

# ARNI

Action for Rehabilitation from Neurological Injury

## INSTRUCTOR SEMINAR

6<sup>th</sup> of APRIL 2008

< Introduce of the Stroke and the Ki-Gong >

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## ● Introduction

### **Do you know Traditional Ki-Gong(氣功) or Health Movements?**

Ki-Gong (Ki Studies) is a tradition and culture which is widely been practiced in Asian countries such as Korea, China and Japan last for 5,000 years. It is not practicing one side of physical or mental but it is a combination of martial arts practical movements, ailment therapy, stoma breathing practice, meditation, oriental philosophy and acupuncture and herbal medical treatments. It is absolutely broad and profound academic subject and well-being life methods.

In the East and West, modern medical treatments cure only 20-30% of illnesses, thus many developed countries already research and develop new medical treatment with different ways. These are so called 'alternative medical treatments' or 'natural cure' which is importantly considered as a substitute treatment.

One of the best known 'return back to nature' movements is Ki-Gong, which is recently being studied as part of a movement towards an understanding of nature. It is also used as part of a training method to relax and achieve concentration for actors/actress and dancers.

## ● What is Stroke (中風)?

### **1. What is Stroke?**

From ancient times in the oriental tradition, people systematize meteorological phenomena in a manner that can be expressed as cold and warm and this is expressed as Ki. All illnesses are related with natural Ki, in other words, it is positively correlated with the state of weather. This is especially true about strokes which are strongly related with windy weather.

The stroke is caused by too much stress, high blood pressure, diabetes, hardening of arteries, improper dietary life, and sudden strength decline etc. which result in disharmony of the organ's relationship with the general body. Furthermore the accumulation of undesirable substances and occurrences such as wind, fever, phlegm, extravagated blood make Ki and blood circulate more slowly, than would otherwise be the case. The stroke, in general terms, is a brain related vessel illness which causes s serious damage to the blood vessel in brain and sudden loss of consciousness, which then leads to movement problems and sensory paralysis. There are various types of illness on the same level brain damage in terms of harm. The like of which would be blocked brain blood vessels and subsequent brain hemorrhage.

In oriental medicine, if a stroke patient loses consciousness with the opening of the mouth, it means he uses up all of his Ki energy, related to the heart. When the patient has his arms and legs down, without being conscious, this similarly means he uses up all of his Ki energy related to the spleen. If the patient can not open his eyes, it means he uses up all of his Ki related to the liver. If the patient releases urine, it means he uses up all of his Ki related to the kidney. If the patient snores, it means the patient uses up all of his Ki related to the lungs. Thus, one can say that Ki has a profound impact on bodily functions in general due to its inextricable relationship with the correct function of organs.

This is thus the situation which the Ki circulation related to organs is stopped. In the case of a stroke, if these symptoms take place often, then the patient's condition is very serious and could lead to deterioration. If these five symptoms take place at the same time, it indicates the patient may die soon. The other stroke factors are high blood pressure, hardening of arteries, heart disease, diabetes, and high consumption of salt, alcohol and smoke, irregular mealtime, too much sex, and excessive physical exercise, irregular life style and too much stress etc.

## **2. First Aid Treatments for Stroke.**

Stroke takes place suddenly then people may not feel it in advance, but most of stroke cases have pre impact symptoms. These pre impact symptoms have psychologically stressful effects when they occur together.

For example, some pre impact symptoms are below;

1. First and second fingers will be numb or very painful or feel no physical strength.

2. Experiencing of headaches without reasons and legs will be shaking in some cases.
3. Feel excessively tired without reason /ringing noise in the ears or does not feel sleepy at all.
4. Be out of breathing normally, or go to toilet in the night/ feeling dizzy / vomiting.
5. Sensation of inflammation occurs. Causes face to become red.
6. Sometimes experience an optical illusion and eyes become dim.
7. In serious cases, inability to speak properly for a time.

After the stroke takes places, if the patient lies down without being conscious, then it is very important give acupuncture to ‘Su-Gu (水溝)’, ‘In-Jung (人中)’ points and Sip-Sun points for circulating of Ki and blood. If the stroke takes place out side of the home, then move the patient to an appropriate place and wait for the ambulance. If it takes place in a home, it is better to make the patient lie down on a blanket and move him into the room.

When the patient is moved, one must be careful that the patient’s head should not be bent downwards and that pillow or duvets are not used. If the patient vomits, then turn the head or body to the side to avoid the possibility of the patient swallowing any vomit, this could lead to choking. In all cases the patient should be taken care of gently and should not be moved over long distances.

