



国际健身气功联合会

INTERNATIONAL HEALTH QIGONG FEDERATION

Notice of the Second Training Course for International Instructors of Health Qigong · Liuzijue

I. Purpose of the course

To cultivate a professional team of Health Qigong•Liuzijue instructors, explore and establish an international trainer ranking system for Health Qigong, and promote the in-depth development of the international Health Qigong cause.

II. Training Dates, Venue, and Format

1. **Online:** From April 14, 2025, to October 6, 2025. Utilizing the DingTalk platform.

2. **Offline:** The three-day face-to-face course will be held in China between October and December 2025. Specific dates and venue will be notified separately.

III. Training Participants

1. Health Qigong teachers and enthusiasts with a certain foundation from various countries/regions.

2. Participants from the first International Health Qigong•Liuzijue Instructors Training Course (retake).

IV. Training Content

(1) Standard specifications for the movement of Health Qigong • Liuzijue.

(2) The profundity of principle and routine of Health Qigong • Liuzijue.

(3) Illness curing and health preserving (*Yangsheng*) mechanisms by the breathing (*Tu'na*) of Health Qigong • Liuzijue.

(4) Study and interpretation of classical literatures on Health Qigong • Liuzijue.

(5) Clinical and scientific research related to Health Qigong • Liuzijue.

(6) The exercise prescriptions of Health Qigong • Liuzijue for several common chronic and difficult diseases.

(7) Three stages and levels of practice and teaching of Health Qigong • Liuzijue.

V. Training Instructors

Instructors from the Expert Committee of the International Health Qigong Federation who participated in the first International Health Qigong•Liuzijue Training Course (see Attachment 1).

VI. Training Arrangement

The training is divided into two phases (see Attachment 2), with the first phase being online courses and the second phase being offline courses. The specific arrangement is as follows:

1. **Online Courses:** The contents are the training course videos of the First Training Course for International Instructors of Health Qigong • Liuzijue. One course will be updated weekly, each lasting two hours. ***Participants can view and learn repeatedly, with teacher available to answer questions in the group.*** There will be a total of 26 courses, totaling 52 hours.

2. **Offline Courses:** The three-day face-to-face course totals 18 hours (including training, assessment, and certificate issuance). The training dates and venue are to be determined.

VII. Training Registration and Fees

Participants should fill out the registration form (see Attachment 3) and submit it to the designated email address before April 10, 2025.

The full course fee for both online and offline training is USD \$1,200 (RMB ¥9,000), which includes related materials and certificate fees. Participants from the first International Health Qigong•Liuzijue instructor Training Course are eligible for a 60% discount (USD \$480/RMB ¥3,480). Registration fees must be transferred to the International Health Qigong Federation account (RMB payments can be made via WeChat Pay) before April 10, 2025.

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)



VIII. Training Certificates

Upon completion of all courses, participants will be awarded the "Special Study Certificate

for Health Qigong•Liuzijue". Those who pass the assessment will be issued the "International Trainer Certificate for Health Qigong•Liuzijue" by the International Health Qigong Federation, certifying their intermediate teaching level in Liuzijue.

IX. Other Matters

1. The class will be conducted in Chinese with English translation provided.

2. Accommodation and transportation fees for the offline course are to be borne by the participants. Those unable to attend the offline course may consider learning through online recorded sessions.

3. Participants for the offline course must personally purchase personal accident insurance and submit a statement of responsibility upon reporting. Participants are personally responsible for any injuries or illnesses that occur during the training.

X. Contact Information

Contacts: Tian Wenbin, Wu Zhipeng

Tel: +86-10-87187160

Mobile: +86-13934504041 (same as WeChat)

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

XI. The right to interpret this training class notice belongs to the International Health Qigong Federation.

Attachments:

1. Introduction to Training Instructors
2. Training Course Schedule
3. Training Registration Form



International Health Qigong Federation

March 11, 2025

Attachment 1:

Introduction to Training Instructors

Zhang Mingliang, expert and standard demonstrator of Health Qigong • Liuzijue, Director of the Expert Committee of the International Health Qigong Federation, Founder and Dean of Beijing Huangting Traditional Chinese Medicine Research Institute, the 14th-generation inheritor of E'mei Dan Medical Health Preservation.

Li Jinlong, professor and tutor for Doctor at School of Physical Education, Shanxi University, Chinese national social sports instructor and referee of Health Qigong, Duan level-8 of Chinese Health Qigong.

Dai Jingang, deputy research fellow, Doctor of Medicine and tutor for Master at Experimental Research Center, China Academy of Chinese Medical Sciences, standing medical guest of CCTV Health Road Program, Chinese national social sports instructor of Health Qigong.

Chen Changle, deputy chief physician and Doctor of Shanghai Qigong Research Institute, executive director and head of Publicity Department, China Association of Medical Qigong, deputy secretary-general of Shanghai Health Qigong Association, Chinese national social sports instructor of Health Qigong, Duan level-7 of Chinese Health Qigong.

Li Yunning, academic member of Huang Ting International Federation of Traditional Chinese Medicine Daoyin (Hong Kong), CM practitioner, Hong Kong registered CM practitioner, IFPA, AIA and NAHA certified aromatherapist.

Chen Huijuan, standing committee member and Technical director of Jiangsu Health Qigong Association, secretary-general of Maoshan Liuzijue Health Center, Jurong, and Duan level-8 of Chinese Health Qigong.

