

## GENERAL INFORMATION

In our daily lives, we are all very busy, so it becomes essential to find out how to preserve and develop our health and energy when we lack time. That's why in all the modules, some videos will show you an example of how to easily integrate these exercises into your daily life. You will also be shown examples of self-defense applications that can be useful also in case of attack, which allows you to better memorize and understand the movements. Of course, it is possible to come up with other ideas yourself.

Moreover, the duration of the exercises can be from a few seconds to a few minutes, depending on the possibilities of the moment and your desires. In addition, most of the exercises aim to develop the automatism and control ability of the brain, as in common situations such as eating while working on the computer, or doing the dishes while listening to the news, or cooking while talking to someone. The integration of exercises in the tasks imposed by daily life is therefore a good method. It is precisely not necessary to concentrate too much on the exercises in themselves, which is a principle of the traditional qi gong practice which proposes to work the intentions in a state of semi-presence. If nunchakuai are not at hand, one can also practice with bare hands by doing the same movements.

The version of the nunchakuai energy practice for all requires only 2 series of 8 movements but remains nevertheless of extreme benefit. These movements will allow to develop the inner strength to reinforce the immune system, to acquire a great mental clarity and to fight the disease, the wounds and other internal disorders by reaching a maximum level of health and cure.

This nunchakuai energy practice for all is divided into 5 progressive modules. Each video starts with the standing position 'Wuji' and the opening movements to enter in a concentrated atmosphere and a very present mind. To organize an effective learning routine, each video proposes a flexible and energizing training composed of several successive steps with different modes, movements or combinations. Finally, we end with a meditation posture, allowing the elimination of residual tension in the body.

This version of practice for all with more than 60 professional videos makes the training enjoyable with high quality images and above all, the ability to see the gestures precisely. It is necessary to work on the quality of our unique movements. Striking images perfectly express the relationship between these forms and our environment in general.

The collaboration between the upper limbs is special in Gu Qi Dao. One hand handles the main movements with the nunchakuai, for example 'closing the curtain' or 'drawing an X', and the other hand stays in contact around the elbow or the shoulder of the active arm. This kind of combination strengthens the Yang energy of the back and relaxes the Yin energy of the entire front surface of the upper body and its organs at all times. In a self-defense situation, it will help to execute offensive and defensive simultaneously.