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Qigong and its representation in the structure of training Shaolin Kung Fu in Europe of the Czech Republic

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The aim of the paper is to explain the specific structure of training (not only in the Czech Republic), its characteristics and its principles, and to introduce some new, hitherto carefully hidden – never before published – information about some specific training concepts of this martial art, including the training of internal energy called Qigong Kung Fu (this is an effective part of alternative and natural medicine (not only in Asia) and is a necessary part of Kung Fu), characterized Qigong, its representation and application of individual components within Qigong Shaolin Kung Fu.

Biography

Martin Dlouhý completed his Doctorate (PhDr.) from Masaryk University, Faculty of Sports Studies in Brno in the Czech Republic and Post-graduate Doctoral studies (PhD) at the Masaryk University, Faculty of Sports Studies at the department of sports medicine and sport psychology. He is an academic worker and university lecturer at the Department of Physical Education Faculty of Education of Charles University in Prague in the Czech Republic. He has published more than 50 scientific articles, including a monograph in reputable scientific journals at home and abroad.

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