



# Standing Qigong for Health and Martial Arts - Zhan Zhuang

*Noel Plaughner*

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## **Standing Qigong for Health and Martial Arts - Zhan Zhuang** Noel Plaughner

Standing qigong is a simple, effective form of exercise suitable for all ages that can increase health, balance and vitality.

This complete and accessible guide introduces standing qigong for health and martial arts. Beginning with an introduction describing his own discovery of the practice and an exploration of the health benefits, the author provides detailed instruction on the basic health postures and the process for diaphragmatic breathing. The second part of the book focuses on the martial postures and provides guidance on the subtle variations of the movements that help to cultivate and strengthen healing and internal power. Practice sequences are also included to help readers get started immediately, including, in the third part of the book, the Xing Yi Five Element linking form.

Easy-to-follow, and covering all the basics, this guide to standing qigong is perfect for anyone who is looking for ways to improve their health, or with an interest in the internal or martial arts, especially practitioners of Taiji, Qigong, XinYi, Bagua, YiQuan and yoga.

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