

# *Comparative Analysis on fitness function of Taijiquan and Health Qigong Baduanjin*

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**Keywords:** Taijiquan; Baduanjin; Fitness

**Abstract:** Taijiquan and Baduanjin are the most common fitness exercises in Chinese traditional health care techniques. They use the characteristics of human body structure and movement, combined with ancient guidance and breathing techniques, to achieve through the breath and inhalation strengthen the body, regulate the breath and guide the mind. As a part of Chinese traditional Wushu, Taijiquan and Qigong Baduanjin have the same functions and characteristics. At the same time, the difference between them is obvious, their adaptability principle accord with human body structure characteristic, accord with the need of human body development, and have solid mass foundation and development foreground in our country.

Chinese traditional healthcare is the treasure of Chinese culture. Traditional healthcare is characterized by the combination of internal and external physical and mental quality, as well as the combination of internal and external physical and mental quality. It mainly includes Baduanjin, Taijiquan (sword), Yijin, Wuqinxi and other sports. The simplified 24-level Taijiquan and Qigong Baduanjin in traditional sports are suitable for aerobic exercise and have good fitness effect. As one of the traditional health sports, Baduanjin has become more and more popular in recent years under the correct guidance of the General Administration of Sport of China. Qigong Baduanjin is a kind of healthy sports, which is based on Chinese traditional culture and mainly in the form of physical activities, breathing and breathing, psychological adjustment, and is a unique national cultural heritage. In the same way, Taijiquan is a traditional book handed down from ancient China. Taijiquan has its unique features in fitness due to its soft and slow movements, its combination of firmness and softness, and its continuous movement. It is not only suitable for the overall requirements of China's socialist spiritual civilization construction, but also suitable for the development direction of building a socialist harmonious society.

## **1. The movement characteristics and health-preserving principle of Taijiquan**

Taijiquan combines the advantages of many Chinese books. It combines not only the ancient Dao Yin, but also the Yin Yang theory of classical materialism philosophy and the Meridian theory of the basic theory of traditional Chinese medicine.

Taijiquan requires air to be immersed in the body, and abdominal breathing is used to make it deep, long, uniform, thin, and gradually expand vital capacity to lay the foundation for health. To practice Taijiquan, the body should relax, exercise all over the body, use the mind to guide the

exercise, and the inner air force is everywhere. It not only can make the artery unobstructed, but also can avoid the premature aging of the capillary, which is beneficial to the prevention and treatment of circulatory diseases. With the improvement of material life in modern society, air conditioners and electric fans can prevent people from suffering from heat and cold. However, it will lead to weakened skin cooling function, blocked sweat glands, skin permeability, harmful substances can't be timely discharged from the body, metabolic disorders. When practicing Taijiquan, "movement and quietness", in the process of opening and closing pores, make sweat glands unobstructed and ensure the balance of metabolism. Taijiquan guides the movement of consciousness, following each other up and down, coordinating its completion, activating the command system of the central nervous system, enhancing the sensitivity of the nerves, and slowing down the deterioration of its functions. "Life is movement", however, more than the capacity of strenuous exercise will lead to physical injury and tension. "Life is at rest". Often compared with the life of the old crane, but too quiet mental atrophy, disease gas easy to invade. The movement of Taijiquan is continuous, seeking quietness while moving, combining quietness with activity. Moderate exercise, no strong force, no major injury, the formation of benign stimulation of the body organs, conducive to the maintenance of the body. Practice Taijiquan often, turning the arm, stretching the tendons to pull out the bones, retracting and folding not only increases the elasticity of the muscles and bones, but also increases the elasticity of the internal organs through the application of inner strength, thus delaying the aging of the body. Many studies have shown that regular exercise of Taijiquan can reduce blood lipids, enhance the elasticity of blood vessel wall and the stability of blood vessel motoneurons, make blood circulation in good condition, increase lung capacity, enhance myocardial nutrition, prevent and delay heart disease. According to foreign research reports, the practice of keeping the state of bending and squatting Taijiquan can effectively enhance the strength of the lower limbs, improve balance, reduce the fall of the elderly.

