



MAY 2015 – NO 2

NEWSLETTER

We should like to invite instructors to get involved in the following European events being organised by the International Health Qigong Federation, which will further our experience, knowledge, level of technique and therefore practice, health benefits and improvement of our teaching skills.

2nd World Health Qigong Scientific Symposium Paris, France - 22nd to 25th August 2015.

This event consists of two parts, the first being a 2 Day Seminar of conferences themed “Qigong Healthcare & Life Culture” with presentations by Sinologists, scientists, medical experts, well-being and world-renowned health specialists such as Prof. Jerry Alan Johnson, Ms Catherine Despeux, TCM Dr. Zhang Mingliang, Prof. Wolfgang Scollhorn, Ms Ke Wen & Prof. Yu Dinghai who will share and discuss their theories and knowledge with the public. There will be collective practice in between each lecture to have a shared moment of exchange through Qigong. An afternoon of scientific exchange will be held with attendants from different countries on research and experience to Qigong.

The second part being a 2 Day Training Course for practitioners who already know the following five systems of Health Qigong: Wu Qin Xi (5 Animal Frolics) by Prof Yu Dinghai, Ba Duan Jin (8 Section Brocade) by Ms Ke Wen, Liu Zi Jue (6 Healing Sounds) by Prof Zhang Mingliang, Ma Wang Dui Daoyin Shu & Taiji Yang Sheng Zhang (Taiji Stick Exercises) both by experts from the Chinese Health Qigong Association. These high level experts will teach qigong health care effects, philosophy, science and culture connotations and ways of exercise among different groups of people.

There will follow a collective practice and public demonstration in a prestigious location in Paris and finally, a gala evening will close the meeting on 25th August.

BHQA are planning to take a team to the 2nd World Health Qigong Scientific Symposium in Paris - Contact Carol Gascoyne for more information.

Email: carol@wildhorsetaichi.com



6th World Health Qigong Tournament & Exchange Porto, Portugal - 2015 27th August to 1st September.

These events are being organised to build a platform for international Health Qigong friendly communications, so as to promote sound and rapid development of Health Qigong.

See next page for personal experience by previous Team GB members!

28th August - Judging Seminar

Learn points of Judging & technical development.

29th August - Square demonstration

Learn formation for creative demonstration.

30th & 31st August - Exchange and competition

Group Competition (consists of 4 to 10 members) &/OR Individual Competition
Health Qigong: Yi Jin Jing, Wu Qin Xi, Liu Zi Jue, Ba Duan Jin
performed in time to full official CHQA music (no commentary prompts).

1st September - Seminar on Health Qigong

Taiji Yang Sheng Zhang (Taiji Health Preservation Stick Exercises)

A day of practical tuition by an expert from CHQA (to be announced)

1st September -Duan Examination

Rare opportunity for grading for Technical grades 1 - 3.

For further info - See www.healthqigong.org.uk

BHQA are planning to take a team to the 6th International Health Qigong Tournament & Exchange in Portugal and are hoping that as many of our members as possible will be able to join us to help make this event an extra special occasion. Whilst we are planning to enter a team, you are welcome to come along and provide us with some much needed support so please don't stop reading this as soon as you see the word "tournament".

PLEASE READ ON.....

How to live a Happy and Healthier lifestyle, with the aid of Health Qigong

By Jan Jackson, BHQA Instructor, Derby.

I do not like the idea of taking pills and potions, in fact I haven't taken an antibiotic or an analgesic for over twenty years. I am sure that they do contain a chemical that makes you better, it's the rest of the ingredients that you don't know about, that I object to ingesting. Unfortunately I suffer from Asthma and Temporal Lobe Epilepsy. Both of these conditions necessitate me to include a certain amount of medication to circulate around my blood stream every day, however with regular practice of Tai Chi and Health Qigong, I believe I can keep this amount to a minimum.

