# Name of Article

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CJ's preliminary investigation reveals the following:

Under Martial Arts, *Qigong* does not appear at all. *Tai Chi Chuan* shows up as one of the martial arts that uses the opponents energy rather than power and strength. The only other indirect reference was from Fu's "Mastering Yang Style Taijiquan" in making the statement that the People's Republic of China developed Wushu and committee controlled forms in order to suppress family-styles of Taijiquan.

If one clicks on "internal" under Martial Arts, it takes you to *Neijia*, where *Qigong* appears as an "Some other Chinese arts, not in the Wudangquan group, such as [Qigong](http://en.wikipedia.org/wiki/Qigong), [Liuhebafa](http://en.wikipedia.org/wiki/Liuhebafa), [Bak Mei](http://en.wikipedia.org/wiki/Bak_Mei) Pai, Bok Foo Pai and [Yiquan](http://en.wikipedia.org/wiki/Yiquan) are frequently classified (or classify themselves) as "internal"."

There is also a section on Sun Lu Tang, since his Sun style is often said to be composed of all three arts he called internal ([Tàijíquán](http://en.wikipedia.org/wiki/T%C3%A0ij%C3%ADqu%C3%A1n), [Xíngyìquán](http://en.wikipedia.org/wiki/X%C3%ADngy%C3%ACqu%C3%A1n) and [Bāguàzhǎng](http://en.wikipedia.org/wiki/B%C4%81gu%C3%A0zh%C7%8Eng)). *Qigong*  is also listed as a Chinese Martial Art term on the right panel.

Chinese Martial Arts is listed under the History and Modern History sections of Martial Arts, as well as one of the martial arts that uses weapons. If one clicks on Chinese Martial Arts, *Taijiquan* is listed as one of the Northern styles:

"The group of Northern martial arts includes many illustrious styles such as [Baguazhang](http://en.wikipedia.org/wiki/Baguazhang), [Bajiquan](http://en.wikipedia.org/wiki/Bajiquan), [Chāquán](http://en.wikipedia.org/wiki/Ch%C4%81qu%C3%A1n), [Chuojiao](http://en.wikipedia.org/wiki/Chuojiao), [Eagle Claw](http://en.wikipedia.org/wiki/Eagle_Claw), [Northern Praying Mantis](http://en.wikipedia.org/wiki/Northern_Praying_Mantis) and [Taijiquan](http://en.wikipedia.org/wiki/Taijiquan)"

Also under Chinese Martial Arts, Qigong is listed 4 times. Once as a term in the panel. The other three are:

[*Daoist*](http://en.wikipedia.org/wiki/Taoism) *practitioners have been practicing* [*Tao Yin*](http://en.wikipedia.org/wiki/Tao_Yin) *(physical exercises similar to* [*Qigong*](http://en.wikipedia.org/wiki/Qigong) *that was one of the progenitors to* [*T'ai chi ch'uan*](http://en.wikipedia.org/wiki/T%27ai_chi_ch%27uan)*)*

***Meditation***

*In many Chinese martial arts,* [*meditation*](http://en.wikipedia.org/wiki/Meditation) *is considered to be an important component of basic training. Meditation can be used to develop focus, mental clarity and can act as a basis for* [*qigong*](http://en.wikipedia.org/wiki/Qigong) *training.*[*[45]*](http://en.wikipedia.org/wiki/Chinese_martial_arts#cite_note-45)[*[46]*](http://en.wikipedia.org/wiki/Chinese_martial_arts#cite_note-46)

***Use of qi***

*(Main article:* [*Qigong*](http://en.wikipedia.org/wiki/Qigong)*)*

[T'ai chi ch'uan](http://en.wikipedia.org/wiki/T%27ai_chi_ch%27uan) is listed as one of the Styles of Chinese Martial Arts, with the five family styles underneath it.

* [T'ai chi ch'uan](http://en.wikipedia.org/wiki/T%27ai_chi_ch%27uan) (太極拳 Taijiquan) - Supreme Ultimate fist
  + [Chen-style t'ai chi ch'uan](http://en.wikipedia.org/wiki/Chen-style_t%27ai_chi_ch%27uan)
  + [Yang-style t'ai chi ch'uan](http://en.wikipedia.org/wiki/Yang-style_t%27ai_chi_ch%27uan)
  + [Wu (Hao)-style t'ai chi ch'uan](http://en.wikipedia.org/wiki/Wu_(Hao)-style_t%27ai_chi_ch%27uan)
  + [Wu-style t'ai chi ch'uan](http://en.wikipedia.org/wiki/Wu-style_t%27ai_chi_ch%27uan)
  + [Sun-style t'ai chi ch'uan](http://en.wikipedia.org/wiki/Sun-style_t%27ai_chi_ch%27uan)

Going back to Martial Arts: There is also a Martial Arts Portal: <http://en.wikipedia.org/wiki/Portal:Martial_arts> that can be found on the right panel of the main Martial Arts page.

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