

Dan Tian Breathing Exercise

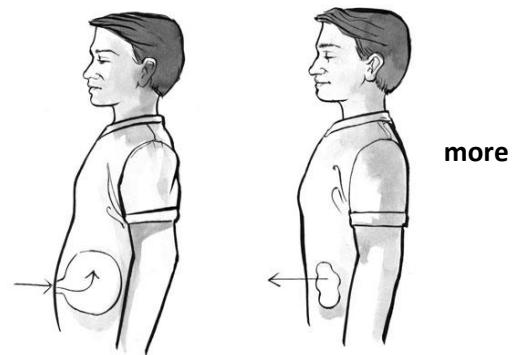
Tai chi is all about building your inner strength

Inside every human being there is a life energy called 'Qi'

When your life energy is strong, you are healthier and more harmonised, happy

*tai chi qi is different from the life energy qi (jing qi)

*Life energy qi has a very close relationship with breathing = so breathing exercise is helpful to enhance your qi



Imagine your lower abdomen is a balloon
Air in to lungs ... expand balloon
Expel air from lungs ... deflates balloon
Subtly ... no force ... visualise

Dan tian – stores Qi

- 3 x 3 ... connect the lao gong point of the palm over top of the dan tian, place other hand over top
- stand, sit or lie down
- check posture is upright and relaxed
- gently **breathe** and focus on dan tian, **exhale** contract the pelvic floor muscles and anus
- breathing opens up lung space, 20% of breathing should be done by the diaphragm ... creating a pressure in abdomen ... and in turn helps you relax
- contracting the PFM activates the deep stabiliser muscles that protect the spine = strengthen spine
- 3 – 6 – or 9 times

Dan Tian Breathing Qigong Exercise

*Lying down, sitting, standing, walking

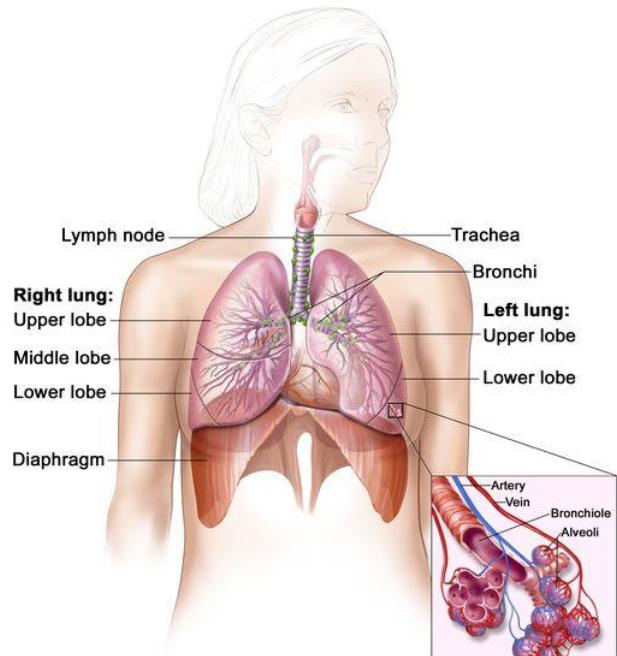
- Casual ... $\frac{1}{2}$ hearted
- Full focus
- Incorporate with tai chi, qigong and your daily activities

✓ Improve your qi
✓ Relax more
✓ Improve healing power

Incorporate **Dan Tian Breathing** in to tai chi and qigong practise = make your exercise more powerful

1. Hand on dan tian & one hand above
2. Mouth (lips closed)
3. Tongue up the pallet
4. Try to breathe ... feel

80% of your breath is intercostal muscles
20% uses diaphragm (open up more space in lungs ... relaxation & healing)



- When your lower abdomen expands ... it creates negative pressure ... draws diaphragm down bringing extra air in lungs
- Squeeze lower abdomen ... relaxes diaphragm ... Expels air

5. Upper abdomen ... try not to move
6. Lower abdomen ... practice breathing only this area expanding
7. Extra ... slightly contract (1/2 cm) pelvic floor

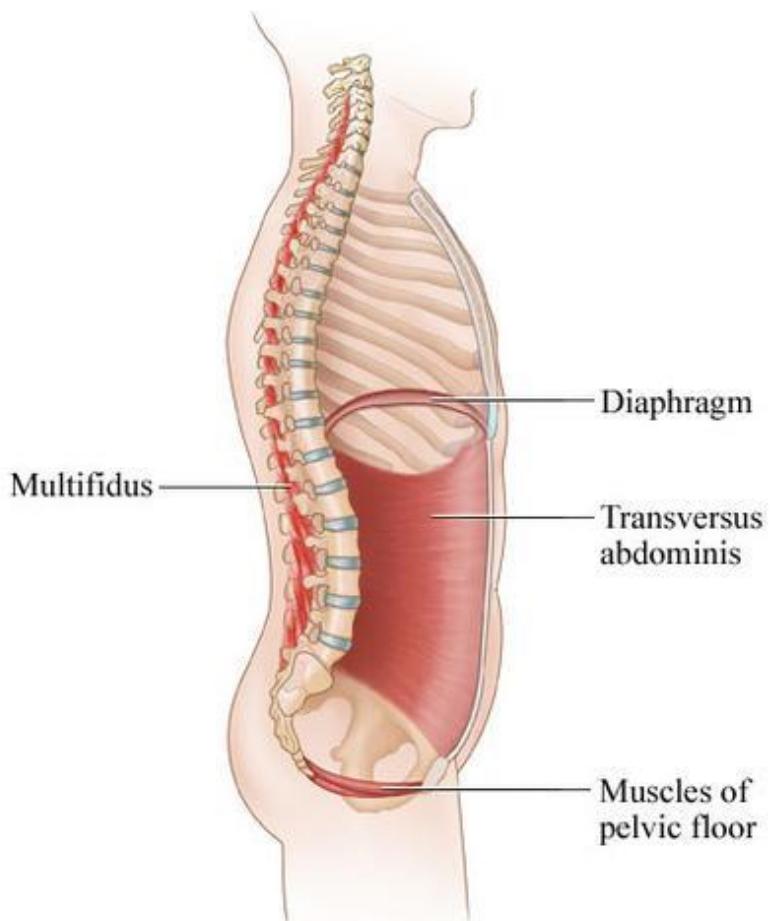


DEEP stabiliser muscles

“muscular corset” ... internal muscles that protect spine

- A. Multifidus (1cm away from side of spine)
- B. Transverse abdominus
- C. Pelvic Floor

- Behave different than other muscles
- Back Pain = DSM get weak (especially multifidus)
- Some athletes have weak DSM



Deep Stabiliser Muscles are different than other muscles

- Posture
- Breathing
- Contract DSM very gently

8. Exhale ... contract lower abdomen ... contract pelvic floor anal muscles
9. Breathe ... expand lower abdomen

*Do NOT force ... allow natural breath