



Benefits of Tai Chi Qi Gong 18 Forms (I)

1. Commencing
Benefit—opens the meridians enhancing the flow of chi throughout the body. This is especially beneficial for people suffering from heart disease, high blood pressure, and hepatitis.
2. Open Chest Wide
Benefit—assists cardiopulmonary function. Helps people with emphysema, shortness of breath, and heart disease.
3. Bend Arms Overhead Like a rainbow
Benefit—Helps take off fat from the midsection and is good for backache and kidney diseases.
4. Swing Arms to Disperse the Clouds
Benefit—This movement nourishes Chi. It is good for heart problems, shortness of breath and arthritis of shoulder. It builds up strength in legs and waist.
5. Whirl Arms on Both Sides on Fixed Stance.
Benefit—Good for inflammation in the shoulder, elbow and wrist joints and for asthma and kidney diseases.
6. Rowing on a Lake
Benefit—This form helps improve the function of the digestive system and is good for gastrointestinal ailments, heart disease and neurasthenia.
7. Hold Up Ball In Front Of Shoulder
Benefit— Strengthen and nourish the kidney. Good for lower backache and limbs problems.
8. Turn Body and Look Up at the moon
Benefit—Will strengthen and nourish the spleen and kidneys. Good for backaches and lumbar muscle strain, and can reduce fat from your body.
9. Turn Body and Push Palm
Benefit—Helps strengthen the spleen, nourish the kidneys and tone up lumbar muscles, and is effective for treating lumbar muscle strain and pains in the lower back and legs.

