



Training Notice of Basic Course on Health Qigong and Traditional Chinese Medicine *Daoyin*

I. Purpose of the Course

Present Health Qigong and traditional Chinese medicine-based *Daoyin* exercises in an accessible way, sharing tips and insights to inspire and guide practitioners in their deeper exploration and mastery of Health Qigong.

II. Dates and Format

Dates: From April 4, 2025, to September 26, 2025.

Format: Online, utilizing the DingTalk platform.

III. Target Learners

Health Qigong enthusiasts from various countries and regions.

IV. Course Content

78 lectures on Health Qigong and Traditional Chinese Medicine *Daoyin* delivered by Prof. Zhang Mingliang (Attachment 1. Presented in Chinese with English subtitles).

V. Course Arrangement

Courses will be updated once every Friday morning (Beijing time), with each session comprising 3 tips. Learners can rewatch the courses within a specified period. The entire course consists of 26 sessions.

VI. Registration and Fees

Participants need to fill out the registration form (Attachment 2) and submit it to the designated email address by March 31, 2025.

The total course fee is USD \$40 (RMB ¥299), which covers the cost of the course and certificate. Registrants must transfer the fee to the account of the International Health Qigong Federation by April 2, 2025 (RMB payments can be made via WeChat Pay).

Account Details:

Name: International Health Qigong Federation

Unified Social Credit Code: 5110000071782885XM

Account Numbers:

RMB: 020000 8109 200 111227

USD: 020000 8109 200 136595

Bank: Beijing Gymnasium Road Branch of ICBC (Industrial and Commercial Bank of China)



VII. Course Certificate

Upon completion of all courses and consistent attendance, learners will be awarded the "Certificate of Basic Course on Health Qigong and Traditional Chinese Medicine *Daoyin*".

VIII. Contact Information

Contacts: Tian Wenbin, Wu Zhipeng

Tel: +86-10-87187160

Mobile: +86-13934504041 (same as WeChat)

Email: users@ihqfo.org; twb@httcn.com

IX. The International Health Qigong Federation reserves the right to interpret this training notice.

Attachments:

1.Course Schedule

2.Registration Form



International Health Qigong Federation
March 11, 2025

Attachment 1:

Course Schedule

Lecturer: Zhang Mingliang, Director of the Expert Committee of the International Health Qigong Federation, an internationally renowned expert in Health Qigong, an eighth-degree holder in Chinese Health Qigong, an expert in Traditional Chinese Medicine and wellness, inheritor of the 24 Solar Terms Traditional Chinese Medicine Guidance for Health Preservation (a national intangible cultural heritage of China), inheritor of the New Nine-Needle Therapy of Traditional Chinese Medicine (a provincial-level intangible cultural heritage of Shanxi Province), inheritor of E'mei Internal Qigong Massage Therapy (a municipal-level intangible cultural heritage of E'meishan City), the 14th-generation inheritor of E'mei Dan Medical Health Preservation, Founder and Dean of Beijing Huangting Traditional Chinese Medicine Research Institute, Guest Professor at Beijing University of Chinese Medicine, and Guest Professor at Shanxi University's College of Physical Education. He was also the lead creator of Health Qigong exercises such as Liu Zi Jue, Yi Jin Jing, and Shi Er Duan Jin.

(Courses will be updated once every Friday morning (Beijing time), with each session comprising 3 tips, each tip is about 5 minutes)

No.	Date	Contents	Note
1	April 4	#1 What is Health Qigong? #2 Movement Regulation and Its Functions #3 Contents of Movement Regulation	Video meetings with instructor
2	April 11	#4 "Bending and Stretching", "Loose and Tight" at <i>Bazi</i> Palm Shape #5 What does BaDuanJin practice? #6 Health Qigong & BIG	
3	April 18	#7 Health Qigong & SLOW #8 Health Qigong & PAUSE #9 Health Qigong & OBSERVATION	
4	April 25	#10 Life Exists Only Between Breaths #11 The Concept of “ <i>Tiaoxi</i> ” — Breathing Regulation #12 The First Step of “ <i>Tiaoxi</i> ” — Breathing Regulation	
5	May 2	#13 A Simple Breathing Method #14 Body Regulation vs. Breathing Regulation #15 Long-term Requirements of Breathing Regulation	

