Abstract

Purpose: The purpose of this study was to investigate the composition principle of China Health Qigong and the kinematic effect of China Health Qigong. For this purpose, this study conducted a literature survey on Health Qigong published by Health Qigong Management Center of General Administration of Sport of China and examined the kinematic effect by confirming domestic research trends related to Health Qigong.

Method: The principles of Health Qigong were confirmed through an interpretation of the publication of the Chinese Health Qigong published by the China Olympic Committee, and a literature survey on the Health Qigong published by the Korea Physical Education Bureau. In addition, in order to investigate the clinical application of the health Qigong exercise, the procedure of confirming the research studied in Korea through the triangulation of three specialists in the field of kinetic studies was carried out.

Results: Chinese Health Qigong is the part of Chinese medicine and takes the form of an exercise system that harmonizes body and mind through the control of Qi. Therefore, the principle of the Health Qigong is on a basis of Yin-yang and the five elements theory of chines medicine, and the meridian so called oriental physiology, and is based on the control and preservation of three elements of body, mind and breath, which is the most important principle and emphasizes the three control methods of body control, mind control and breath control as the ultimate practice method. From the perspective of kinematics, in terms of the clinical application part of Health Qigong’s exercise effect, physiological effect, psychotherapeutic effect and rehabilitative medical effect were found to be effective through previous studies. Especially, Health Qigong was found to be suitable for elderly exercise as a slow exercise and it could be a new health exercise alternative in the super aging society.

Conclusion: This study, Results of precisely examining the previous studies on Health Qigong showed that the healing principle of Health Qigong could be examined, and that there is a positive kinematic effect.

[Keywords] Health Qigong, Healing, Yin-Yang, Meridian, Kinematic, Slow Exercise

1. Introduction

The modern era is actively exchanging through the value of various cultures as an era of culture, and is making an effort to inform about the culture in which its traditions are spread. The value of these cultures can enhance the quality of life of individual people through pleasure, communication, sharing and exchanges, creating healthy communities, and inspiring national pride. Therefore, the adoption of traditional culture as a sport for Olympic or international events has become an important channel to disseminate its culture[1][2]. In other words, culture is linked to the content industry and leads to the culture industry, which is an important industry in which the success or failure of each country is determined in the 21st century[3].
Health Qigong, a traditional physical education in China, is a cultural product combined with Qigong, which has all the spiritual, historical and intellectual characteristics of Chinese people. It is a modernized health exercise method based on cultural elements based on oriental thought. On September 11, 2001, the Chinese government announced the 4th national physical education of General Administration for Health Qigong, by newly organizing Ancient Qigong, a part of traditional culture[4]. Currently, Health Qigong is registered as the 62nd official physical education event in China and has a lot of people interested in the same subject in China. And in August 2012, the World Health Qigong League was established and is an international term, Health Qigong, a traditional sports event currently being held in 45 countries.

In the Chinese government, Health Qigong’s behavior is composed of soft, slow and comfortable movement, and at the same time, it is a combination exercise with breathing and mentality. It promotes physical and mental health and it is introduced as an optimal exercise method that anyone can easily learn. This is because the characteristic of the Qi circulation movement can be performed in a gymnastic form without distinction of time and place[5][6].

Recently, Qigong movement has been actively studied in the field of exercise science. In particular, the results of studies showing that health behaviors are positively affecting the elderly are also being reported. The results of these studies show that health Qigong participants have positive effects on psychological, physical, emotional and social health, and it can be deduced that clinical applications are possible[7][8]. The beginning of the scientific paper on Qigong in Korea has been around for about 30 years. However, the history and effect of Qigong movement and its role in modern society have been steadily progressing[9][10].

Health Qigong has all the social, cultural and physical education values of China, and it is understood that it has a unique method of mind and body training and composition[11]. Therefore, this study confirms the form of the constitution of Health Qigong and confirms the part of the kinetic effect of Health Qigong through literature review and thesis search. These efforts will logically confirm the healing principle of Health Qigong and analyze the scientific effects of Health Qigong, which will provide a positive direction for the spread of Health Qigong.

