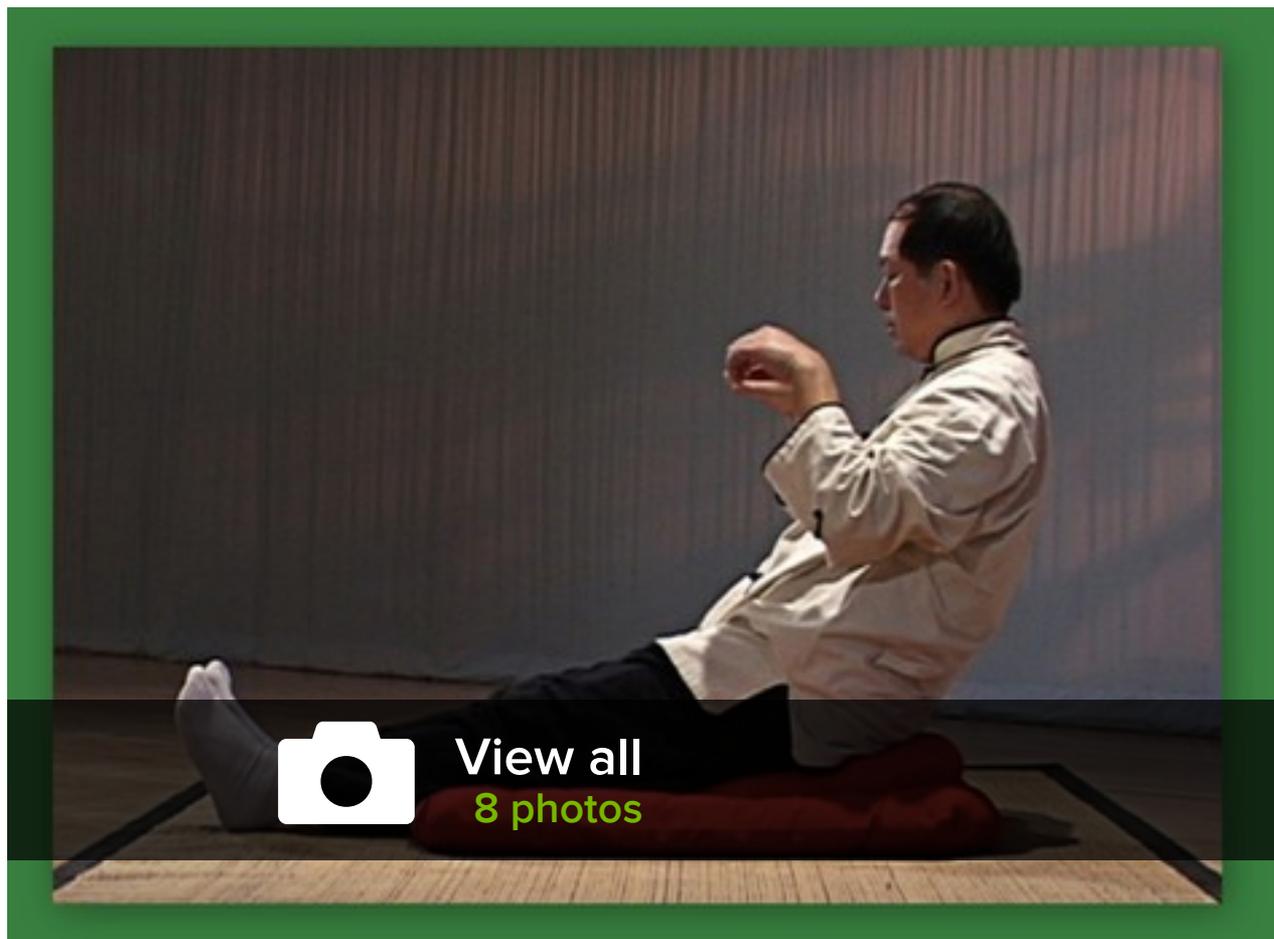


# Recommended: Simple Qigong for Health by Grandmaster Yang Jwing Ming

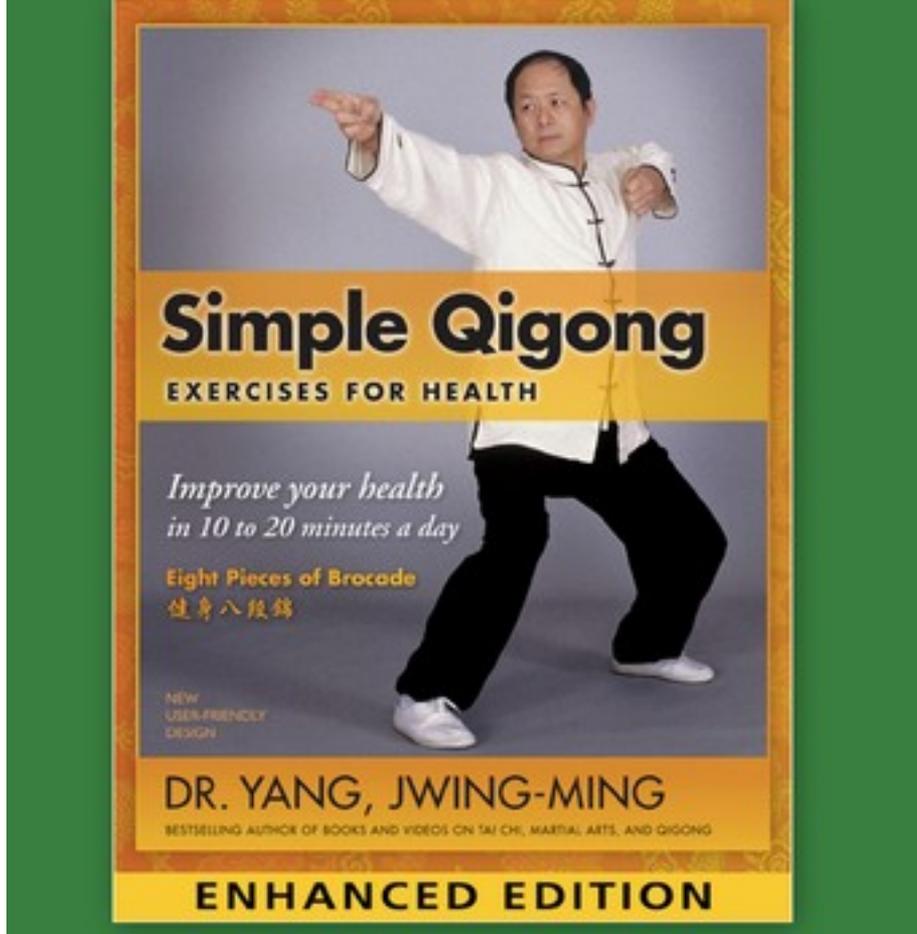
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Grandmaster Yang Jwing Ming demonstrates Simple Qigong movement  
YMAA

**Dr. Yang Jwing Ming** is one of the few Chinese martial artists who has mastered both internal and external sides of the arts. He is also a [Qigong](#) guru and has published a few dozen books and DVDs on martial arts and Qigong. His recent publication *Simple Qigong for Health: Enhanced Edition with Video* was creatively produced, which presents his profound knowledge with modern technology and makes learning Qigong easy.



YMAA

Back in 1984, Dr. Yang had a vision and established YMAA (Yang's Martial Arts Association) Publication Center <http://ymaa.com/publishing> to produce quality books and videos of Chinese martial arts authored by himself and other experts to promote the arts and to educate millions who are interested in learning them.

*Simple Qigong for Health* is not a brand new book. Actually, the first edition *The Eight Pieces of Brocade* came out in 1988. Due to the popular demand, he enhanced the book and republished it in 1997 with a new title of *Simple Qigong for Health*. He also published Eight Simple Qigong Exercises for Health DVD. The latest edition that is an e-book contains the same material as before but with the replacement of color photos and diagrams in addition to 23 video clips embedded throughout the book to demonstrate every Qigong movement.

Before teaching Ba Duan Jin or Eight Pieces of Brocade, Dr. Yang explains the theory of Qi and Qigong as well as the history of Qigong. Yi Jing (Book of Changes), Bagua (the Eight Trigrams), Wuxing (the Five Elements), Tiangan (the Ten Stems), and Dizhi (the Twelve Stems) are metaphysics or the underlining theory of Qigong. Dr. Yang explains them in plain English and brings clarity to these abstract concepts. He also discusses