

About the Instructors:  
Master Shi Yong Yao & Shi Chang Jun

**Chief Instructor: Master Shi Yong Yao** is a 33rd generation Shaolin monk and teacher of Kung Fu and Qigong. Trained in martial arts for over 30 years, he became the Shaolin Temple Qi Gong Master. Among the many techniques he has studied, his most accomplished techniques are Fou Han Boxing and the Metal Finger technique. He came to the U.S. in 2004 to perform and teach Kung Fu and Qi Gong.

**Assistant Instructor: Shi Chang Jun** has studied Shaolin Boxing for many years, and has participated in many traditional Chinese wrestling competitions. He has mastered Shaolin Red Boxing and the Spring-Autumn Sword technique. He has performed alongside Shi Guo Song both in China and the US, and is an instructor for Kung Fu classes.

## TO REGISTER

Download a registration form off of our website or contact ACTCM's Admissions Office:  
(415) 401-0464  
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## CLASS DATES

8 Weeks

Please see web:  
[www.ACTCM.edu](http://www.ACTCM.edu)  
for dates and time

Cost: \$120

The American College of  
Traditional Chinese Medicine  
Affiliated with Shaolin Buddhist  
Temple Education Foundation

# Ba Duan Jin



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555 De Haro Street  
San Francisco, CA

ONGOING  
SHAOLIN  
QIGONG  
FOR YOUR  
HEALTH

## Course Description

Qigong is an exercise to regulate the mind and breathing in order to control or promote the flow of Qi. The regulation of Qi flow is therefore best used to preserve health and treat disease. Medical qigong, the Qi exercise practiced to prevent and treat disease, is different from general physical exercise. While physical exercise is aimed at building up health or restoring physical functioning by enhancing strength, medical qigong is focused on the mobilization of functional potentialities by regulating the mind.

Medical qigong can be divided into two main categories: internal qigong, which is practiced by the patients themselves, and external qigong, which is performed by a qigong master on a person with health problems. Practicing internal qigong requires regulation of the mind, body and respiration. There are many kinds of internal qigong, some with motion and others without. Qigong can be practiced while sitting still, standing upright, or lying on the back or side. The basic requirement is to stay comfortable and relaxed.



## Baduanjin (少林八段錦) At a Glance:

Baduanjin or The Eight Section Brocade promotes health and longevity for the young and old. Qigong is an excellent addition to your daily regimen. Each of the 8 movements is related to the Qi meridian and its associated internal organs such as the heart, liver, stomach, spleen and lungs. These exercises are known under many names such as Eight Golden Treasure Brocade, Eight pieces of Silk, Eight Golden Exercises, Eight Pieces of Silk Brocade or Eight Section Silk Brocade.



- To improve good health, vitality and longevity.
- To attain spiritual fulfillment regardless of your religious background or affiliation.
- To be exposed to traditional Chinese Shaolin etiquette, language and culture
- To be eligible to move to a higher level in the Shaolin system of Qi Gong.

## Baduanjin Qigong 8 Sections:

The Baduanjin program will be taught by introducing each movement in detail, in subsequent class we will review previous sections, including the warm-ups and standing meditation.

1. **“Carrying Heaven with Both Hands”**- To strengthen the digestive system.
2. **“The Archer’s Bow”**- To strengthen the circulation system, arms and chest muscles; cures sleeplessness.
3. **“Supporting the Sky and Pushing the Earth”**- Against stress and strengthening stomach and spleen.
4. **“Leaving Behind your Troubles and the 7 Sufferings”** - Strengthening organs and against psychological strains.
5. **“Nodding your Head and Waving with your Back to Fight the Fire in your Heart”** - Against tension in the chest area, spine and legs; calming effect.
6. **“Dropping Down your Back 7 Times”** - Chasing away 100 illnesses.
7. **“Touching your Feet”**- Strengthening hips and kidneys.
8. **“Clenching Fists and Blazing Eyes”**- Increasing Chi.

