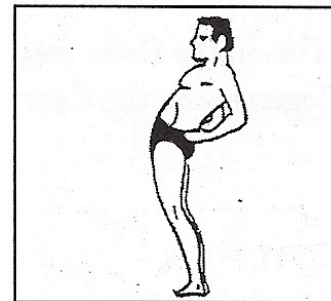
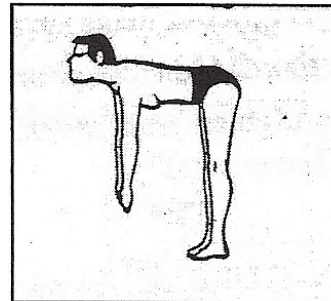
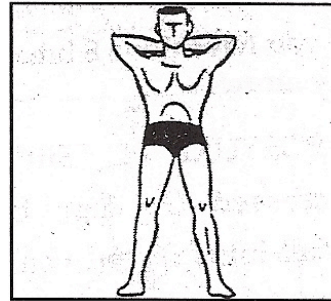
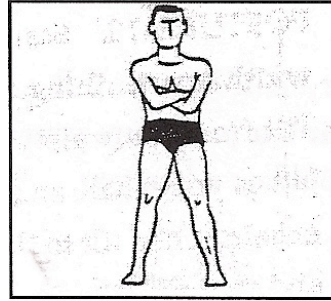


LINEAGE

THE ART & PRACTICE OF SUN-DO HAS BEEN PERFECTED AND HANDED DOWN OVER THE LAST 9700 YEARS FROM THE ANCIENT KOREAN PEOPLE, WHERE IT WAS PRACTICED AS MOUNTAIN TAOISM. WITH THE ARRIVAL OF FOREIGN INFLUENCES AND PHILOSOPHIES IN THE 9TH CENTURY, SOME PRACTITIONERS RETREATED PERMANENTLY TO THE MOUNTAINS TO PRESERVE AND PROTECT THIS ART FROM EXTINCTION.

IT WAS ONLY IN 1967 THAT SUN-DO RE-EMERGED IN KOREAN SOCIETY WHEN BEKYUNG (SECRET BOUNDARY) CAME DOWN FROM THE MOUNTAIN TO TEACH. PRIOR TO THIS HE HAD BEEN LIVING AS A HERMIT FOR 20 YEARS UNDER THE INSTRUCTION OF TAOIST MASTERS MOO-WOON (NO CLOUDS) & CHUNG-WOON (CLEAR CLOUDS) AND EVENTUALLY WAS TOLD TO RETURN TO SOCIETY AND TEACH THE SUN-DO ART TO THE PEOPLE.

BEFORE RETURNING TO THE MOUNTAIN BEKYUNG SANCTIONED 17 TEACHERS INCLUDING MASTER HYUNMOON KIM WHO HAS BEEN TEACHING SUNDO IN THE UNITED STATES SINCE 1979.



SUN-DO

QI GONG

BREATHING MEDITATION

FOUR WINDS NATURAL HEALING
CENTER

115TH DAVENPORT ST.

WWW.PINPOINTMEDICINE.COM

INSTRUCTOR

JOEL DUNNING, L.AC.

SUNDO PRACTICE

Sun-Do is a system developed and preserved by Mountain Taoist hermits for thousand of years in Korea. Its foundation is the combination of Tan Cheon (Dan Tian) breathing with postures to unite the practitioner with universal energy (Tao).

Sun-Do consists of 9 major stages each contains unique sets of postures and a progression of breathing methods. The breathing methods gather energy (Qi) in the Tan Cheon while the postures direct the energy to specific acupuncture points, creating openings and redistributing the energy where flow was blocked or weakened.

In practice, the Sun-Do student progressively learns move energy first through the two channels (microcosmic orbit) then through the 12 & 14 meridians, then 365 points of the body and finally through all the cells.

Internally the practice aspires to the harmonious union of the internal micro-universe of *chong*, *ki*, and *shim*. *Chong* refers to physical/ sexual energy, *ki* is thought and mental ability and *shim* is spirit and wisdom. In the interrelationship of the three, when *chong* becomes full, *ki* becomes purified, when *ki* becomes purified, *shim* becomes brighter.

CLASS FORMAT

It takes about one hour and 15 minutes to complete one full Sun-Do practice consisting of four sections:

1. Beginning exercises:

Gentle, yoga-like stretches serve to warm up body/ ki (qi).

2. Meditation & Breathing Postures:

Postures to regulate the ki in combination with Tan Cheon breathing, taught through progressively advancing stages of practice.

3. Cool Down Exercises:

Self massage, stretches, calisthenics to absorb energy of practice.

4. Internal Organ Exercise

Postures for vitalizing the Five Element organ system of Oriental medicine.

Classes are open to all levels and backgrounds of students. All exercises are done to your individual ability.

Call for class times and fees.

(402) 650-7715

For more information:

www.sundo.org

www.pinpointmedicine.com



BIOGRAPHY

Joel Dunning has been practicing and teaching martial arts, yoga and qi gong for the past 20 years. He is an Acupuncturist & Herbalist in Omaha. He currently studies with Sun-Do Master Hyunmoon Kim.

