

Principles for Learning the Yang Qigong Technique of the Ying Style

Eidetics. I use an eidetic approach when explaining movements while learning the Yang Qigong complex. In other words, I use images for individual movements, which together form a coherent, unified imaginative pattern of the entire complex.

Learning journal. I ask students to keep a learning journal — that is, to create a verbal and schematic description of the complex, gradually adding to it as they learn. In my experience and observation, an important stage in successfully learning the Yang Qigong complex of the Ying style, particularly for Europeans, is the ability to verbalise every movement, down to the smallest detail, from the beginning to the end of the complex. The principle is: "perception – awareness – understanding."

Correct movement trajectory. A correct movement trajectory is the key to activating the accumulative property. Accumulation leads to a point where attention begins to notice subtleties and important details in the performance of the technique. This, in turn, ensures the correct trajectory of movement.

The learning process is as follows:

- 1) attention to the geometry of movement;
- 2) accumulation through correct geometry;
- 3) shifting attention to accumulation;
- 4) the movements automatically maintain the correct geometry, because they become secondary to the process of accumulation; attention is focused on accumulation, and accumulation without correct movement geometry is impossible.

A story about Chen Wang Peng. In the 1990s, when Chen Wang Peng was breaking stones without physical contact on stage at the Kyiv Planetarium (there is, by the way, a video of it on YouTube), an interested newcomer in the audience began asking questions after the performance about the trajectories of qi movement in the complex, its distribution, and so on. The master replied through an interpreter — more precisely, through two interpreters: "Tell him to do the complex 2,000 times. He will understand everything himself."

I still cannot break stones, but I would add one thing of my own: "Do it 2,000 times with the correct geometry."