

# QI ENERGY

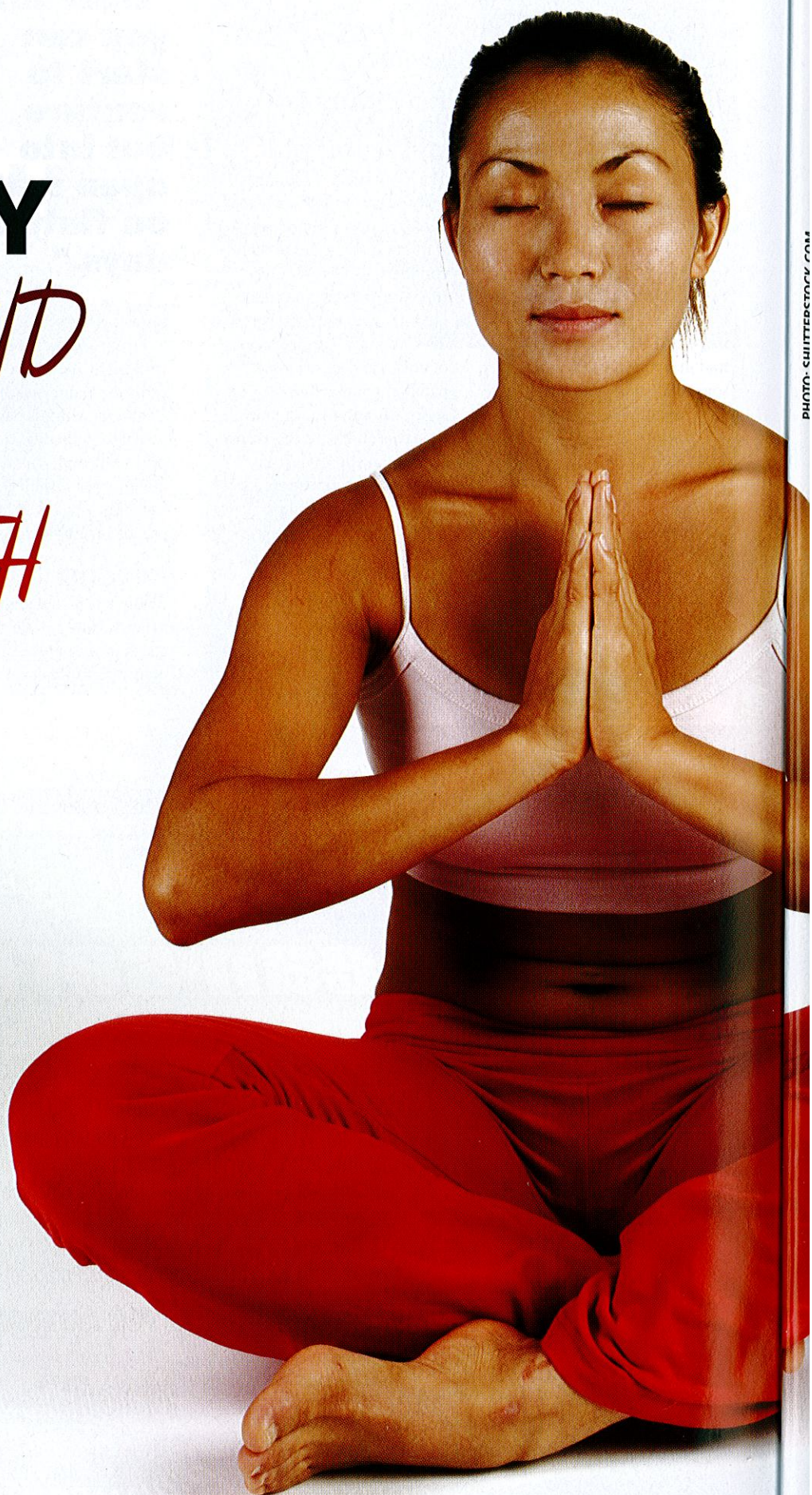
*FOR MIND  
& BODY  
STRENGTH*

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**Traditional Chinese Medicine (TCM) asserts that illness and lack of wellbeing are caused by disturbances to the natural Qi.** Through exercise that engages the mind and the body, your Qi energy is balanced and strengthened, and your health and internal harmony is enhanced.

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By Angela Zhu



**H**olistic ancient Chinese wisdom asserts that all things are connected. The enhancement of spiritual, mental, emotional and physical health relies on the flow of life energy (Qi or Chi – pronounced 'chee') through channels in the body called meridians. Equally important is the maintenance of a correct balance between our internal Yin (the body) and Yang (the function) forces.