### **3. Side Effects and Rehabilitation.**

About 50% of patient will be paralyzed on one side, about 1/3 will have difficulty in speaking, about 1/4 will lose consciousness. Many patients also have intellectual and psychological difficulties.

To improve the condition of the body after the stroke, it is better to use medicine, acupuncture and massage in conjunction with each other and consistently. These treatments give positive effects in terms of blood pressure on the brain and it is very effective in improving the circulation of Ki and blood in general.

If the paralyzed body parts are left negligently, then the muscle and joint parts will be left in an alienable condition. Therefore it is better to use the paralyzed body part even after the stroke takes place. In the first instance this may require another person's help, but gradually conducting of massage by patient will finally allow personal movement without assistance.

In the beginning, exercise should be taken by sitting down, standing up and walking with another person's help. After this initial stage it is better to exercise without help, but this should be done gradually. It is very common that upper body recovery is slower than that of the lower body. As such if there is no physical strength that can be exerted through the leg muscles, the use of assistant tools for walking exercises is required.

After getting some movement ability back, then the patient should look to do all daily activities alone and use daily activities as a rehabilitation method.

Many people think that rehabilitation is merely the remedy of paralyzed muscle or joint, but in the case of a stroke, it is very rare that the patient would be able to recover completely. Therefore it is very important to have a mind that is set on the return back to normal daily life even if there are some disabilities. Such things as social relationships and activities normally bring positive effects psychologically and also improves Ki and blood circulations, thus it is important that the resumption of 'normal' life is as swift as possible.

Next keep the life style as below;

1. Have enough rest and sleep (Do not avoid to work until late night).
2. Eat food which is good for stroke sufferers.
3. Have a bowel movement every day. Otherwise it will press blood vessel.
4. Do not eat cold or too much oily food.
5. Look to control emotional feelings such as anger or depression.
6. Do not expose body to the air or go out for long hours.
7. Practice Ki-Gong (Body and Breathing Exercise, Meditation).

Good food for stroke

For stroke patients, salty, spicy and oily foods are not good.

1. Vegetable: Pumpkins, Garlic, Onions, Beans, Ginger.
2. Rice: Brown Rice, Black Sesame.

3. Fruit: Any fruits which contains Vitamin C.  
(For example: Apples, Oranges, and Lemons)
4. Tea: Green Tea, Honey Tea.
5. Oil: Olive Oil.
6. Fish: Sardines, Salmon, Tuna, Mackerel, Herring.
7. Seaweeds: Tangle or Kelp, Oysters, Clams or Shells, Crabs Shrimp.
8. Mushrooms: Any mushrooms.

## ● Ki Studies.

### 1. What is Ki(氣)?

The oriental principle of Ki is a philosophy and science of medicine which *surrounds and circulates the body and the whole of nature in its functions*. Even though, we do not feel it and negligently regard it as an air, it is continuously flowing and circulating everywhere.

As it is very important to understand Ki, it will be explained in more details below.

#### What is Ki(氣)?

Ki is an element which controls whole nature work within principle or natural law. Therefore *human come into the whole of nature and live with Ki*, and the Ki is dispersed as time flows and finally it leave when human die. Like this, Ki is the most *basic biological energy*.

#### Variety of Ki(氣)?

Ki can be separated into real and *fake Ki*. *Real Ki* in turn can be classified as *original Ki*, *correct Ki* and *correct original Ki*.

Fake Ki exists only in the imagination and does not exist in reality.

In the human body, real Ki is classified as *organs Ki* which exists on organs, *nerve Ki* which exists on the meridian. In addition, the Ki energy which flows at various points outside nature is urgent and sensitive.

Real Ki is divided into *Wi-Ki* and *Jong-Ki*. Wi-Ki operates with the pulse in our body. Wi-Ki gives the blood in our body the pulse and the power to flow smoothly. It gives the body the nutrients so that it sprouts with the full force of life. On the other hand, the Jong-Ki, which piled up in the breast, helps to operate and control breathing in the human body.

#### □ **Function of Ki(氣)?**

Ki has five functions:

- It regulates the growth, blood and meridian circulation in the human body.
- Controls high temperature, leucorrhea and the action which maintains a normothermia.
- It prevents negative energy from being transmitted internally.
- It prevents blood from overflowing at the pulse outside.
- It communicates internally with the bladder, it regulates the urine mechanism to be appropriate during discharge and it helps remove the action which prevents the smooth operation of urination uncton controls

These five branches of Ki operate and function in harmony with each other so that the internal and external factors surrounding the body operate smoothly. By strengthening the level of positive energy, they also *protect the human body from negative energy* that comes from outside. This ensures that the human body fights diseases and remains healthily.

