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**

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
3. **Medical Qigong — for Healing**
4. **Scholar Qigong — for Maintaining Health/Peaceful Mind**
5. **Religious Qigong — for Enlightenment**
6. **Martial Qigong — for Fighting**

**Part II. Neigong Theory**

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)
2. **Theory of Yi Jin Jing (Muscle/Tendon Change Classic)**
   - 易筋經之原理
3. Qi Quantity and Quality of Qi Manifestation
氣量與氣顯質
Qi Quantity 氣量的培植
Normal Abdominal Breathing 正常腹式呼吸
Reverse Abdominal Breathing 逆腹式呼吸
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

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 関節息
Laogong Breathing 勞宮息
Yongquan Breathing 涌泉息
Four Gates Breathing 四心息
Five Gates Breathing 五心息
Single Finger Chan 一指禪

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: 撃地
Example 3: Bouncing the Knees 範例三: 弹膝
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