2. Research Methods

This study was conducted to review the literature and to conduct a preliminary study to ascertain the Healing principles of Chinese Health Qigong and its clinical application. For this, the principles of Health Qigong were confirmed through an interpretation of the publication of the Chinese Health Qigong published by the China Olympic Committee and a literature survey on the Health Qigong published by the Chinese Physical Education Bureau. In addition, in order to investigate the clinical application of the health Qigong exercise, the procedure of confirming the research studied in Korea through the triangulation of three specialists in the field of kinetic studies was carried out.

3. Characteristics of Chinese Qigong

Originally Qigong(气功), literally means to put gong(efforts) into Qi, the word Qi means 'breath' and refers to the driving force of life activity, and 'gong' means to pay attention to one thing. In other words, it can be said that it is a mind and body training method that learns how to fully supplement Qi and circulate Qi smoothly, to drive out bad Qi, to strengthen good Qi, and to operate the enhanced Qi effectively[12]. The name, Qigong, commonly used today, is from Dangsan Qigong Nursing Home, the first medical institution in Qigong, China, founded in 1954 by Liu Guizhen, establishing the theoretical foundation of Qigong, and it is now accepted as a classic of Qigong[13]. As for the Qigong sects of China, there are Confucianism Qigong
4. Health Qigong's Healing Principle

4.1. Principle of yin-yang and five-elements theory

In this study, Health Qigong's is based on the principles of TCM (Traditional Chinese Medicine). Chinese medicine is a traditional medicine of China as a representative characteristic, and it is a characteristic of human beings rather than disease, watching the whole rather than the part, and interested in harmony and balance. The reason why traditional medicine such as Chinese medicine is reconsidered in modern medicine is that efficiency, accessibility, cost effectiveness, relatively safe, less side effect, and excellent effect of prevention and health promotion[15].

Health Qigong's healing principle is a theory of Yin-yang and five elements as the methodology of observing the human body in Chinese medicine. Yin-yang and five elements theory is a worldview that emphasizes harmony and unification. It has influenced the entire Asian culture from astronomy, geography, law, weather, medicine, tone[16]. Figure1 below compares the human body to the Yin-yang and five element theory[17].

Figure 1. The yin-yang and five elements theory.

4.2. Principle of meridian system

In Health Qigong, it is based on the studies of meridian system including Yin-yang and five elements theory. The meridian system has been described in detail in Huangdi Neijing(黃帝內經: Yellow Emperor's Inner Cannon), China's leading medicine book in the Pre-Chinese era, and has been the foundation of man-made science for thousands of years, medicine, martial arts
and curing liquor. According to Huangdi Neijing’s rumor meridian system, Suwen chapter 7, Gyeong(經) is the empty line and Lak(絡) is the human context. In other words, Gyeong refers to a large basic stem that runs straight through the meridian system, and Lak refers to a small branch that runs from Gyeong to the side, meaning a network. It is connected to the inside of the book, and the outside covers the entire body of the human body as well as the epidermis, hair, and muscles. Therefore, when a lesion occurs in a human body, symptoms appear in the system[18][19].

4.3. Principle the triple unity of qigong practice

Curing of Qigong is set as a compositional principle which is important enough to regard Jeong(精), Qi(气), and Shin(神) as three elements of life activities. Huangdi Neijing, the origin of oriental medicine, said Jeong, Qi, and Shin were the three-treasures of the human body. Qi is the power to move the body alive, Shin is the spiritual and private activity, Jeong, Qi, Shin is the source of life, and the balance of these three is the secret of Curing[20].

It is the principle of the triple unify of Qigong practicing Joshin(調身: relax body), Joshik(調息: breathe easy) and Joshim(調心: mind easy). Health Qigong improves his health through the training of Joshin, Joshik, and Joshim, and makes his body and mind harmoniously. Health Qigong distinguishes itself from other physical education activities not only by Joshim and Joshik’s activities but also by Joshin, Joshik, and Joshim’s to emphasize the harmonious state of mind and body. Joshin refers to reaching the goal of training his mind and body by maintaining his body in a certain posture or by performing certain actions. The difference between general physical education therapy and physical education movement is that Joshik and Joshim combine[12][21].