the relationship of the meridian system and Qi circulation. For people who are interested in learning the history of Qigong, Yang does an adequate job outlining it and even talks about the origin of Baquazhang (an internal martial art). He further expounds on the relationship between Qigong and Chinese Martial Arts. Through historical literature and modern scientific research, Qigong has been attributed to maintain health, cure sickness, prolong life, and increase martial art capability. Dr. Yang also emphasizes that the most important part of Qigong practice is not just obtaining physical health, but also mental health through [meditation](#). He says the main goals are to

learn how to retain one's Jing (essence), strengthen and smooth the Qi (internal energy) flow, and enlighten the Sheng (spirit). Due to its diverse utilities in improving various health conditions, Dr. Yang believes Qigong will be an exciting field for the medical research going forward.

Ba Duan Jin or Eight Pieces of Brocade is an ancient Chinese Qigong form, which provides tremendous health benefits to the internal organs if practiced constantly on a sustaining basis. According to [Chinese Medical Qigong](#), it first existed in Sui (581-618 A.C.E.) or Tang (618-907 A.C.E.) dynasties. There are a few versions of it. Dr. Yang introduces one of the oldest versions created by [General Yue Fei](#) (1103 – 1142 A.C.E.) . There are a sitting and standing versions. What is neat about this book is that it offers detailed descriptions for each of the movements accompanied by a short video clip. In case you miss a detail, you can drag the video cursor or locator back and replay the movement. You can also pause the video and take a long look for details. It is much easier to use than a traditional DVD.

This book is available at Amazon for Kindle and Apple's iBooks. You can also purchase it at Apple App store for mobile devices.

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**Violet Li**

Tai Chi Examiner