



国际健身气功联合会

INTERNATIONAL HEALTH QIGONG FEDERATION

THE 11TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE

Training Notice

I. Workshop on Health Qigong *Daoyin* and *Tu'na* (Breathing)

1. **Dates:** July 22, 23, 25, 2025

2. **Location:** Vancouver

3. **Keynote speakers:** Prof. YANG Bailong & Prof. ZHANG Mingliang

4. **Training contents:**

(1) Basic knowledge essentials for practicing Health Qigong

(2) Theories and methods of "Body regulation" and "*Daoyin*" in Health Qigong

(3) An outstanding representative of *Daoyin* exercises: Health Qigong·Baduanjin

(4) Theories and methods of "Breathing regulation" and "*Tu'na*" in Health Qigong

(5) An outstanding representative of *Tu'na* exercises: Health Qigong·Liuzijue

(6) Key points, common mistakes and improving directions in practicing Health Qigong·Baduanjin

(7) Key points, common mistakes and improving directions in practicing Health Qigong·Liuzijue

(8) When Baduanjin meets Liuzijue: How to combine "*Daoyin*" with "*Tu'na*"?

(9) Your personal exercise prescription: Finding your own personalized optimal way to practice Health Qigong

(10) Exchange and sharing of practice experiences

(Note: This is for reference. The actual content of the workshop will prevail.)

5. **Participants:**

Open to all enthusiasts. It is recommended that participants have a basic understanding of the techniques of Liuzijue & Baduanjin or undertake prior learning before the training.

6. **Training certificate**

Upon completion of the training content and achieving satisfactory performance, participants can obtain a training certificate issued by the International Health Qigong Federation, and will be eligible to directly apply for the international Health Qigong Duan level 3 examination (Note: The Duan needs to be applied separately. Personnel who have already obtained Duan 3 or above do not need to apply for another Duan 3 exam).

7. Training costs

USD\$360/person. A 10% early bird discount on the training fee is available for full payment made before March 31, 2025.

Note: After the registration deadline on June 21, a pre-class meeting will be organized online before the formal workshop, and the teachers will give pre-class guidance on how to learn the course better.

Introduction of the Lecturer:

Prof. YANG Bailong: Advisor of the Expert Committee of the IHQF, Professor of Beijing Sport University, former Director of the Daoyin and Health Preservation Center at Beijing Sport University, Chinese Health Qigong Duan 9, and an International Health Qigong Referee Grade A. He has served as a Standing Committee Member of the Chinese Health Qigong Association, Deputy Director of the Technical Committee, Deputy Director of the Promotion Committee of IHQF, and a member of the Editorial Board for the Compilation Committee of Health Qigong Promotion and Popularization Techniques. He was the chief editor of the Health Qigong Baduanjin, 12duanjin routines, and related textbooks. He has served as the Chief Referee, Director of Jury of Appeal, and keynote speaker for various training courses at numerous international and domestic Health Qigong competitions dozens of times. He has visited and lectured in over 30 countries more than a hundred times.



Prof. ZHANG Mingliang, Director of the Expert Committee of the IHQF, Internationally renowned Health Qigong expert, Traditional Chinese Medicine and Yangsheng experts, inheritor of Chinese national intangible cultural heritage 24 solar terms TCM guiding health method, inheritor of Shanxi Province intangible cultural heritage TCM new nine acupuncture therapy, inheritor of Emei City intangible cultural heritage Emei Inner Daoyin, the 14th generation inheritor of Emei Tao Medical health Science, founder and president of Beijing Huangting Institute of Traditional Chinese Medicine, Chinese Health Qigong Duan 8, visiting professor of Beijing University of Chinese Medicine and Physical Education College of



Shanxi University. Main creation expert of Health Qigong · Liuzijue, Yijinjing and 12Duanjin.

II. Basic Learning Course for Mingmu Qigong (Eyes Brightening Exercise)

1. Date: July 22, 2025

2. Location: Vancouver

3. Keynote speaker: Prof. LEI Bin

4. Training content: Health Qigong · Mingmu Qigong (Youth Version)

(1) The origin, characteristics, and functional principles of Mingmu Qigong

(2) Teaching of various movements and technical points of Mingmu Qigong, as well as common mistakes

(3) Basic breathing and mental methods involved in Mingmu Qigong

(Note: This is for reference. The actual content of the workshop will prevail.)

5. Participants:

The course is suitable for Health Qigong enthusiasts or those who plan to carry out Mingmu Qigong teaching.

6. Training certificate:

Upon completion of the training content and demonstrating the ability to fully practice the routine, participants can obtain a training certificate issued by the International Health Qigong Federation.

7. Training costs

USD\$120/person. A 10% early bird discount on the training fee is available for full payment made before March 31, 2025.

III. Advanced Mingmu Qigong Improvement Course

1. Date: July 23, 2025

2. Location: Vancouver

3. Trainer: Prof. LEI Bin

4. Training Content: Applications of Health Qigong · Mingmu Qigong and Hand Skills for Eye Care

(1) Theoretical basis of Mingmu Qigong in Traditional Chinese Medicine, including Zang-fu organs and meridians

(2) Commonly used acupuncture points on the Fourteen Meridians

(3) Applications of Mingmu Qigong (Youth and Adult Versions) in eye care

(4) Hand skills for eye care

(5) Teaching methods for Mingmu Qigong

(Note: This is for reference. The actual content of the workshop will prevail.)

5. Participants:

The course is suitable for those who already have a foundation in Mingmu Qigong (either the Youth or Adult Version). It is recommended to undertake prior learning of Mingmu Qigong (Youth or Adult Version) before attending this course.

6. Training certificate:

Upon completion of the training content and demonstrating the ability to fully practice the routines, participants can obtain a training certificate issued by the International Health Qigong Federation.

7. Training costs

USD\$120/person. A 10% early bird discount on the training fee is available for full payment made before March 31, 2025.

Introduction of the Lecturer:

Prof. LEI Bin: Associate Professor and Master's Supervisor of Wuhan Sports University; Committee Member of Chinese Health Qigong Association, Chinese Health Qigong Duan 8, International Health Qigong Referee Grade B. Key contributor to the creation of Health Qigong·Yijinjing and Mingmu Qigong (Adult Version); and head of the compilation team for Health Qigong·Dawu and the Twenty-Four Solar Terms Health Preservation Qigong. He systematically studied the specialty of traditional Chinese medicine bone injury, and obtained the Physician Qualification Certificate. He has edited or co-edited 12 textbooks and served as the principal investigator for four first-class courses in Hubei Province: Health Qigong, Health Qigong·Yijinjing, Health Qigong·Dawu, and Theory and Practice of Traditional Sports Health Preservation. Six of his



research papers on Health Qigong have been selected for presentation at the Olympic Scientific Congress. He has given lectures on Health Qigong to nearly 20 countries.

Note: the Workshop on Health Qigong *Daoyin* and *Tu'na* will be conducted concurrently with the Courses for Mingmu Qigong, please pay attention. The training fee is non-refundable once paid (but the right to review the course materials is reserved).