5. Kinematic Discourse of Health Qigong

The purpose of training Qigong is to train excellent Qi, to nurture a new genius, and to make good circulation through the meridian system. Yin-yang balance is maintained, organism homogeneity is maintained, vitality becomes vigorous, and health is maintained by blocking vicious Qi when the glioma is not stagnant and circulates smoothly through the meridian system [3][22]. Qigong is a mind and body training method that improves body and mind by stabilizing body, improving Qi, communicating smoothly through movement, breathing, and mental training, and maximizing the natural healing ability of the human body. Qi practice in Health Qigong training is inherent in our traditional practice and is an oriental feature not found in other western sports[23].

Studies of Health Qigong can be largely divided into physiological and psychological aspects. physiological aspects of health Qigong showed that strength, flexibility, equilibrium, basic physical fitness and vital capacity of elderly women were improved through the exercise. In addition, it has been shown that the symptoms of chronic low back pain can be reduced. Also Health Qigong program is an elderly exercise program that improves the body composition and physical fitness of elderly people and improves physiological functioning and geriatric chronic diseases by giving ideal changes to blood factors[8][12][24]. In other studies, Health Qigong training in elderly women affects the physiological changes such as blood pressure and flexibility, which was confirmed that Qigong training had a significant effect on body composition and physical fitness[25].

Although the effect of physical fitness such as muscle strength and flexibility is proved through the health Qigong exercise effect, research results are being continuously sought to find the answer to the effect on the mental side. Psychological aspects reported that Health
Qigong practiced as an intervention regulator of stress tolerance and had an influence on exercise and posture of life by gender and training period\cite{26}. Reported that Health Qigong Yijinjing and Liu zijue programs contributed to psychological stability by positively affecting the aged women in pain self-awareness and depression reduction\cite{27}. The relationship between the level of commitment of web-based Qigong practitioners and the quality of health-related quality of life. Recent research on social research has shown that the more successful the elderly are in the health Qigong exercise, the more they are affected by the background variables\cite{9}\cite{28}.

The life expectancy of Koreans has increased faster than that of other countries due to the rapid development of the economy. Korea’s Statistics data show that the average life expectancy in 2019 is 82.7 years, and the expected life expectancy is increasing every year. In modern society, where the life span of health is increasing, maintaining a healthy state of physical, mental, social, intellectual, and emotional through successful aging, rather than simple life extension, is a cornerstone for creating a welfare society by raising the quality of life\cite{8}\cite{29}.

In the meantime, there are many studies on the elderly health movement that it is very difficult to present a program for exercising. In view of this, Health Qigong exercise can be carried out in a small space without being bound by time and place. And that they had a better understanding of intimacy and health than sports. The Health Qigong movement, which has been operating for a long time, is characterized by the fact that it is easy to learn, easy to learn, and excellent in the effect of health promotion. In particular, it overcomes the negative factors for the elderly movement, pursues stability, And that it can be used as a new slow exercise that is being tested\cite{30}\cite{31}.

Chinese Health Qigong is composed of 9 methods, each of which consists of a movement system that has rhythmic and smooth movements in accordance with the unique music according to each construction method, repeating right and left or up and down. It also has the advantage of being able to exercise according to his or her health condition without being limited by time, place and season. Therefore, the use of clinical applications of physiological and psychological effects and rehabilitation exercises in terms of kinematics can be a subject of continuous research. In this study, a close examination of previous studies on Health Qigong showed positive results about the exercise effect and it was confirmed that Health Qigong could be applied as a clinical program of health promotion and health intervention.

6. Conclusion and Suggestion

In this study, the results of precisely examining the previous studies on Health Qigong showed that the healing principle of Health Qigong could be examined, and that there is a positive kinematic effect. This was the moment to confirm that Health Qigong could be applied as a clinical program for health intervention. China Health Qigong is part of Chinese medicine and takes the form of an exercise system that harmonizes body and mind through the control of Qi. From the perspective of kinematics, in terms of the clinical application part of Health Qigong’s exercise effect, physiological effect, psychotherapeutic effect and rehabilitative medical effect were found to be effective through previous studies. Especially, Health Qigong was found to be suitable for elderly exercise as a slow exercise and it could be a new health exercise alternative in the super aging society. As for other research questions that have been made during this study and suggestions for subsequent research, a follow-up study that can be used as a manual to understand the Health Qigong of the field leaders is needed and the clinical efficacy of Health Qigong should be studied at the same time in terms of kinetic and studies of meridian system.
7. References
7.1. Journal articles


7.2. Thesis degree


7.3. Books


8. Appendix

8.1. Authors contribution

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