

3- Posiciones de los pies

En el Juego de los Cinco Animales, las posiciones de los pies tienen un papel muy importante y deben representar la naturaleza de cada animal en concreto. Por ello, las piernas deberán adoptar unas posiciones muy bien diseñadas para no echar a perder la fuerza del tigre, la estabilidad del oso, la ligereza del ciervo, la agilidad del mono o el equilibrio del pájaro.

Las principales posturas de los pies son las siguientes:

Ma bu

Postura del caballo

El nombre de la postura se refiere a la posición de las piernas, que se asemejan a la postura adoptada al montar a caballo.

- Separar los pies una anchura equivalente a 2 y $\frac{1}{2}$ veces la anchura de los hombros.
- Los pies pueden estar paralelos, aunque también se pueden abrir las puntas de los pies para reducir la tensión sobre las rodillas.
- Los talones ejercen fuerza hacia el exterior.
- Doblar las rodillas, en un gesto de sentarse, intentando acercarse a un ángulo de 120° .
- Las rodillas nunca deben sobrepasar la punta de los pies.
- El peso deberá repartirse por igual al 50% sobre cada pie.
- Cuerpo erguido, hombros alineados.



Gong bu

Postura del arco

La postura imita la figura de un arco tenso: la pierna adelantada es el arco y la atrasada es la flecha.

- Dar un paso de una longitud aproximada de 4 o 5 veces la longitud de la planta del pie.

Curso De Qigong Volumen 1 Artes Marciales

Pedro Torrano Molina



Curso De Qigong Volumen 1 Artes Marciales:

El Wushu de Wudang (volumen 1) Juan Carlos Serrato, Juan Carlos Serrato Rodriguez, 2023-05-23 Esta obra contiene una gran informaci3n para los amantes del wushu de Wudang y el KUNG FU tradicional su alquimia sus m3todos historia escuelas formas etc En este primer volumen se dejan por escrito los contenidos te ricos originales m3s importantes de las artes marciales de la escuela San Feng Pai de Wudang en Espa3a y realiz3ndose estudios tanto te rico como pr3cticos del estilo de Wudang Neijiaquan arte que combina las artes marciales y el mantenimiento de la salud Esperamos que esta obra sirva a los practicantes de Wushu de Wudang como herramienta complementaria para las profesiones de la salud y educaci3n f3sica de hoy en d3a as como de un trabajo personal para tu desarrollo y evoluci3n **Kuen Po Apuntes Sobre Tratados de Chi Kung (Qi Gong Budista) Volumen 1** Pedro Torrano Molina, 2018-02-02 Este libro no tiene mayores pretensiones que colaborar en la formaci3n de l3s practicantes de Qi Gong pronunciado Chi Kung M3s concretamente del sistema Luohan Gong Lohan Qi Gong que conforma la parte interna del Wu Shu CHOY LEE FUT kung fu un estilo de artes marciales y boxeo con m3s de 200 a3os de historia originario del sureste de China Esta es la presentaci3n del trabajo de recopilaci3n que durante varios a3os hemos estado haciendo conjuntamente mi compa3era y estudiante Christianne Trigueros Victorio y yo para la ESCUELA VIRTUAL dentro de las comisiones de trabajo delegadas de la Asociaci3n Deportiva Social y Cultural CHAN HEUNG Es un soporte para el continuo reciclaje y trabajo de nuestr3s estudiantes de nivel intermedio y monitores en formaci3n de Qi Gong Sobre el texto Es un sistema de trabajo y cultivo del Qi energ3tica vital Una manera de aprender reglas y ejercicios pr3cticos para desarrollar la perfecci3n del movimiento diferentes m3todos respiratorios relajar y concentrar la mente As el trabajo del cuerpo la respiraci3n y la mente constituyen los tres tesoros Se puede entender como compendio de pr3cticas de relajaci3n en tres diferentes niveles Se piensa que es uno de los m3todos m3s antiguos cuyo objetivo era la prevenci3n de la enfermedad y el perfecto equilibrio fisiol3gico f3sico emocional y espiritual Proviene del templo budista SHAOL N de ah que se le considere un m3todo eminentemente budista Algunas veces resulta m3s comprensible que dando una explicaci3n exhaustiva mencionar aspectos importantes que est3n vinculados con su pr3ctica actividad f3sica correcci3n postural control y equilibrio corporal Cultivo de la mente y de la relajaci3n a trav3s de los m3todos respiratorios Desde el movimiento Yang pasamos a la aparente quietud Yin de lo r3pido a lo lento De lo externo a lo interno etc Todos estos aspectos se pueden vincular a la pr3ctica del Qi Gong chino En el caso del Luohan Gong su definici3n adem3s de la expuesta anteriormente ser3a que posee similitud o apariencia del Arte Marcial Chino ya que se desarroll3 como parte interna del estilo de la familia de Chan Heung Wu Shu CHOY LEE FUT kung fu *Qi gong de Shaolin* Shi Xinggui, 2014 Qi hace referencia al aliento vital a la energ3a que anima a todo el universo y en particular al hombre mientras que Gong es el trabajo Esta disciplina milenaria forma parte de la medicina tradicional china y tiene como objetivo la plena salud Su tecnica tiene como finalidad resolver las tensiones y los bloqueos f3sicos emocionales mentales y sexuales que conforman la integridad de la persona El monje Shaolin Shi Xinggui

nos muestra en esta obra con un DVD adjunto unos ejercicios sencillos y efectivos aptos para practicarlos a cualquier edad

