striking 範例四：沙包沖擊

Application 4: Iron Shirt, Golden Bell Cover 鐵布衫, 金鐘罩

Conditioning Battery (Lower Dantian) 丹田築基

Bundle Striking 排打

Turtle Shell Qi Spreading 龜殼佈氣

Resist Restraint 頂綁

Single Finger Chan 一指禪

Iron Sand Palm 鐵沙掌

Iron Head Gong 鐵頭功

Light Gong 輕功

Conclusion