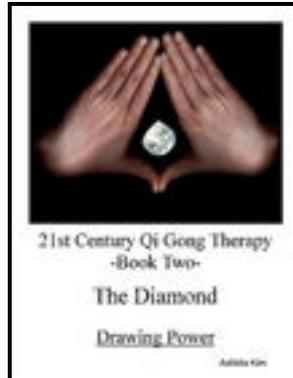


21st Century Qi Gong Therapy
-Level Two-

**“The Diamond”
Drawing Power**

By Ashida Kim



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Level Two consists of a twelve pages of teaching material where Grandmaster Ashida Kim picks up where he left off in his previous teaching in Level One where he discusses more traditional Chinese Medicine pathogens and their important characteristics – Dry, Heat, Summer Heat, Excess, and Deficient.

In this lesson you will learn a new skill set titled “The Diamond”. To better understand what the “Diamond” is Grandmaster Ashida Kim states the following”

“A Diamond is a Qi Gong therapy that produces drawing out characteristics. It helps with infections, bruising, swelling, strain and sprains. More specifically the small diamond helps with acute damage and the large diamond is good for broader areas of damage.”

Through clear photographic presentation Grandmaster Kim demonstrates the correct way you will need to perform the technique. In his discussion a variety of topics are explained – Grandmaster Kim states that ***“You are to be a conductor of energy not a generator.”***

He further discusses where the Large Intestine 4 (LI-4) is located in the web of your hands and how heat begins to build between these two points. Breathing

exercises are covered and the student will find that each movement is thoroughly covered, leaving nothing out.

The *application* of the Qi Gong Diamond is covered as well. As with Level One, each process is clearly shown by photographs. Grandmaster Kim states ***“The Diamond is a very useful and powerful Qi Gong therapy for conditions of excess. Use the large diamond on large surface areas such as back or chest. Use the small diamond on smaller surface areas and on acute (recent) conditions”***

I have taken courses where photographs have been used – and used poorly! Not so in these presentations. I am quite impressed with the clarity of demonstration in these studies.

The student will find that they have added yet another important Qi Gong therapy tool to their set of skills

The wonderful thing about the Diamond is that it can be used on yourself or anyone else!

Do not let the short exams you take at the conclusion of each level make you think that you are not “earning” your certification. I have had the opportunity to take formal classes in graduate school on test preparation and what has been prepared in these courses have been well thought out. Studies have also shown that open book exams make the student go back and review the material as well as where to locate it for future reference.

You will find further study recommendations, references and video reviews with direct links provided at the conclusion of your studies – use them!. These are excellent study tools for the topic at hand and will advance your learning curve exponentially.