Tai Chi and Qi Gong have evolved from ancient Chinese forms of exercise. They involve slow, gentle but firm movements with mental concentration and control; increasing energy levels, strengthening the body, clearing the mind and promoting personal well-being.

Interestingly, the essential elements used in these disciplines - that of body control training and mental approach (plus concerns about diet) - are synergistic with the mainstream fitness disciplines of weight training.

Tai Chi began in China thousands of years ago as a martial art and is sometimes referred to as 'moving meditation'. Tai Chi exercises

combine focusing the mind with slow, soft and firm movements that work the body and the mind from the inside to the outside, enhancing strength and energy.

Qi Gong (Gong – exercise or work - pronounced 'goong') involves a series of movements combined with breathing techniques and mental concentration (visualisations of the body) that enhance the flow of Qi (life energy). Different forms of exercise are used to stimulate different parts of the body. Both 'Tai Chi and Qi Gong exercise the 'inside'.

Tai Chi and Qi Gong exercises can be used on a daily basis to promote general health and fitness.

They also help to prevent and overcome specific medical conditions ranging from anxiety, stress and depression, to physical injuries and diseases. There are exercises that relate to general health, as well as different sets of exercises that are specific to men's health issues (such as impotence and prostate cancer) and women's health issues (such as PMT, menopause, post-natal stress and breast cancer).

Tai Chi involves more physical exercise. In ancient

times, Tai Chi was used for deadly hand-to hand fighting without weapons. In contrast, Qi Gong exercises are gentler and are specially designed to promote health. If you have any health condition, it is recommended that you initially practice Qi Gong.

According to TMC, disturbances to the natural Qi can cause illness and lack of wellbeing. There could be too much Qi, or not enough, in particular parts of the body. Restoring the body's natural yin-yang energy balance enhances physical health and fitness, and the sense of being well. In TCM this is achieved by acupuncture and Qi Gong.

Although the exercises of Qi Gong appear gentle and easy, they have considerable power in exercising the body. You will feel the effect of them afterwards. They effectively exercise the things you cannot see, such as your Dan Tian (below the navel inside the stomach area) which is a deep source of energy.

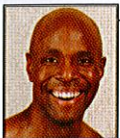
Another effect of Qi Gong is a subtle increase in intelligence, manifested by greater clarity of thought, powers of concentration and perception, and growing inner serenity. This consciousness-

**"Another effect of Qi Gong is a subtle increase in intelligence, manifested by greater clarity of thought, powers of concentration and perception, and growing inner serenity."**



• **Julian Norton-Smith**

Julian was an elite paddler for over 20 years which included several National teams and time spent at the Australian Institute of Sport. Over his career he won 7 x World Cups, 14 x National championships and won numerous medals both internationally and domestically in sprint canoeing and surf life saving. Julian has a Bachelor of Business in Marketing and Sports Coaching plus level 2 coaching certificates in sprint canoeing and surf life saving. In 2008, he started his own coaching business teaching beginner, recreation and intermediate paddlers how to paddle more efficiently and balance their training week better. [www.paddle2fitness.com.au](http://www.paddle2fitness.com.au)



• **Obi Obadike**

**B.A, B.S, M.S, CFT, 2010 WBFF Pro Male Fitness World Champion**

Obi Obadike is one of the top cover fitness models and fitness experts in the world today. He was voted the most ripped fitness model in the world. He has an affordable exclusive online personal-training service where he has special diet and training programs to help many people all over the world to get in great shape. To contact Obi for online personal-training or to find out what he is doing in the fitness industry you can go to [www.obiadike.com](http://www.obiadike.com) or email him at [obifitness@verizon.net](mailto:obifitness@verizon.net)



• **Chris Ord**

Chris Ord is one of Australia's leading adventure journalists, writing and photographing adventure sports across Australia and overseas. His stories regularly appear in Australian Geographic Outdoor, Outer Edge, Wild and Great Walks magazines. A keen trail runner and wanna-be multiday adventure racer, he prefers to cover his assignments by participating - even if he's not trained nearly enough, as is usually the case. His next assignment is in the Middle East covering the prestigious Abu Dhabi adventure race.



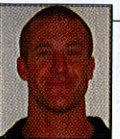
• **Nathan Page**

Nathan is a qualified personal trainer and has been training clients for over a decade. He holds the current Mr Australian Men's Classic Champion bodybuilding title and works with the International Federation of Body Building (IFBB) where he is internationally and nationally qualified to judge amateur body building competitions.