TEORÍA Y PRÁCTICA DEL TAIJI QIGONG Chris Jarmey, 2010-09-16 Taiji Qigong es un sistema que facilita el aprendizaje de ejercicios que incrementan la energía y que coordinan el movimiento con la respiración y la concentración. Con el Qigong se consigue que los músculos y el sistema nervioso se relajen mejorando así la función de otros sistemas corporales y beneficiando a la postura al equilibrio y a la flexibilidad de las articulaciones. Si se practica de un modo regular proporciona mayor energía, mejor salud y ayuda a prevenir la enfermedad. Este libro actúa como un manual de instrucciones en profundidad para la práctica de las 18 Posiciones de Taiji Qigong. El libro ha sido escrito teniendo en mente todos los niveles de práctica y ha sido construido de forma que el lector pueda obtener de él la información y técnicas necesarias que cubran sus objetivos particulares. Está dividido en tres partes y abarca la teoría del Qi y el Qigong, los principios generales de la práctica de Qigong y los 18 movimientos del Taiji Qigong en detalle. Chris Jarmey MCSP DS MRSS es el Director de la Escuela Europea de Shiatsu. Ha impartido diversos trimestres como directivo de educación, coordinador de temas médicos y miembro del jurado de evaluación de la Shiatsu Society. Chris está especializado en ejercicio terapéutico oriental y occidental y ha estado practicando y enseñando yoga y Qigong durante más de 25 años. Es el autor de varios best sellers entre los que se encuentran *Atlas conciso de los músculos*, *El libro conciso del cuerpo en movimiento* y *Shiatsu Guía completa*, todos publicados por Editorial Paidotribo. Una obra muy bien presentada, completa y de fácil comprensión sobre los populares ejercicios chinos de Taiji Qigong. La información contenida en este libro nos proporciona una inestimable fuente de referencia para todos los niveles de practicantes intentando alcanzar una visión y comprensión mejores de este fascinante y antiguo sistema chino de ejercicios que incrementan la energía.

Chi kung : el arte de respirar Ignacio Cáliz Lillo, 2005-11 CURSO COMPLETO DE TAI CHI Y QI GONG PARA EL EQUILIBRIO Marcel Souza, Descubre el equilibrio interior y la armonía total con el Curso Completo de Tai Chi y Qi Gong para el Equilibrio. Este cautivador y exhaustivo libro es la guía definitiva para la práctica de estas antiguas artes marciales chinas ofreciendo un viaje transformador hacia el bienestar físico, mental y espiritual. Ya seas un principiante curioso o un practicante experimentado, este libro está diseñado para adaptarse a todos los niveles de habilidad. Explora paso a paso los movimientos gráciles y fluidos del Tai Chi que no solo fortalecen el cuerpo sino que también calman la mente. Por otro lado, el Qi Gong proporciona una conexión profunda con la energía vital promoviendo la circulación del Qi para mejorar la salud en general. El autor, un respetado maestro en estas disciplinas, comparte valiosos conocimientos, técnicas mejoradas y orientaciones prácticas para asegurar que tu viaje sea gratificante y efectivo. Ilustraciones detalladas e instrucciones claras garantizan que comprendas completamente cada movimiento permitiéndote integrar fácilmente estas prácticas beneficiosas en tu rutina diaria. Además de proporcionar equilibrio físico, mental y emocional, este libro también explora los principios filosóficos subyacentes al Tai Chi y al Qi Gong enriqueciendo tu comprensión y profundizando tu conexión con estas tradiciones milenarias. Invierte en tu bienestar hoy con el Curso Completo de Tai Chi y Qi Gong para el Equilibrio. Descubre el poder

transformador de estas prácticas milenarias y embarcate en un viaje hacia una vida más equilibrada y plena **Qi gong**
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completa de entrenamiento Qigong Aumente su fuerza mejore su salud y desarrolle su poder marcial con el Qigong El Dr
Yang Jwing Ming reconocido Maestro de Qigong presenta en esta obra una serie de ejercicios que serán de enorme utilidad
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Zhou,2011-02-22 Master everyday fitness techniques from ancient China's martial arts

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