

Qigong Checklist of Video Lessons with Dr. Yang, Jwing-Ming-Ming

My purpose for practicing Qigong:

App 1: Understanding Qigong

- ___ 1) Qigong History (31 m)
- ___ 2) What is Qi? (22 m)
- ___ 3) What is Qigong? (1 h 5 m)
- ___ 4) Feeling is a Language (1 m 24 s)
- ___ 5) Yin/Yang, Kan and Li (2m 16 s)
- ___ 6) Three Treasures (1 m 29s)
- ___ 7) Five Energies Toward Their Origins (1 m 31 s)
- ___ 8) Three Powers Posture (3 m)
- ___ 9) Qigong Solo Practice (5 m)
- ___ 10) Partner Practice (5 m)

App 2: Energy Circulatory System

- ___ 1) Understanding Human Essence (24 m)
- ___ 2) How Chinese Define the Organs (11 m)
- ___ 3) Qi Channels (Meridians) = Qi Rivers (9 m)
- ___ 4) Qi Cavities (Acupuncture Points) (13 m)
- ___ 5) Qi Vessels = Qi Reservoirs (26 m)
- ___ 6) 3 Dan Tiens (Elixir Fields) = Energy Centers (13 m)
- ___ 7) The Seven Corresponding Gates (5 m)
- ___ 8) Yin and Yang of the Human Body (23 m)

App 3: Qigong Keypoints

- ___ 1) Five Regulators (1 m 48s)
- ___ 2) Regulating the Body (4 m)
- ___ 3) Regulating the Breathing (10 m)
- ___ 4) Regulating the Mind (20 m)
- ___ 5) Regulating the Qi (9 m)
- ___ 6) Regulating the Spirit (21 m)
- ___ 7) Four Transformations (9 m)

App 4: Qigong Breathing

- ___ 1) Importance of Breathing (3 m)
- ___ 2) Upper Level Qi and Lower Level Qi (30 m)
- ___ 3) Regulating the Breathing (4 m)
- ___ 4) Abdominal Breathing (10 m)
- ___ 5) Normal Abdominal Breathing (15 m)
- ___ 6) Reversed Abdominal Breathing (15 m)
- ___ 7) Other Breathing Techniques (9 m)

App 5: Embryonic Breathing

- ___ 1) Embryonic Breathing (3 m)
- ___ 2) What is Taiji? (6 m)
- ___ 3) Grand and Small Heaven and Earth (7 m)
- ___ 4) How an Embryo is Formed (17 m)
- ___ 5) Human Qi Networks (5)
- ___ 6) What is Embryonic Breathing? (5 m)
- ___ 7) Purposes of Embryonic Breathing - One (11 m)
- ___ 8) Purposes of Embryonic Breathing - Two (43 m)

Qigong Meditation (App)

- ___ 1) Intro (8 m)
- ___ 2) Normal Abdominal Breathing (4 m)
- ___ 3) Reverse Abdominal Breathing (5 m)
- ___ 4) Embryonic Breathing (12 m)
- ___ 5) Two Gates (Laogong) Breathing (3 m)
- ___ 6) Laogong Breathing (3 m)
- ___ 7) Yongquan Breathing (3 m)
- ___ 8) Four Gates Breathing (2.5 m)
- ___ 9) Grand Circulation Breathing (6 m)
- ___ 10) Meditation Recovery (17 m)

Eight Brocades Qigong - Standing (App)

- ___ 1) Preview (2m)
- ___ 2) History of Eight Brocades (4 m)
- ___ 3) Standing Analysis Introduction (1 m)

- ___ 4) Standing Analysis 1st Piece (2 m)
- ___ 5) Standing Analysis 2nd Piece (2m)
- ___ 6) Standing Analysis 3rd Piece (2.5 m)
- ___ 7) Standing Analysis 4th Piece (4 m)
- ___ 8) Standing Analysis 5th Piece (2.5 m)
- ___ 9) Standing Analysis 6th Piece (2.5 m)
- ___ 10) Standing Analysis 7th Piece (3 m)
- ___ 11) Standing Analysis 8th Piece (2 m)
- ___ 12) Standing Continuous Demonstration (18.5 m)
- ___ 13) Standing Lecture 1st Piece (8 m)
- ___ 14) Standing Lecture 2nd Piece (3 m)
- ___ 15) Standing Lecture 3rd Piece (6 m)
- ___ 16) Standing Lecture 4th Piece (3 m)
- ___ 17) Standing Lecture 5th Piece (2 m)
- ___ 18) Standing Lecture 6th Piece (6 m)
- ___ 19) Standing Lecture 7th Piece (3 m)
- ___ 20) Standing Lecture 8th Piece (4 m)