□ **Ki(氣) and Blood?**

The blood is very precisely absorbed in the spleen and stomach first and then transferred to lung meridian. It makes blood by uniting Ki on lungs and moves through nerve pipes with Ki together, and it is circulated by Ki movements. Ki can be stronger by sufficient supplement of blood. Like this, ***Ki and blood are intertwined and help each other.***

□ **Jung(精), Ki(氣) and Shin(神)?**

Jung is an automatic and active Ki with some material power in a body, something moves with in a mind of its own with control of feeling is called Shin, something between Jung and Shin and controls the automatic nerve system is called Ki. But today, people only focus on Jung and Shin, this is missed Ki which exists between Jung and Shin. This reason so called Jung and Shin is Ki.

According to an old book, there are three treasures, Jung, Ki and Shin for humans, but there are three treasures: ***'the Sun, the Moon and the Star in the Sky'***. The mentioned Ki, Jung and Shin is explained; there is natural born Ki, and acquired Ki which can be gained through food and training. This natural born Ki (Air, Sun, and Light) and acquired Ki (food) are original or real Ki which are driving forces of life.

Like this, Jung, Ki and Shin, on the basis of co-operating with each other, practice Jung, to strengthen, and practice Ki, to show his ability, and practice Shin to empty. This is whole circulation of Jung, Ki and Shin.

That is to say, strengthening Ki through concentration of mind, obtain Jung through cumulated Ki, and make perfect Ki through cumulated Jung. This is, continuous circulation of ***Jung >> Ki >> Shin >> Ki >> Jung, namely, 'Natural Law'***

□ **Ki(氣) and Seven Various Feelings**

The seven various feelings are *happiness, anger, care, anxiety, sorrow, fear, astonishment* which have a very close relationship with Ki. Therefore if these seven feelings get into deeper and deeper, then organs' Ki will be dispersed and separated.

- Too much angry pushes up Ki which destroys Ki on Liver,
- Too much happiness releases Ki which relaxes Ki on Heart,
- Too much sorrow disperses Ki which damages Ki on Lungs and Chest,
- Too much fear pushes down Ki which affects Ki on Kidney and Bladder,
- Too much astonishment twists Ki which feels heavy in the Chest,
- Too much care and anxiety tangles Ki which weakens the spleen and stomach.

Therefore, controlling these seven various feelings are the best way to get back a healthy life. To control these, we need to get rid of distracting thoughts and feel comfortable, mind, and brain with well balanced mind and at same time together circulates inner Ki to operate whole bodies Ki without restriction.

## 2. What is Ki (氣) Gong(功)?

If it tries to observe the history of Ki, it is not possible to know from when the word 'Ki' should have been used clearly. However, according to some historical text books which our ancestors left us 『SamIl-ShinGo(三一新誥)』 and 『HwangJe-NaeGyoung(皇帝內徑)』 in which the 'Ki' is already used, therefore, with history of the human being it co-originated at the same time.

Ki-Gong developed with *Confucianism, Buddhism, Daoism, Martial Arts, Medical Science*, and later it developed separately by using the term 'Ki-Gong' or 'Healthy Life' which means practice of Ki. Ki-Gong is, the way which we can relax our body and mind by practicing natural

energy 'Ki'.

### **The world is now popular with Ki-Gong**

Sometimes incurable patient recuperate by staying in the mountains with pure air, ailment therapy and practice of Ki. Sometimes it is not possible to find the specific reason of death and could not cure the disease with advanced medical treatment. In this case, we have a question, 'Why?'

New types of illnesses which by force of up-to-date medicine and even are not treated, so the incurable illnesses are increase by the moments. Many hardly find solutions and there is no way to go. Therefore people realize that alternative medical treatments of returning back to nature types are the only the answer to recuperate from incurable diseases.

The more science development destroys more nature and the result, new species incurable diseases are increasing. For this reason, people in the 21<sup>st</sup> century are very interested about the various healthy practices such as Ki-Gong, Yoga, Taichi, Pilates. Thus, it is hardly exaggerated to say there is a big fashion of Ki-Gong around the world.

It is common sense in oriental philosophy medical science that the structure principal of nature has a very close relationship with the action of Ki and all natural elements could have various shape and role on the basis of Ki's systematic action. Therefore, in oriental philosophy and medicine, Ki's action and shaper is the most importantly considered?

