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Introduction of Intelligent Qigong from China

Professor Pang Ming founded Intelligent Qigong (INQG). He learned martial art and qigong knowledge from high priest at young age and had the opportunity of learning from 19 other renowned masters.

Combine with modern scientific knowledge, and with several years of his medical practices, through refinement, he formulated INQG - a profound yet simple way for quick and easy qigong practices.

The characteristics of INQG:

Basing on the hunyuan theory, direct gathering of hunyuan qi for qigong practices. It is suitable for all ages. It is easy to learn, to gather qi. The qi field is strong and self preserved. One can also use the qi to heal sicknesses.

It also emphasized on the unification of practice and society into one. In that, inculcate the culture of qigong into our daily life and in our daily activities, apply qigong into it.

Since the establishment of INQG in 1980, it flourished within China with millions of practitioners. And it has also expanded to more than 40 countries.

INQG is an easy method for one to keep fit and healing sickness. It is also through this practise that our wisdom is further deepened and strengthened our minds. When one indulges in conscientious practice, his or her personal life will improve over time.

In 1996, the China Sports Bureau made a comprehensive and scientific study of 21 different qigong styles and methods practiced in China. Intelligent Qigong was accorded the top position for best health enhancing practice. Hence, it was approved and highly recommended by the Chinese Government