

Schedule of The First Training Course for International Instructors of Health Qigong • Liuzijue

No.	Date	Time	Contents of online course	Lecturer	Remarks
1	November 29	20:00 22:00	Health Qigong • Liuzijue -- A Typical Qigong Characteristics Health Qigong Routine, a Millennium Model for the Integration of Sports and Medicine (including an overview of routine features)	Zhang Mingliang	
2	December 6		Standards and Specifications for Pronunciation, Oral Form and Breath of Health Qigong • Liuzijue	Zhang Mingliang	Xiao Xue
3	December 13		"Static" Body Regulation Method of Health Qigong • Liuzijue--Practice and Specifications of <i>Zhuang</i> (standing) exercise Practice Method and Effect of "Liuzijue method" + <i>Zhan Zhuang</i> of Health Qigong • Liuzijue	Li Jinlong	
4	December 20		Teaching and Specifications for Breakdown of Movements of Health Qigong • Liuzijue (including common faults) (I): Ready form/ Starting form/ XU Exercise-liver/ HE Exercise-heart/ HU Exercise-spleen	Chen Huijuan	
5	January 3		Teaching and Specifications for Breakdown of Movements of Health Qigong • Liuzijue (including common faults) (II): SI Exercise-lung/ CHUI	Chen Huijuan	After Christmas

			Exercise-kidney/ XI Exercise- <i>Sanjiao</i> / Closing form		
6	January 10		The profoundity of principles and effects of each movements of Health Qigong • Liuzijue Note: We shall lead to practice Liuzijue at the beginning of each class since this class(or once before and after the course)	Dai Jingang	
7	January 17		Summary of Origin and Development of Health Qigong • Liuzijue	Li Yunning	
8	January 24		The Theory of Five Viscera (<i>Wuzang</i>) of TCM in Health Qigong • Liuzijue	Chen Changle	
9	January 31		Three Practicing Orders of Health Qigong • Liuzijue (Pithy formula + Movement)	Li Yunning	
10	February 7		Liuzijue in <i>Yangxing Yanming Lu (Records of Nourishing the Body and Extending Life)</i> ; Liuzijue in <i>Qian Jin Yao Fang (Thousand Golden Preions)</i>	Li Limin	Before Spring Festival
11	February 21		Summary and Analysis of Basic and Clinical Research Related to Health Qigong • Liuzijue	Huang Shan	
12	February 28		Teaching Methods (Three Levels) of Health Qigong • Liuzijue (Pithy formula + Movement)	Li Jinlong	
13	March 7		A Comparison of Vocalization of Health Qigong • Liuzijue and Voice Meditation of Indian Yoga	Chen Sujun	Canada
14	March 14		Movement, <i>Qi</i> and Mind in the Routine of Health Qigong • Liuzijue	Dai Jingang	
15	March 21		The Illness Curing and Health Preserving (<i>Yang Sheng</i>) Mechanisms by	Huang Shan	

			Breathing (<i>Tu' na</i>) of Health Qigong • Liuzijue		
16	March 28		Liuzijue in <i>Tai Shang Yu Zhou Liu Zi Qi Jue (Taoist in the Yu-Shaft)</i> ; Appreciation of Song Formulas Related to Liuzijue in Ancient Literature	Li Yunning	
17	April 11		The Principle of move-function Relationship, Exercise Prescriptions of Health Qigong • Liuzijue on Health Preservation (<i>Yang Sheng</i>) and Disease Treatment	Dai Jingang	After the Tomb – sweeping Day
18	April 18		Exercise Prescriptions of Health Qigong • Liuzijue for Respiratory Diseases	Wang Yinghui	
19	April 25		Exercise Prescriptions of Health Qigong • Liuzijue for Hypertension	Chen Changle	
20	May 2		Exercise Prescriptions of Health Qigong • Liuzijue for Diabetes	Wang Yinghui	
21	May 9		Exercise Prescriptions of Health Qigong • Liuzijue for Sleep Disorders	Li Limin	
22	May 16		Experience Sharing in Learning, Practicing and Teaching Health Qigong • Liuzijue	Panagiotis	Greece
23	May 23		<i>Tu' na</i> , Running <i>Qi</i> and Disease Treatment – Ancient TCM Wisdom of Health Qigong • Liuzijue	Zhang Mingliang	
24	May 30		Review, Exchange and Q&A	Zhang Mingliang Dai Jingang Li Jinlong	
5-Day Face-to-Face Course					
Specific time, place, contents and teachers will be notified later					
Place: P.R. of China			Time: June or July 2021		

Course contents :

- | | |
|---|--|
| ● Standardize and correct the movements of Liuzijue personally | ● "Origin" and effect of Liuzijue Daoyin movements |
| ● Teach and explain the formulas of Liuzijue face-to-face | ● Voice practice and correction of Liuzijue |
| ● Teach and convey the charm of Liuzijue | ● Simple diagnosis and treatment of hypertension, diabetes, sleep disorders and other diseases |
| ● How to be a qualified instructor of Health Qigong | ● How to practice Health Qigong • |
| ● Trainees' routine presentation and teachers' comments | Liuzijue as the patients with |
| ● Trainees' simulation teaching and lectures and teachers' comments | hypertension, diabetes, sleep disorders and other diseases |

Note: The teaching topics and contents may change slightly according to the teaching plan and trainees' feedback.