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Abimoxi - The Eastern Way to a Healthy Life (Fundamentals of Chi Kung)

Dr. James Shyun, Michael Cimino

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Approaching the subject of chi kung (qi gong) is often met with considerable confusion and mystery. As an integral component of Abimoxi, the healing methods employed within the Chinese martial arts, the topic of chi kung is clearly presented without confusing terminology and concepts. This text explores the art of chi kung starting with a practical discussion of its fundamental principles and concepts. Foundational methods of chi kung practice are explained in detail. Methods used in three specific areas of chi kung practice are also presented, including beginner level exercise. The specific areas include health and longevity chi kung, methods employed in directing chi for self-healing, and immortal way chi kung. Finally, a review of several regulations and precautions, which the practitioner must be cognizant, are reviewed. This text is intended for those interested in chi kung as a component of Abimoxi, as well as those interested in chi kung as a personal exercise process for personal health and well being.

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