As many of you know, Asthma can present itself in many ways, in some cases it can be caused by irritants and some, like mine can begin with damage to the lungs through past illnesses, mine being the onset of pneumonia during childhood. I find that regular practice of one of the Health Qigong sets in particular, Ba Duan Jin, helps tremendously in increasing lung capacity.

Epilepsy brings a lack of concentration and memory problems and the loss of muscle control, particularly in stressful situations. I find that Yi Jin Jing can focus your mind on the soft and strong movements of the muscles and can help to overcome this. In fact learning any routine can make your mind more active and improve your memory.

I have recently been informed that I have the beginnings of Osteoporosis of the spine. This affects many ladies in particular as they get older. In order to keep this at bay, my regular practice of Taiji Stick and Wu Qin Xi, both of which have wonderful movements to strengthen the muscles of your spine.

Performing the 'Animals', in particular, always makes me happy and leaves me with a smile.

Another thing that many people suffer with at any age is arthritis, any form of Health Qigong can strengthen the muscles around the bones and take strain off the joints. If you want to do this and chill out, learn the beautiful peaceful Daoyin 12 Step routine, as this is also a form created to help strengthen the immune system.



(PHOTO TAKEN AT 1ST EUROPEAN HEALTH QIGONG GAMES IN MONS, BELGIUM 2014)

I believe all this works for me, and that by entering into competitions and also by teaching, encourages me to practice regularly and continually re-visit the forms, to keep myself fit, aware and with a smile on my face!

AN INVITATION BY PREVIOUS TEAM GB MEMBERS

We realise that most people take up Health Qigong for health reasons and that for many, just the idea of competing is enough to bring on a panic attack. However, if you can look beyond this, you will soon see that taking part in such events can actually offer many positives. Last July, Tary and five of our members travelled to Mons, Belgium to take part in the 1st European Health Qigong Tournament and they all said what an amazing experience this was and how their own skills had improved as a result.

(A team photo to show off all the trophies and medals won by our BHQA members)



Most of us practice Qigong for the health benefits and until now, have probably not even contemplated the idea of entering a competition. However, all the members who competed last year found that the extra practice and training not only helped improved their own understanding and practice but also went on to improve their own individual health issues. The instructors felt their teaching standards improved and everyone came away feeling stronger both mentally and physically which is what Health Qigong is all about. (Photo - Competing in the group Yi Jin Jing)

If you don't want to compete, you could always just come along to provide us with some much needed support and just enjoy taking in the atmosphere as a spectator. There is a lot to be said for this as Health Qigong is one of the few events where age is no barrier. Last year the ages ranged from between 9 and 75 with everyone competing on equal terms. It is only when you sit and observe the diversity of the competitors that you can begin to appreciate the range of talents that only an event such as this can provide. Whilst some of the older competitors might not be as nimble or flexible as the younger ones, to witness their determination, mental focus and the elegance of their movements can be equally breathtaking. It would be almost impossible to come away without being inspired.

If you do come along as a Supporter, there are still other less stressful activities taking place which you might like to join in. Last year in Mons, there was a large Health Qigong Demonstration in the Town Square which was a wonderful experience performing Health Qigong routines with hundreds of others from all over Europe. Whilst no two events are the same, something similar is being planned for Portugal and will no doubt be equally enjoyable. There will also be a Health Qigong training day and in the past these have always been of a very high standard and well worth attending. These events normally conclude with a "not to be missed" Evening Banquet. An excellent end to a wonderful event. (Photo - Health Qigong in Mons Town Square)



Regardless of whether you decide to come along as a competitor or supporter, this is an excellent opportunity to be able to get to know other Health Qigong enthusiasts from all over the world and exchange experiences. Whilst enjoying the Health Qigong demonstration in Mons Town Square last year, it made us realise that although we were all from different backgrounds and did not always speak the same language, when we performed Health Qigong together, none of this mattered.

Please send any information, testimonials, best practices, book reviews or articles for inclusion in future Newsletters to vicky.ahern@btinternet.com

www.healthqigong.org.uk