The human with that shape is used with nature, therefore, it will defend health by a supplement of Ki and there is a possibility to retrieve the health lost. When we are ill which means that the balance of our body is disrupted, this calls upon the natural healing power which is expressed within our immunity system and the resisting system is eliminated.

What can we do recover a healthy life or maintain it? To overcome this problem, to practice Ki is most important than any other things. Like this if we practice Ki and purify our mind, and then the action of Ki upon organs will be smoother which could lead to various curing actions which help bring back health. This is greatest effect of Ki-Gong.

This type of Ki-Gong is continuously practiced in Korean traditional martial arts and recently,

widely used by martial artists to practice 'Nae-Gong(內功)'. It is also used by people to maintain their healthy life. This Ki-Gong is systematically structured and scientifically formed by elementary martial arts, philosophy and oriental medical science. Therefore, it is the ***basic foundation to amplify the natural healing power.***

### **3. Practice of Ki(氣)?**

There are several methods to practice Ki, we can relax our body by preaching martial arts movements, by exercise stoma breathing and meditation to relax our mind. At advanced levels, we can practice Ki circulation, control and operate Ki, and Ki dancing amongst others.

#### **□ When do we practice Ki(氣) Gong(功)?**

Before practicing Ki-Gong, it is very important to check the person's body condition, age, and any mental & physical injuries, job and lifestyle, etc. Then it is possible to ***decide the method and level of training.***

For example,

- If someone has a serious physical injury, then 3-4 times per day, each session is less than 30 minutes is recommended.
- If someone has light serious injury but doing his job, then 1-2 times per day, each session is more than 30 minutes is recommended.
- If someone has no any serious illness, but practices to avoid any potential illness, then once per day or once every 2days is recommended.
- Professional Martial Artists or Dancers or other physical trainers can practice it twice per day, each session is 20 minutes in the beginning, but later more sessions and longer time is

recommended. Each session should not be excessively long, but too short a session is also not recommended, so as to gradually extend which is for more important.

The best time to practice depends on the person and situation, but the least busiest time is best for practice. For example, early in the morning, afternoon after a nap, after dinner time, and before going to bed.

□ **Where is the best place to practice Ki(氣) Gong(功)?**

Beginners need a quiet, dark, well ventilated room which is best. Meditation related music also helps mind control and concentration.

During the practice, it can be possible to sweat or feel hot and warm but if facing the wind directly then it is possible to catch a cold. In winter, it is very important to keep the place warm. If impossible to do so, then covering knees with blanket is useful.

If it is not possible to practice in a room, then a fine day, practice under a quiet tree is also effective or practicing in a clean wood or park with other people or alone is also useful.

Therefore, more beginners need to be careful in choosing a place but those who are *advanced will not be affected by environment.*

□ **How can we practice Ki(氣) Gong(功)?**

To practice Ki-Gong, we need to learn more detailed techniques.

**Make body relax and mind more stable.**

During the practice of Ki-Gong, to make relax the body and mind is the most important thing, therefore first relax body, loosen belt or other belts and wear looser clothes.

Next step is to release stress and feelings.

First of all, the most important thing is to focus on one thing and try to get rid of distracting thoughts. Sometimes, beginners may have many distracting thoughts, in this case, try to overcome this with a strong mind, and never feel rushed but need to meditate with motivation.

### **Harmonisation of Mind and Ki.**

Mind is control of consciousness, Ki is control of breathing. Like this, after harmonising mind and Ki, Ki (Breath) can lead mind (Consciousness).

In other words, do not be distracted, concentrate on breathing, control rhythm, length, speed and up & down intentionally. Through this process, we can control breathing, sometimes follows mind. Therefore, to practicing Ki is to consolidate mind and breathing by practice.

### **Unification of Movements and Non-Movements**

Unifying of movements and non movements has the same meaning of Ki movements. To do this, it is better to practice Ki-Gong with massage, hand exercise together. Because this can consolidate movements and non-movements which can expect keep total health, avoid and cure of any illness. Together, this dietetic treatment can, provide support. Thus, it can give more effective results.

### **Do Gradual Practice**

It can be possible to experience various difficulties. However, many people try to jump over their level impatiently or give up during the practice. Therefore, beginners start from easy poses and breathing to advance gradually. It is also important to increase practice hours gradually.

## **4. Effect of Ki(氣) Gong(功)**

Ki-Gong was introduced since 1980 openly in the West. It is already introduced as a regular subject in Oriental medicine, Dance and Martial Arts schools in Korea, China and Japan. Its excellence has already been proved in the world as is introduced as a major subject in Oriental medicine in many developed countries, such as USA.

