

### 3. What is Qigong?

By the strictist definition of "internal art" (a martial art with internal principles), qigong is not an internal art. However, many types of qigong use much the same principles of energy development found in the internal arts. In fact, all the internal schools have as part of their practice, various forms of qigong specific to their practice. Additionally, many internal artists practice a wide variety of qigong from other disciplines to supplement their own practice. Thus, we at A.S.I.A. promote the study of all the various types of qigong.