

$$\begin{matrix} \cdot & & & & \\ \cdot & , & & , & \end{matrix}$$

\* \*\*\*

■

가 가

1.

氣力 , 氣

가

가

丹書 가

, 天地氣運 生育之氣

? 氣

氣가

(逆症療法)

氣가

가,

가

氣

氣

(同種療法),

氣

가

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9 (hiturtle@chollian.net)  
(jss@hyowon.cc.pusan.ac.kr)

1. 氣 가?
- 氣
- 氣場
- ( , 1997).
- 氣 (字書)
- (說文解字)15
- 氣
- < (飢 : , ) >
- [气] < > (氣合)’ ( , 1993). 3
- (雲氣)’
- 가 가
- 가 [气]
- 가
- ( , 1993).
- 가
- 氣 ( , 1997).
- 氣
- 氣
- 氣
- 心氣가 , 神氣가 , 氣分
- 氣力
- 氣가 , 氣骨
- ( , 1987).
- 12經絡 365 經穴
- 氣 氣 ( , 1987).
- ( , 1991).
2. (丹田呼吸) 가?
- 가
- 가
- 가
- 가
- (氣息)
- 10
- 6
- ( , 1991).
- (丹田) 丹( ) (田) ,
- 上丹田, 中丹田, 下丹田
- ( , 1993).
- 腎
- 津液
- 가
- 가
- ( , 1987).



(auditability),  
(confirmability)

가 4 ,  
가 7 .

3 ,

1)

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4

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(導引體操)

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< # 3 >

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< # 7 >

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38 ,

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< # 5>

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< #6>

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< # 6 >

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< # 7 >

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(1996)

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-Abstract-

Key concept : Qi experience, Dan-Jeon Breathing  
Training, Ethnographic research

## An Ethnographic Research on the Phenomenon of A Dan-Jeon Breathing Training Center

*Park, Eun Zoo<sup>\*</sup> Jun, Sung Sook<sup>\*\*</sup>*

The purpose of this study was to explore and describe the experience of Dan-Jeon breathing training and of Qi as a essential substance in forming human body. The sample consists of 7 participants who are Dan-Jeon Breathing training in a Training center, Pusan, Korea. They were asked open-ended questions in order for them to talk about their experiences.

With permission of the subjects, the interviews were recorded and transcribed.

The summarized results of this research are following.

### 1. The purpose of Dan-Jeon Breathing

The interview data was organized by themes into 4 categories : hope for health recovery, a concern about Dan-Jeon Breathing, seeking meaning of life, change of lifestyle

### 2. The experience of Qi during Dan-Jeon Breathing training

The interview data was organized by themes into 3 categories : an autonomic movement of body, spiritual experience, conviction of existence of Qi

### 3. The change after Dan-Jeon Breathing training

The interview data was organized by themes into 7 categories : physical health promotion, emotional relaxation, promoting brain function, positive attitude about life, love to others, investigation for self, improvement on Qi feeling.

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