

# 氣功

Qí Gong

Qígong

Chí Kung

Chí Gung

ch'í kung



**Qi** or Chi = vital energy, life force, air, breathe

**Gong** or Kung = cultivation, work

**Qigong** = the art of cultivating vital energy

氣 = 气 + 米

Qi = Air + Rice