From the point of view of health care, Qi is the source of life. Taijiquan is a combination of skill attack, health protection and philosophy. In the natural movement, the air sinks into the abdomen, deep and long, even and meticulous. With an empty mind, you can improve your breath just now and achieve the foundation of cultivating this kind of health. Taijiquan pays attention to the harmony, "gives up oneself, follows others". Do not struggle, the life into a harmonious and consistent movement, cultivate people's feelings. It integrates psychology, physiology and philosophy of life, fusing psychological balance, thus achieving the whole of physical and mental health.

## **2. Sports characteristics and health-preserving principle of Baduanjin**

Baduanjin is a set of independent and complete fitness law, originated from the Liang Dynasty, formed in the Song Dynasty, thriving in the Ming and Qing dynasties. The characters of Baduanjin not only refer to segments, stanzas and eight movements, but also have profound meanings. Its function has many kinds of elements, which restrict each other, relate to each other and circulate. The so-called "brocade" word is composed of "gold" and "silk", beautiful and luxurious. We can understand as a collection of single guiding techniques, such as silk brocade as continuous, is a complete set of fitness methods.

Baduanjin is based on meridian theory of traditional Chinese medicine. The meridians and collaterals are the channels through which the whole body runs gas and blood, touches the viscera and limbs, and communicates internally and externally. If meridian disorders, gas is not free, will lead to fluid stagnation into phlegm, phlegm, blood lines and blood stasis. At the same time, the gas is not smooth, affect the body fluid transport cloth, leading to constipation, disease from now on. However, visceral diseases can be reflected through the meridians, so dredging the meridians can

treat visceral diseases. That's what they call "ordinary pain, not pain". "Baduanjin" each movement of the new method is based on the meridian cycle through the law from beginning to end. The joints of each exercise must be rotated to relieve the spasm of the small peripheral blood vessels and improve the microcirculation so as to activate the meridians and collaterals. By conditioning the internal organs, each type of formula and disease prevention. Each type of movement requires coordination of the upper and lower limbs, gentle movements without rigid strength, and the whole process to achieve a gentle and slow, circular consistency, moderate tension. Regular practice of "Baduanjin" can dredge channels and collaterals, eliminate stasis, increase strength and calcium, protect body fluids, replenish Qi, reduce blood lipids, make Qi and blood flow freely, make muscles become thin and weak, make the body more flexible, and increase wisdom. "Baduanjin" the biggest characteristic is in the exercise needs to rotate the arm. The internal and external rotation of the arms is used to increase the torque on the arms, thereby increasing the pressure on the arms. Traditional Chinese medicine believes that arm bending and stretching contribute to the stimulation of the elbow, which has the purpose of dredging the heart, lung and meridians. Trunk movement can stimulate the main vertebrae, important door and governor two arteries, in order to strengthen the kidney and strengthen the waist effect. Lower limb movement can stimulate the three Yin and three Yang, in order to regulate the spleen and stomach, liver and gallbladder, kidney and waist. It also strengthens the wrist and raises the heel. In traditional Chinese medicine, when the five viscera have disease, you should take twelve original organs. The origin is very important. Most of the origin of the twelve meridians is located around the wrist and ankle. By strengthening the upper wrist and the sitting wrist, we can stimulate the origin, dredge channels and collaterals, maintain physical and mental health, and prevent disease. The exercise is soft, less intense, longer, and requires more energy to lower blood pressure in the walls of the blood vessels, which has the desired effect of lowering fat and blood pressure. In addition, the long times low intensity whole body movement may achieve the elimination of blood stasis fitness effect.

