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SEQUENCE NR: CSB91537749 USER- [REDACTED] ID: 19320-91JUL22/17.06.01/A09

TITLE: STUDIES ON THE SYNERGISTIC FUNCTION OF QIGONG
 AUTHOR: YANG, XINHAI; ZHU, XIZHONG
 DOC REF: HANGZHOU DAXUE XUEBAO, ZIRAN KEXUEBAN (JOURNAL OF HANGZHOU UNIVERSITY, NATURAL SCIENCES) (HHHPD), 90, VOL 17, NR 4, 483-490
 INF CTY: PEOPLES REPUBLIC OF CHINA (CH)
 INF DATE: 890525
 COSATI: BEHAVIORAL AND SOCIAL SCIENCES (05); BIOLOGICAL AND MEDICAL SCIENCES (06)
 CLASSIF: UNCLASSIFIED
 RELEASE: NONE (XX)

TEXT: AUTHOR ABSTRACT. DOCUMENT CONTAINS 1 GRAPH AND 1 DIAGRAM.

THIS PAPER HAS TWO PARTS. PART ONE DESCRIBES THE EFFECTS AND THE SYNERGISTIC FUNCTION OF THREE MAIN FACTORS OF QIGONG EXERCISES (REGULATION OF MIND; REGULATION OF THE RESPIRATION AND THE REGULATION OF BODY). PART TWO, BY USING THE PRINCIPLES OF SYNERGISTICS, EXPLAINS THE THEORETICAL BASIS OF SELF CONTROL AND SELF ADJUSTMENT OF THE MIND AND HUMAN BODY IN QIGONG EXERCISES. THUS, A NEW THOUGHT ABOUT QIGONG THEORY IS GIVEN.

PFN INFORMATION: PART 001

RELATES: XINHAI YANG AND XIZHONG ZHU ARE ASSOCIATED WITH HANGZHOU UNIV.

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 FACL CTY: PEOPLES REPUBLIC OF CHINA (CH)
 FSUBORD: FACILITY SUBORDINATION DATA

PFN INFORMATION: PART 002

SOURCE PG: FROM SOURCE DOCUMENT PAGE 487
 RELATES: WENYAO GONG IS ASSOCIATED WITH BEIJING INST OF ASTRONAUTIC MEDICAL ENGINEERING.

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