

Name	English Names	Function	Location	Notes
Qing Qi	Air Qi (Clear)	Respiration	LU	Heaven Qi
Da Qi	Air Qi (Great)			
Gu Qi	Food Qi	Nutritional energy from food generated by SP & ST	SP	Earth Qi
Zong Qi	Pectoral or Gathering Qi	1. Nourish & tonify HT & LU 2. Assist respiration. 3. Assist xue circulation. 4. Promote circulation to extremities	Ren 17	= Da/Qing Qi + Gu Qi
Zheng Qi	Upright Qi	All physiological qi. Think: immunity	Entire body	Includes Zong, Yuan, Wei & Ying Qi
Wei Qi	Defensive Qi	1. Prevents invasion of external pathogens 2. Strengthens muscles 3. Controls opening and closing of pores. Think skin level protection	Between skin and muscles	circulates 25x during day & 25x at night = 50 times every 24hrs
Ying Qi	Nutritive Qi	Nourishes internal organs and physical body	Vessels	Circulates with xue
Yuan Qi	Original or Primary Qi	1. Motive force. 2. basis of KI qi, actually all internal organ qi. 3. Facilitates generation of qi & xue. 4. Nourished by food	KI, Ming Men	Human Qi. Distributed to entire body via SJ
Zhen Qi	True or Vital Qi	True Qi, flows in the meridians	Meridians	Includes Yuan, Wei & Ying Qi
Zhong Qi	Central Qi	Transforming and transporting functions of SP	SP & ST	True ST & SP Qi
Zang Fu Qi	Organ Qi	Each according to specific organ	All Zang Fu	