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## **Ping Shuai Gong A Simple**

Ping Shuai Gong – A Simple But Powerful Qigong Technique. by drt on August 8, 2008. Few years ago, a Doctor of Oriental Medicine and a very successful

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business woman Dr. Angela Wang demonstrated to me a simple Qigong (Chi-kung, 气功) technique which she said would be good for my health. This was after a discussion about my intention to get rid of my high blood pressure medications.

## **Ping Shuai Gong - A Simple But**

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## **Powerful Qigong Technique**

Ping Shuai Gong ( Chinese: 平甩功; pinyin: Píng Shuǎi gōng; lit.: 'Swinging hand workout') is a hand-swinging exercise pioneered by Taiwan Qigong (氣功) master Li Feng-shan ( 李鳳山 ). Standing with both legs apart at a width roughly equal to that of the shoulder, Ping Shuai Gong involves moving both arms in

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parallel, swinging first to the front of the body until they are the same height as the shoulder, then swinging the arms back with a little effort until both arms are ...

### **Ping Shuai Gong - Wikipedia**

Ping Shuai Gong can be practiced by anyone, anywhere and anytime. It is



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believed that daily practice of this exercise will produce lifelong health benefits. ...

## 平手功(平) Ping Shuai Gong (Swing Hands Exercise) (English)

Ping Shuai Gong is very simple in actions. But to train our mind to focus is a challenge. Ping Shuai Gong Standing

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Positions. Ping Shuai Gong Sitting Positions. Other Ping Shuai Gong Video. Mei-Men Kungfu Art Troupe 2012 A Trip to U S A; Ping Shuai Gong Instructions; 2011 Qi Gong Science Test in the USA; 2014 Mei-Men Students Performance at Taiwan

**Ping Shuai Gong | Body Self-Healing**

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## **Exercise**

Ping shuai gong is a very simple qigong exercise, also known as swing hands exercise that can be practiced by anyone. traditional chinese medicine believes that all illnesses result from the blocking of qi. the key to long term health therefore lies in enhancing the free circulation of qi to increase stability

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and peacefulness of mind.

## **Chinese Pingshuai Exercise - OhTheme**

This is how to do it:

- Stand with legs shoulder-width apart.
- With palms facing downwards, raise both arms to chest level.
- Swing arms in a pendulum-like motion.
- After every five swings,

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bend knees slightly and spring up quickly.

## **Miracle or malarkey? Can arm-swinging stave off cancer ...**

Recently, through research, I came upon a unique form of qigong called "ping shuai gong" or arm swinging exercise. It's simple and effective. Simply watch

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the videos, and hopefully, you'll see what I mean. It can be boring but no worse than long walks or jogging, but you can offset it by either watching television or listening to music.

## **Kaizen Health: Ping Shuai Gong - Swing Hands Workout**

What is Ping Shuai Gong? It is a basic Qi

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Gong exercise, also known as Swinging Hands Exercise. It is easy to learn and practise – I have progressed from initial 10-minute session (beginner) to a full 30-minute workout (ideal) within a week of my first try. Woo hoo!

## **Swinging to Good Health, The Ping Shuai Gong Way**

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Ping Shuai Gong is a very simple exercise invented by Taiwanese Qi-Gong master Feng-Shan Li. It has been promoted to more than 44 countries in the world. Ping Shuai Gong can help people to maintain good health by exercising only 30 minutes a day.

**Chinese Five Element Astrology,**



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## Health and Death, How to ...

Ping shuai gong (chinese: 平甩功; pinyin: píng shuǎi gōng; lit.: 'swinging hand workout') is a hand swinging exercise pioneered by taiwan qigong (气功) master li feng shan (李凤珊). standing with both legs apart at a width roughly equal to that of the shoulder, ping shuai gong involves moving both arms in parallel,

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swinging first to the front of the body until they are the same.

## **English Pingshuai Exercise 30mins - OhTheme**

In China it is called Ping Shuai Gong (Swing Hands Exercise) 平甩功. I have been practising my variation of this simple set for about 20 years. In many ways, this

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exercise [except for the number of repetitions] reminds me of the opening posture of almost every taiji solo set that I have seen or learned.

## **Ping Shuai Gong (Swing Hands Exercise) on Vimeo**

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on Qi Gong & swing arm exercises by Carol Murphy.

## **Ping Shuai Gong - A Simple But Powerful Qigong Technique ...**

Ping Shuai Gong is a very simple Qigong exercise, also known as swing hands exercise that can be practiced by anyone. Traditional Chinese Medicine

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believes that all illnesses result from the blocking of qi. The key to long-term health therefore lies in enhancing the free circulation of qi to increase stability and peacefulness of mind.

## **Ping Shuai Gong - Tse Chen Ling Buddhist Meditation Center**

Ping Shuai Gong is a very simple Qigong

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exercise, also known as swing hands exercise that can be practiced by anyone. Traditional Chinese Medicine believes that all illnesses result from the blocking of qi. The key to long-term health therefore lies in enhancing the free circulation of qi to increase stability and peacefulness of mind.

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## **Ping Shuai Gong - Ocean of Compassion Buddhist Center**

Ping Shuai Gong is very simple but very useful. First, relax and breathe smoothly. Feel your shoulders, keep them in balance. Standing with both legs apart at a width roughly equal to that of the shoulder, slowly raise your hands to the height of the shoulders.

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## **PING SHUAI GONG 平甩功 SWING HANDS EXERCISE**

TCM : Ping Shuai Gong (Swing Hands QiGong) 平甩功 November 29, 2019  
Neurosurgeon with 3rd-stage colon cancer performed this simple yet powerful exercise every day and healed himself He switched to a vegetarian diet,



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swung his hands every day for 3 months and the tumour the size of an apple disappeared.

## **TCM : Ping Shuai Gong (Swing Hands QiGong) 平甩功 | i am a ...**

Does arm swinging qigong exercise (平甩功) really work? Well, it works a certain amount. Without knowing what

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benefits you are hoping for, I would guess that a qigong exercise that involved more of your body might give you faster results. Swinging yo...

## **Does arm swinging qigong exercise (太极拳) really work? - Quora**

Practicing ping shuai gong in Nature is very rejuvenating The last few days

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Singapore have very heavy rain with some local areas experiencing floods. The advantage of Ping Shuai Gong is that it does not need big practice space and u can practice it whether it's rain or shine.

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