



# *Feeling Fit with FSHD*

## *Qigong Workshop #1*

**Presented By: Frank Hanley**

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## What You Will Learn...

- Meet Your Instructor
- What Is Qigong?
- What are the benefits of practicing qigong?
- Ab exercises
- Qigong Demonstration

# Feeling Fit with FSHD

# Qigong Workshop #1

## Frank Hanley

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*'Sihing' Frank has been practicing martial and energy arts for over thirty years.*

*He started training at the "Shaolin Kung Fu School" in Somerville, NJ.*

*In 2009, met Tom Grant and began practicing qigong and Hung Ga style kung fu.*

*2012 moved, training at the Tiger & Crane King Fu Academy in Newark, DE.*

*2019 awarded Level I Qigong Instructor Certification by the National Qigong Association.*

*-NQA Certified Qigong Instructor*

*-Member - NQA Conference Planning Committee*

*-Presenter - 2018 NQA Annual Conference*

*-Guest speaker on the Monthly 'Qi Talks' program*

*-Demos @ Abilities Expo 2021*

*FSHD – 18 years old, left shoulder winging*

*1993, foot drop, first diagnosis @ MDA in Edison*

*2012, Johns Hopkins. Genetic test was Type 1 positive.*

*Spring 2019, Philly FSHD Society meeting, June retired to SC,*

*Fall 2019 had SC FSHD "interest" meeting, February 2020 had SC Chapter launch*

*March 2020 COVID, started FB 'Qigong for FSHD' group...*

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## What is Qigong?

Qi = energy, life energy

Gong = work, practice, skill

Qigong = energy work, energy practice, energy skill

*“Qigong is the most profound health practice ever invented by mankind for the prevention of illness, reducing stress, managing chronic conditions, increasing longevity, and promoting healthy, active aging”. --- Tom Rogers, President, Qigong Institute*

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- Qigong is an ancient Chinese energy art that combines focus, concentration, visualization, physical movement and specific breathing patterns to promote the balance flow of the vital life force which the Chinese refer to as Qi.
- Qigong has been practiced for at least 4,000 years in various forms, many of which are still practiced today.
- Qi flows through the body's 'meridian' system in much the same way that blood flows through the body's circulatory system.
- Qi is manipulated and balanced by qigong and acupuncture practitioners.
- When the qi flow is strong and balanced, the body's internal systems will be strong and healthy.

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## Types of Qigong

- Medical
  - Martial
  - Religious/Spiritual
  - **Health / Wellness**
- 
- ***These workshops will Focus on***
    - Breathing / strengthening and tone
    - Balance and coordination
    - Immune system

**Wellness  
Prevention  
“Magic Pill”  
Life Balance  
Common Sense  
Flu, Infection  
CoronaVirus**

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## *What does a qigong practice look like? What will I learn?*

- Breath Work
- Visualization
- Standing Practice
- Grounding
- Intent
- Seated Practice
- Healing Sounds
- Iron Wire
- Iron Palm and Iron Body
- Types of Energy
- Meridians and Vessels
- Organ Systems



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- Develop a daily practice
- Results will come, subtle, takes time, *no magic pill*
  - Strengthen immune system
  - Relieve stress
  - Improve breathing
  - Resist infections, virus, cold & flu
  - Improve balance and coordination
  - Increase strength and stamina
  - Better focus and concentration



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## My Results / Stories

- **Why do I practice qigong, tai chi and kung fu ... ??**  
I enjoy it and *in my mind* I am fighting back against FSHD... FSHD is always attacking us. This is my way of fighting back and it helps me manage the daily challenges that FSHD brings.
- *I don't get sick...*
- *Dr. @ Johns Hopkins said "don't stop ..."*
- *Waking with headaches, Breathing Test...*

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## Today's Demonstration – Breathing & Abdominals

- Abs exercises
- Sitting
- Breathing
- Visualize
- Practice

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## Sitting (we will review standing another time)

Sit straight at edge of chair (if you can), chair arms

Gentle gaze

Breathe thru nose... **WHY? ..regulates, filters**

Tip of tongue touching roof of mouth

Feet flat on the floor – hands in lap

Grip floor with toes

Body relaxed

Focus on “Dan Tien”

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## Root / Ground Practice - Moving energy

Start focused on energy balanced in Dan Tien

Inhale .. **Reminder – breathe thru nose**

Exhale, shift energy into right Leg, press right foot into floor, left is light

Inhale, bring energy back to center, feet 50/50

Exhale, shift energy to left leg, press left foot into floor, right is light

Inhale, bring energy back to center, feet 50/50

Repeat 10x

Exhale to end

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## Side Bends

Sit comfortably, front of chair, no arms

Hands at sides, dangling

Bend to the right, try to touch the floor

Return to center

Bend to the left

Return to center

Repeat 10x

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## Abs Twist

Sit comfortably, front of chair, no arms

Hands crossed over chest

Twist at the waist to the right

Return to center

Twist to the left

Return to center

Repeat 10x

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## Sit Ups

Sit comfortably, front of chair, no arms  
Hands cross chest or palms on kidneys  
Inhale  
Exhale and bend forward  
Inhale and return to center  
Hold breath and bend back slightly  
Return to center  
Repeat 10x



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## Breathing

How important is breathing?

Your body does it automatically.

What else does your body do automatically?

Heartbeat, Digestion, Think

Can you control your heartbeat or digestion ??

You can control your breathing.

What does your body need to stay alive?

Food, Water, Air, Shelter

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## Breathing

Diaphragm Breathing, “Belly Breathing”, Abdominal Breathing

Breath using the diaphragm... **what/where is diaphragm?**

Inhale - push down on the diaphragm – belly out

Exhale - pull up with the diaphragm – belly in

Focus on “Dan Tien” , **expand torso, compress abdominals**

## DEMO

Inhale count 5 (**should be full**), exhale count 5 (**empty**), 10x

**Not easy... like handwriting.. Needs lots of practice**

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## Visualize

### Two Visualizations

#### 1. Visualize Qi (Dan Tien)

Shape, Size, Color

#### 2. Because of challenges...

I visualize all my forms are correct...

arms are shoulder height, good posture..

## Breathing Practice – Part One

### *Diaphragm Breathing - Focus on Dan Tien*

1. Visualize “Qi Ball” – 10x breaths with 5 count
2. Expand & Compress
3. Rise & Sink
4. Spin side to side
5. Spin front to back
6. Expand to left side
7. Expand to right side
8. Expand up and down

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## Time

When is a good time to practice?

Morning, Evening, Anytime?

How many times per Day, Week ?

Reason I ask ... **Daily** routine

May need to shorten, but always do something

I usually do first thing in the morning – ½ to full hour

Some days get lucky – when teaching, get to do twice !

Experiment and find what exercises work for you.

Set a timer, don't watch the clock

## Breathing Practice - Part Two

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### Diaphragm Breathing - Focus on Dan Tien

9. Flatten in palms-spin and flip
10. Expand to basketball, Compress to golf ball
11. Move qi-center - left foot - right foot
12. Breathing with left hand up - right hand up
13. Ocean waves
14. Finish with focused breathing... feel the air-feel warm qi ball

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## Summary

- What is Qigong?
- Sitting
- Moving Qi practice
- Abs exercises
- Breathing
- Visualization
- 14 different breathing routines
- When to Practice