

SPORTS / RECREATION / GENERAL RECREATION

## Do you feel the warmth at five centers?

October 30, 2011

8:55 PM MST



View  
1 photo

Master Zhang's workshop in St. Louis, Missouri

*Violet Li*

How can you judge if your [Tai Chi](#) or [Qigong](#) workout is effective? Sweating might be one sign but it is not necessarily a conclusive indication of a total workout. According to Master Zhang Xue Xin of California, a good Tai Chi/Qigong workout causes your five centers to be warm.

Share Image



*Violet Li*

Tai Chi is a form of Qigong. Like Qigong exercise, practicing a Tai Chi routine should accelerate the Qi and blood circulation. Once Qi and blood circulates well, the five centers will become warm. What are the five centers? According Master Zhang, the five centers are referred to as palms, centers of the feet and Dan Tian. In a recent workshop in St. Louis, Missouri on Oct 2-3, Master Zhang asked students to examine their five centers before practice and to re-examine themselves after the class to confirm whether they had maximized their workout benefits.

With his nearly fifty years of experience of practicing Tai Chi/Qigong and over 20 years of teaching, Master Zhang understands it is challenging for students to energize Qi during practice. He said the secret is to be totally mindful. He offered three important rules to calm one's mind down without it wandering around: watching Dan Tian, listening to Dan Tian and safe-guarding Dan Tian. He iterated the importance of adherence to these three rules during the practice so one can tune out of "noises" which interfere one's thoughts or disturb one's mind.

Once the mind is calm, Master Zhang urges students to focus on each of the movements. Tai Chi and Qigong are closely related to Traditional Chinese Medicine. Master Zhang advised students to imagine how Qi moves through the meridian system and vital pressure points in our body. In a way, Master Zhang was teaching students to utilize the medical Qigong Dao Yin technique to promote the Qi circulation. To help students effectively move the Qi, Master Zhang called out the major pressure points as he demonstrated the movements. He also encouraged students to recite them as they practice. He also introduced the two major meridian systems, Du meridian and Zen meridian, and how they can be connected with each other.

Born in China, Master [Zhang Xue Xin](#) studied Tai Chi from multiple Chen Style masters. His passion for Tai Chi was very strong, which led him to risk his life practicing Tai Chi during the Chinese Cultural Revolution, when studying or practicing Tai Chi was forbidden. In 1970, he started to study with [Grandmaster Feng Zhiqiang](#) and later became a senior disciple of Feng. Grandmaster Feng Zhiqiang created the Hun Yuan Xin Yi Chen style Tai Chi by distilling the essence of the Chen style New Frame Tai Chi with the Taoist Qigong and Xin Yi of [Grandmaster Hu Yao Zhen](#). Some consider that Master Zhang's contribution to the Hun Yuan system is further refining the Silk Reeling exercise. During the workshops in St. Louis, Master Zhang explained how to engage Dan Tian in the Silk Reeling exercise and Tai Chi form practice. Therefore, Dan Tian will become warm after practice.

After three-hour workshop on Qigong, the 84-year-old Master Zhang turned his palms upwards. All his fingers were pumped and filled with Qi. His hands were really warm. So were the centers of his feet and Dan Tian.

## SUGGESTED LINKS

- [A Magical Qigong Moment with Master Zhang Xue Xin](#)
- [Train the healthcare professionals Chow Qigong: A successful Alaska model](#)
- [Dr. Oz loves Tai Chi](#)
- [Tai Chi for Musicians](#)
- [An adorable book: Six Healing Sounds by Lisa Spillane](#)



**Violet Li**

St. Louis Tai Chi Examiner