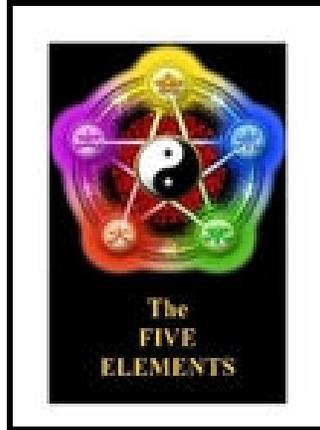


21<sup>st</sup> Century Qi Gong Therapy  
-Level Four-

**“The Five Elements”**

***By Ashida Kim***



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Grandmaster – 10<sup>th</sup> Dan  
Shinja Buke Ryu Kenpo*

***“The next major advance in the health of the American people will be determined by what the individual is willing to do for himself.”***

***-John Knowles, Former President of the Rockefeller Foundation***

Level Four covers in some detail the Ying/Yang energy also known as Chi (“chee”) and how they relate to the “Five Elements” of Wood, Water, Fire, Air, and Earth.

Grandmaster Ashida Kim states that *“the Qi energy that expands and flows outward is the Yang energy and the Qi energy that contracts and flows inward is the Yin energy. It is important to understand these concepts for the purpose of indentifying imbalances within the body and then the appropriate exercise to restore balance.”*

I found this lesson to be very helpful in simplifying and breaking down the concepts of Qi and Yin and Yang – Grandmaster Kim demystifies these concepts

and makes it easy for the student understand them. He gives a great example of Yin/Yang pairs with any easy to follow chart.

A detailed explanation is given of how the body can be classified into the *Five Element Cycles* or the *Five Phases of Qi Transformation* as this depicts the cycle of creation and destruction with the body.

1. AIR CREATES WATER
2. WATER CREATES WOOD
3. WOOD CREATES FIRE
4. FIRE CREATES EARTH
5. EARTH CREATES AIR

Grandmaster Kim brings together these “Five Elements” through a breathing exercise using a clear photo study of the Five Elements Breath, the Short Form that involves five static positions with abdominal breathing; and the Long Form that includes therapeutic movements to channel the Qi to specific organs to strengthen them and balance their energy.

I found this particular lesson very beneficial and the breathing exercises easy to learn. The movements in the exercises are simplistic, yet very powerful in nature.

At this juncture the student will begin to see that what they have learned from Levels 1-3 are now coming together to form an entire Qi Gong Therapeutic Model. Grandmaster Kim has laid a very strong foundation and is now beginning to build the structure upon it to give the student the academic knowledge and the accompanying skill set to correctly apply it.