• **Lisa and Adele Rancan**

Renowned Fitness experts Lisa & Adele Rancan - yes, the same Rancan Sisters from Channel 10's Good Morning Australia, hold many certifications: Power Living Yoga Cert., Yoga Fit U.S.A., FiTViBE Vibration Plate Cert., Power Plate Cert., N.S.W & U.S.A Cert III., Cert IV Personal Training., A.C.E American Council for Exercise., A.F.A.A. Aerobic Fitness Association of American., N.S.W Uni Ex Physiology, Pilates Network., Pilates Institute of Australasia., Winsor Pilates U.S.A. Lisa & Adele Rancan with their team of instructors have relocated their Studio to Building 5, Best Avenue, Headland Park, offering the very latest in Fitness Training. Contact [www.rancansistersfitness.com.au](http://www.rancansistersfitness.com.au)



• **Andrew Read**

**Lecturer/Performance Trainer**

Andrew Read, RKC, is Australia's leading kettlebell instructor and head of Dragondoor Australia. A well known fitness author and presenter he has 18 years experience in the fitness industry including time spent working at the Victorian Institute of Sport. Combining his vast experience in strength and conditioning with a life long passion for combat sports he now works with Olympic Judo and Taekwondo players as well as champion Brazilian Jiu Jitsu and MMA fighters. He also operates [www.ptpreference.com](http://www.ptpreference.com), a website designed for trainers to help increase their training and business skills.



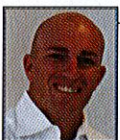
• **Wayne Rogers**

Wayne Rodgers is a sports physiotherapist, fitness coach and senior presenter for Fitnation. He has 21 years experience in the fitness industry and has been a sports physiotherapist for several national and international sports teams. With an ability to convert complex concepts into vitalised messages, he is a popular and regular presenter on corporate, sports physiotherapy and personal training seminars. He runs businesses in both Melbourne and the Sunshine Coast. Contact [wayne@HealthAdventure.com.au](mailto:wayne@HealthAdventure.com.au)



• **Mireille Ryan**

Mireille Ryan is a Registered Personal Trainer, author, fitness expert, radio personality and the owner and founder of Health Guru Boot Camp. Mireille has been in the fitness industry for almost 10 years and has taught thousands of women in Sydney, Brisbane and the Gold Coast. She is co-founder of The Busy Mums Fitness Club, one of Australia's fastest growing fitness websites for mums [www.busymumsfitnessclubs.com](http://www.busymumsfitnessclubs.com) Mireille was named 2010 Australian Exercise Professional of the Year.



• **Brad Sheppard**

**B.Ed (Phys.Ed)**

Queensland Fitness Professional of the year title holder, Brad Sheppard, having run Peak Physique [www.peak-physique.com](http://www.peak-physique.com) in Brisbane for 15 years, having built a team of up to 13 PT's, and well recognised one of the industry's best and most highly valued Personal Trainers. Brad has a real passion for any challenge being a former Mr Australia Bodybuilding Champion; Brad now competes in Ironman triathlons and marathons. Brad is the co-founder of Create PT Wealth [www.createptwealth.com](http://www.createptwealth.com) a business building program for Personal Trainers. Brad sits on the REPS council of Fitness Australia.



• **Peter Twist**

Peter Twist, MSc BPE CSCS TSCC-L3 PTS is President of Twist Conditioning's 3 divisions: franchised Sport Conditioning Centers, product wholesale and the Twist Smart Muscle™ Coach Education program. To learn more about the Twist training methodologies, education and equipment available in Australia contact QPEC on 07 3219 2966 or [www.qpec.com.au](http://www.qpec.com.au) Peter Twist, MSc Peter coached in Canada's National Hockey League (NHL) for 11 years and is a consultant for several NHL players and agents. An exercise physiologist, he has published over 400 papers, authored 10 books and 18 DVDs on athlete development and delivered and presented lectures to thousands of fitness professionals worldwide. He is the president and CEO of Twist Conditioning Inc.



• **Jade Winter**

Jade is a qualified fitness trainer, an Olympian, former Australian Swim Team member and Co-Founder of Studio Pilates International\* - [www.studiopilates.com](http://www.studiopilates.com) Jade's mission is to infect others with his passion for Pilates and grow the Studio Pilates International\* vision of inspiring and empowering 1,000,000 people to Studio Pilates workouts on a daily basis. Studio Pilates International\* provides Pilates studios, Pilates instructor training, Pilates DVDs, Pilates equipment and more both nationally and internationally.



• **Angela Zhu**

Angela Zhu is the principal of Traditional Qi and Qi Gong & Tai Chi Institute of Australia. She is a qualified practitioner of Traditional Chinese Medicine (TCM) and a National Accredited Qi Gong and Tai Chi instructor who specialises in applying acupuncture and the exercises of Qi Gong and Tai Chi to promote healing and personal well-being. Angela was born in Beijing and followed in the footsteps of her grandfather, father and mother to become a TCM practitioner.