

Keynote Communication

Daoyin, Qigong, Taichi and Yoga: Relations, Similarities and Differences.

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Abstract: The traditional Chinese exercise system has a history of thousands of years and modern researches have begun to show the effectiveness of it. The most frequently heard Chinese traditional exercises for health preservation are taichi, daoyin and qigong. However, since their concepts are overlapped, people will sometimes be confused with them. They have relations and similarities, but also have differences. It is even the same case with yoga. Through literature research, the history, training purpose and features of taichi, daoyin and qigong are compared. Moreover, they are also compared with yoga in respects of holism, posture and movement, breath, mind regulation and functions. Thus, people could have better understanding of the concepts of taichi, daoyin, qigong and yoga.

Keywords: Traditional Chinese exercises, Daoyin, Qigong, Taichi, Yoga, Literature research.

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