There are many training methods and ways to practice Ki-Gong, They can be separated into Non-Movements and Movement practice methods which there are no body movements. First, non-movements' methods: there is so called 'Lotus Position', 'Pilates' and 'Stance Pose'.

And within the movements methods is a 'stance pose' which allows practicing Ki-Gong when standing up. Stand up straightly with in alignment and then only move hands and upper body slowly or change pose by using steps and twist or breaks off within the opposing direction which gradually affects previously unused muscles.

- This again when it classifies it follows in use and the effect, there is a medical Ki-Gong for the treatment of chronic illnesses of diabetes, the stomach ulcer and rheumatisms.

- It was recently introduced and growing rapidly: it is 'beauty Ki-Gong'. It aims to prevent any disease and maintain male and female's beauty and health.

- Martial artists who undergo long periods of physical activity, sometimes they occur long-term damage muscle and bones and their Ki also become rougher and rougher. Martial artists can recover Ki, control and amplify the Ki by practicing 'Martial Art Ki-Gong'

The scope and effect of this application of the Ki-Gong are also various and wide. But, the fact remains, *Movements, Non-Movements and Physical training must be practiced together*, it is very important.

For example, it commits the mistake which leans in only meditation or movements.

## **5. Ki(氣) and Martial Arts.**

The basic movements of the martial arts of Korean, Japan and China are based on the circle; the circles are based on Ki. Therefore, Ki is Martial Arts and Martial Arts are Ki which should not

be considered separately.

A person who practices martial arts for many years will obtain to get more power by concentrating all of the force of the body within one place or operate Ki intentionally to amplify the force of martial arts. This creates special training methods which are so called 'Nae-Gong' (Inner Ki)

#### □ **Martial Arts Training Methods.**

There are four different martial arts training methods.

- 'Nae-Gong (內功)' which aims to go beyond the limits of human by practicing Ki to maximize power.
- 'Yoi-Gong (外功)' trains strong bones and flexible muscle and basically aims to restrain someone by using circular movements and deploy its power to make it calm down.
- 'Weapons', in ancient times, people practiced 108 various weapons but in modern times, about 20 weapons are widely used, especially various swords, sticks, canes and fans.
- 'Shin-Gong (神功)', martial artists study human body through acupressure, acupuncture, emergency treatment, meditation, Ki-Gong, Yin & Yang and Five elements, body structure, herbal medicine, chiropractic, reflexology, anatomy, medical science to understand the structure and function of the human body to restrain people with the least power and techniques.

This shows that martial artists are also proficient in medical science through many experience and knowledge which create new ideas so that called '*Martial Arts and Medical treatment are not separated, but are constantly one*'.

#### □ **Martial Art Practice and 'Nae-Gong (內功)' or 'Ki(氣) Gong(功) Training'**

As it is introduced in many martial arts films, but people still think it is like a fantasy novel, 'Nae-Gong' or 'Ki-Gong' can be separated in three categories.

- Use feet and hands by using steps or by applying the martial arts which maintains regularity from the proper place of breathing, together develops strong but flexible body power (power + Ki).

- It breaks off with the direction which does not use the muscle and the joint usually it twists, it relaxes the muscle and the joint which are rigid and activates the cells within which the motion law is dormant,

- The breathing practice and meditation it which rules over the mind is very problematic in life. These three methods systematically activate the Ki inside the human body. Therefore, people must practice these three methods to create effects of synergy.

## ● Conclusion.

Recently many healthy training methods are introduced to people. There are good training methods from the point of Ki-Gong experts' point of view, but as I mentioned in the earlier on, it is not recommended to practice only one side of Ki-Gong. For example, practicing only the physical strengths or focusing only on stoma breathing and meditation are not proper way to practice.

Ki-Gong is an academic subjects and a health training way which include physical exercise, breathing, meditation, ailment therapy, etc.

Therefore, it is very important to remember that ***Ki-Gong is the learning and understanding of body, mind, nature and the universe.***

Ki-Gong is the way to find about a sense of being or identity by combining exercise through martial arts and the study of body and mind by practicing breathing and mind control.

To obtain through Ki-Gong, the best way and methods are continuous practice and exercise by oneself upon the struggle within.

So far there are basic theoretical grounds and training methods about physical exercise, meditation and breathing from the martial arts. In next Ki-Gong class, we could learn about ailment therapy, acupuncture, acupressure, medicine, osteopathy and oriental philosophy (natural law – Yin and Yang, Five elements etc).