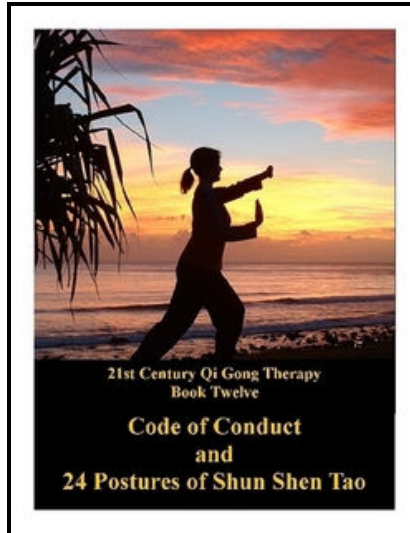


21st Century Qi Gong Therapy
-Level Twelve-

“Code of Conduct and 24 Postures of Shun Shen Tao”

By Ashida Kim



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**“The doors we open and close each day decide the lives we live.”
~Flora Whittemore**

Grandmaster Ashida Kim opens this lesson on the “Code of Conduct” and states “The rules in this code of conduct are not just about how you interact with the patient professionally, they also teach you to think critically and analyze objectively.” He discusses the importance of signing this oath because every student is required to sign it and abide by it at the conclusion of this lesson.

Grandmaster Kim moves on to the “24 Postures of Shun Shen Tao” where he wisely states the following: “Before you can help others you must draw water from the well yourself.” The less prior eleven levels of study have lead the student up to this point in their learning and without those prior levels of understanding the student could not have understood the principles and

mechanisms that empower the 24 Postures. The Qi Gong Exercises that Grandmaster Kim demonstrates in the “24 Postures of Shun Shen Tao” are extremely well done through photographs and with very easy to understand explanations – that is no easy feat and Grandmaster Kim has done a superb job in going so. It speaks volumes in that it is quite apparent that he has mastered each of these exercises and knows the movements intimately. The Qi Gong Exercises are to promote health and maintain well-being. To help master these exercises the student is highly encouraged to view them being performed by Grandmaster David Harris on YouTube and/or purchase the DVDs that are available. Note: Links are provided in this lesson.

These exercises need to be EXPERIENCED! They are not something that I believe that can be overlooked by the student at this juncture of the course as they truly are the culmination of what one has learned as you will FEEL the energy that flows throughout your body.

At the very conclusion of the course the student will receive a good lesson on the “NOBLE PATH OATH” taken by those who practice the martial arts and sciences versus the Hippocratic Oath.

Academic knowledge is to be applauded, but Grandmaster Kim has made it abundantly clear in my mind at least throughout not only this lesson but all those preceding lessons that the student must also become a PRACTITIONER – Do not become HEARERS ONLY, BUT DOERS!