



Yan Chi Gong: Eine fast vergessene Shaolin-Tradition (German Edition)

Frank Rudolph, Maik Albrecht, Daoming Xiong

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Die Wiederentdeckung einer alten Shaolin-Tradition

Im Jahre 1963 beschloss Großmeister Dàomíng Xióng, sein Wissen über das Yan Chi Gong schriftlich festzuhalten. Im Jahre 2012 gestattete Li Zhènghuá, Meister Xióng's geistiger Erbe, die Erstveröffentlichung des Manuskripts in deutscher Sprache. Sein Schüler Maik Albrecht übersetzte den Text und kommentierte ihn gemeinsam mit Frank Rudolph.

Das Yan Chi Gong ist ein in sich geschlossenes Übungssystem (gong bzw. qigong), das anderthalb Jahrtausende lang nur Eingeweihten im Shaolin-Kloster bekannt war und schließlich fast vollkommen in Vergessenheit geriet. Es zielt darauf ab, eine nachhaltige innere Stärke von Körper und Geist und lebenslange Gesundheit zu entwickeln. Die Übungen werden im Buch auf nachvollziehbare Weise in Text und Bild dargestellt. Die einfacheren Übungen sind für Menschen, die einen Ausgleich zu vorwiegend sitzenden Tätigkeit suchen, bestens geeignet. Darüber hinaus ist das Yan Chi Gong ein hocheffektives, über Jahrhunderte erprobtes Trainingssystem für Kampfkünstler, das den Körper als Ganzes trainiert – einschließlich der inneren Organe und des Bindegewebes –, ohne ihn dabei zu verschleifen, wie dies oft im Leistungssport der Fall ist. Der Körper gewinnt durch die Übungen an Ausdauer, Kraft und Geschmeidigkeit. Neben den eigentlichen Übungen wird auch das dahinterstehende Gedankengebäude des Daoismus tiefgründig erläutert, von der Schöpfungslehre über Medizin bis hin zur Sexualkunde.

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