



健康生活功第四節 Healthy Living Gong Part 4

In 1990 I created Balancing Gong and Healthy Living Gong Part 1, 2 and 3. These were for new students to begin their Qigong journey with before learning the Wild Goose Qigong, as many find complicated. Then after 20 years in 2010 I created few more movements which became today Healthy Living Gong Pt 4. The movements are from Qigong, Chun Yuen and Tai Ji Quan and they are both simple and a little challenging, but they are still for beginners. Then the COVID19 virus appeared at the end of 2019 spreaded out to the world, in 2020 and so I thought about creating more Qigong to strengthen the lungs to prevent COVID19 as well as other parts of the body like the kidneys, liver, knees and to develop the coordination etc. Also during this time I have to teach classes online and so I created more movements which are now made a complete set of Healthy Living Gong Part 4 exercises. There are nine single exercises and one walking exercise like other Healthy Living Gong. Most of Healthy Living Gong Part 4 are simple exercises, but some of them are a little complex. They are very good for those who enjoy Balancing Gong and Healthy Living Gong Part 1, Part 2 and Part 3.

1. **瀑布中站 Standing Under the Waterfall**
 - a. Calm internal fire
 - b. Release negative Qi
 - b. Clear blockages from the lower abdomen
2. **雷劈萬毒 Thunder Kills a Thousand Viruses**
 - a. Strengthen the immune system
 - b. Lungs
 - c. Kidneys
3. **紅鶴過水 Red Crane Walks in the Water**
 - a. Knees
 - b. Kidneys
 - c. Balancing on one leg
4. **推拉風箱 Pushing and Pulling the Bellows**
 - a. Coordination
 - b. Kidneys
 - c. Joints
5. **二郎分山 Er Lang Separates the Mountain**
 - a. Coordination
 - b. Bones
 - c. Circulation
6. **金雞覓食 Golden Rooster Looks for Food**
 - a. Balancing on one leg
 - b. Knees
 - c. Dizziness
7. **大浪拍岸 Big Wave Hits the Shore**
 - a. Lungs
 - b. Kidneys
 - c. Shoulders
8. **青蛇出石 Green Snake Comes out from the Stone**
 - a. Headache
 - b. Hips
 - c. Waist
9. **雙龍噴火 Two Dragons Breathe Fire**
 - a. Shoulders
 - b. Circulation
 - c. Balancing on one leg
10. **醉步 Drunken Walk**
 - a. Stroke prevention
 - b. High blood pressure
 - c. Joints