6	May 9	#16 On “Feeling the Peace of Mind and Body Relaxation” #17 Methods for Mind Regulation #18 Preparations before Practice	
7	May 16	#19 About the Closing #20 Starting From the Head in Pre-practice <i>Daoyin</i> Exercises #21 Three Exercise Methods for the Head	
8	May 23	#22 <i>Jinxiang Shi</i> — The Neck and Nape Movement for Head Exercise #23 About <i>Chenjian</i> (Lowering the Shoulders) #24 <i>Jianzhou Shi</i> — The Shoulders and Elbows Movement	
9	May 30	#25 The Importance of Finger Exercise #26 Practicing <i>Wanzhi Shi</i> — The Wrists and Fingers Movement #27 Don’t Underestimate the Hand and Finger Exercise	
10	June 6	#28 Keeping the Body in Motion and the Mind in Peace #29 <i>Rujing</i> — Getting into Serenity #30 Qigong Originated from Life	
11	June 13	#31 About the Three Regulations Integrated as One #32 Waist and Hip Rotation Exercise #33 "Yi Wu Liu Ba"	
12	June 20	#34 The Sequence of Health Qigong Practice #35 The Three Regulations Promote Qi and Blood Circulations #36 About <i>Dantian</i>	
13	June 27	#37 The Five Zangs Doctrine in TCM #38 About Health Qigong • Liuzijue #39 More about Liuzijue	
14	July 4	#40 <i>Bazi</i> Palm — the Practice Method #41 The Sequence of Liuzijue Practice #42 Breathing Practice — the Ah-character Sound	
15	July 11	#43 What Do You Practice by "Swaying the Head and Wagging the Tail"? #44 Key Points in Practicing Liuzijue Moves #45 Details of Hand Movement In "Clenching the Fists and Glaring to Enhance Strength"	
16	July 18	#46 About the Pronunciation in Liuzijue #47 Look Backwards to Forestall Strain and Injuries #48 About the 呬 Si-Character Sound	
		#49 The Mouth Shape of the 嘘 Xu-character Sound	

17	July 25	#50 The Liuzijue as Described by the Ancients #51 Body Up, <i>Qi</i> Down	
18	August 1	#52 Exhaling Method of 吹 Chui-character Sound #53 The Earliest Record of Liuzijue #54 Form, <i>Qi</i> and Mind	
19	August 8	#55 On <i>Qi</i> and Mind #56 Saving <i>Jing</i> , Loving <i>Qi</i> and Being “Stingy” with <i>Shen</i> #57 <i>Qi</i> is a Tonic for Prolonging Life	
20	August 15	#58 Saliva is the Ganoderma for Life Extension #59 Master One and You’ll Master All #60 A Ball of Harmony <i>Qi</i>	
21	August 22	#61 <i>Heng</i> and <i>Ha</i> #62 The Navel’s Role in Health Qigong Practice #63 The Navel as the Core	
22	August 29	#64 Real Knowledge Comes from Practice #65 About <i>Wei Tuo Xianchu</i> (Skanda Presenting the Pestle) #66 Comprehend Theories, Understand Methods and Engage in Real Practice	
23	September 5	#67 <i>Qi</i> Regulation #68 The Fusion of Sports and Medicine #69 Qigong and Bionics	
24	September 12	#70 The “Change” in Yijing #71 A Brief Analysis of the Liuzijue Mouth Shapes #72 What is <i>Jing</i> ?	
25	September 19	#73 The Practice Environment #74 Dynamic Exercises and a Peaceful Mind #75 Harmony of Man and Nature	
26	September 26	#76 Preparations for Practice (<i>Liangong</i>) #77 The Functions and Sequence of Closing #78 Grasping the Details	

Attachment 2: **Basic Course on Health Qigong and TCM *Daoyin***

Registration Form

Name		Nationality		(Photo)
Gender		Date of Birth		
ID. No.		Occupation		
Duan degree		Language		
Organization			Tel./WeChat	
			E-mail	
Practice experience	Years:	Frequency: <input type="checkbox"/> Often <input type="checkbox"/> Occasionally <input type="checkbox"/> Rarely		
	Main exercises practiced:			
Briefly describe your learning experience and understanding of Health Qigong exercise				