### **3. Comparison of characteristics between Taijiquan and Qigong Baduanjin**

Taijiquan involves five steps (advance and retreat, attend, look forward and decide) and eight basic methods (tent, stroke, squeeze, press, mine, split, elbow, up). Taijiquan emphasizes freedom of movement, slow comfort, continuity, meditative intent, and middle comfort. It has unique style characteristics: First, the mind is calm and loose, the body is upright. Before practicing, the practitioner should relax his body, correct his posture and eliminate distractions from his mind. Once the action begins, you should focus on your thoughts and use them to guide your actions. Taijiquan is the key to the top of the body, which refers to the body on the next line of the practice process. The body consists of the chest pulling out of the back, the air entering the body, always maintaining an impartial, free body, achieving a light, rounded life, generous, and stretchy. Second, soft and slow, light and stable. Taijiquan focuses on leading and relaxing the body. It may seem weak, but in fact, it can overcome strength by being soft. In the center of gravity, we need to gas sank into Dan Tian, like the pace of the show, light and full of vitality. Third, it breathes freely, which means leading the body. The inhalation of Taijiquan is formed by combining its movements to adjust the whole body. "Yi" refers to a natural reflex, any movement needs to be guided by consciousness, especially Taijiquan. Practicing Taijiquan is a combination of mind, energy and body.

Fitness Qigong Baduanjin is based on the traditional Baduanjin through change. It strictly follows the laws of human motion, in line with the needs of human development, its movement has the following characteristics: (1) Soft and slow, round and coherent life. These movements are closely linked to each other. All actions are as continuous as flowing clouds and flowing water in

order to dredge collaterals and dredge Qi and blood. (2) Elastic combination, dynamic and static. Relaxation refers to the relaxation of muscles, viscera and brain nerves, while tightness refers to the use of strength on a loose basis, with a clear rhythm. (3) The combination of spirit and form in spirit. God refers to man's spiritual consciousness, while form refers to the body's dharma. The combination of consciousness and dharma is the essence of action. Qi refers to the person's inner self-cultivation, improve the luck circulation around the body, breathing freely.

#### **4. Comparison of fitness function between Taijiquan and Qigong Baduanjin**

Taijiquan and Baduanjin can regulate the human brain function, so that the nervous system plays a leading role in the human regulatory system. Both Taijiquan and Baduanjin emphasize body relaxation and concentration. But how to achieve a complete relaxation of the body, which reflects the "quiet" this kind of mind to put aside all distractions and reject any outside interference, the idea of the whole body into the Taijiquan. Taijiquan is a natural state in which the body moves at will without exertion and is controlled by the mind. The so-called intention is the exerciser in the movement process feeling, the thought and the imagination and so on each kind of mentality activity summation. Of course, the exercise process requires the control and balance of the brain, which constantly helps the brain to strengthen itself. Many people, do not understand Taijiquan and Baduanjin require a high degree of concentration, that concentration will inevitably cause nervous tension to the brain fatigue, in fact, it is not. Taijiquan and Baduanjin are movements that move outwards and quiet the mind inwards, which keep the sympathetic nervous system in a state of inhibition, promote the excitation of the nerve, relieve the tension of the brain, and keep the brain in a state of rest to further improve central nervous system function.

Gradually spread out in a slow, even, delicate and gentle manner, Taijiquan slowly ascends the muscles of the limbs, trunk and joints of the body, thus driving the massive opening of the capillary and speeding up the flow of veins and lymph greatly reduces the burden on the heart.

The movement of Taijiquan is soft and even. During exercise, the body's joints, muscles, and capillary are completely relaxed and the body is stress free, thus reducing the burden on the heart and blood vessels. In the first form of Baduanjin, two hands support the triangle and drag both hands over the body, pulling the waist back into the middle, then lifting the chest and abdomen downward to allow the whole body to flow and circulate the fluid. Therefore, learning Taijiquan can reduce the heart rate in a quiet situation and improve the pumping function of the heart during exercise. Taijiquan and Baduanjin promote blood and lymph circulation, increase venous blood return, increase the degree of heart filling, enhance myocardial contractility, increase the output of each stroke, and keep the output of each distraction unchanged to reduce the consumption of the heart and improve heart function.

#### **5. Conclusion**

Taijiquan and Baduanjin, are the treasure houses of the Chinese nation, which have the physiological functions of strengthening internal organs, strengthening body and body, preventing diseases, maintaining body and mind, delaying senility and so on. On the one hand, as a part of Chinese traditional culture, Taijiquan and Baduanjin not only inherited the essence of predecessors, but also carry forward the Chinese traditional culture. On the other hand, Taijiquan and Baduanjin have unique fitness functions and advantages, and have a positive physiological role on the human body structure and physiological functions

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