Wang Yinghui, director of Preventive Treatment of Disease Department and deputy chief physician of Beijing Royal Integrative Medicine Hospital, Doctor of Medicine, director of Diabetes Committee of World Federation of Chinese Medicine Societies.

Huang Shan, medical director and physician of V Care Clinic (VCC), member of Functional Medicine Branch of Chinese Health Association, member of Osteoporosis & Diabetes Committee of World Federation of Chinese Medicine Societies, managing director of VCC Preventive Medical Promotion Foundation.

Li Limin, director of Medical Institute of Chinese Fu Shan Garden, Taiyuan, CM practitioner of Li Limin Chinese Medical Clinic, Jiancaoping District, Taiyuan, national senior dietitian, national level-II psychological counsellor.

Chen Sujun, dean of Halt Yoga Qigong School, Canada, chairman of HYF International Association of Physical and Mental Therapy, President of Canada International Wellness Culture Association, IAYT registered international yoga physiotherapist and trainer, NGH registered hypnotherapist and trainer, YA registered 500ERYT senior yoga instructor and trainer, former deputy director of Information and Advocacy Committee of IHQF.

Panagiotis Kontaxakis, President of Greek Health Qigong Association, director of Greek Happy Dragon Health Association, former member of Techniques and Promotion Committee of IHQF.

Attachment 1:

Training Course Schedule

Online Courses and Q&A; 26 Sessions (Courses will be updated once every Monday morning (Beijing time), each session is about 2 hours.)				
No.	Date	Contents of online course	Lecturer	Note
1	April 14	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	20201129
2	April 21	Standards and Specifications for Pronunciation, Oral Form and Breath of Liuzijue	Zhang Mingliang	20201206
3	April 28	"Static" Body Regulation Method of Liuzijue -- Practice and Specifications of <i>Zhuang</i> (standing) exercise; Practice Method and Effect of “Liuzijue method”+ <i>Zhan</i> <i>Zhuang</i> of Liuzijue	Li Jinlong	20201213
4	May 5	Teaching and Specifications for Breakdown of Movements of Liuzijue (including common faults)(I): Ready form/ Starting form/ <i>XU</i> Exercise-liver(<i>gan</i>)/ <i>HE</i> Exercise-heart(<i>xin</i>)/ <i>HU</i> Exercise-spleen(<i>pi</i>)	Chen Huijuan	20201220
5	May 12	Teaching and Specifications for Breakdown of Movements of Liuzijue (including common faults)(II): <i>SI</i> Exercise-lung(<i>fei</i>)/ <i>CHUI</i> Exercise-kidney(<i>shen</i>)/ <i>XI</i> Exercise- <i>Sanjiao</i> / Closing form	Chen Huijuan	20210103
6	May 19	The profundity of principles and effects of each movements of 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	20210110
7	May 25	Summary of Origin and Development of Liuzijue	Li Yunning	20210117
8	June 2	The Theory of Five Viscera (<i>Wuzang</i>) of TCM in Liuzijue	Chen Changle	20210124
9	June 9	Three Practicing Orders of Liuzijue (Pithy formula + Movement)	Li Yunning	20210131
10	June 16	Liuzijue in <i>Yangxing Yanming Lu</i> (Records of Nourishing the Body and Extending Life); Liuzijue in <i>Qian Jin Yao Fang</i> (Thousand Golden Preions)	Li Limin	20210207
11	June 23	Summary and Analysis of Basic and Clinical Research Related to Liuzijue	Huang Shan	20210221
12	June 30	Teaching Methods (Three Levels) of Liuzijue (Pithy formula + Movement)	Li Jinlong	20210228

13	July 7	A Comparison of Vocalization of Liuzijue and Voice Meditation of Indian Yoga	Chen Sujun	20210307
14	July 14	Movement, <i>Qi</i> and Mind in the Routine of Liuzijue	Dai Jingang	20210314
15	July 21	The Illness Curing and Health Preserving Mechanisms by Breathing (<i>Tu'na</i>) of Liuzijue	Huang Shan	20210321
16	July 28	Liuzijue in <i>Tai Shang Yu Zhou Liu Zi Qi Jue</i> (Taoist in the Yu-Shaft); Appreciation of Song Formulas Related to Liuzijue in Ancient Literature	Li Yunning	20210328
17	August 4	The Principle of move-function Relationship, Exercise Prescriptions of Liuzijue on Health Preservation (<i>Yang Sheng</i>) and Disease Treatment	Dai Jingang	20210411
18	August 11	Exercise Prescriptions of Liuzijue for Respiratory Diseases	Wang Yinghui	20210418
19	August 18	Exercise Prescriptions of Liuzijue for Hypertension	Chen Changle	20210425
20	August 25	Exercise Prescriptions of Liuzijue for Diabetes	Wang Yinghui	20210502
21	September 1	Exercise Prescriptions of Liuzijue for Sleep Disorders	Li Limin	20210509
22	September 8	Experience Sharing in Learning, Practicing and Teaching Liuzijue	Panagiotis KONTAXAKIS	20210516
23	September 15	Tu'na, Running <i>Qi</i> and Disease Treatment - Ancient TCM Wisdom of Liuzijue	Zhang Mingliang	20210523
24	September 22	Review, Exchange and Q&A	Zhang Mingliang Dai Jingang Li Jinlong	20210530
25	September 29	Review of study comments and summary revision (I)	Zhang Mingliang	20210620
26	October 6	Review of study comments and summary revision (II)	Zhang Mingliang	20210627

3-Day Face-to-Face Course

Specific time, place, contents and teachers will be notified later

Place: China

Time: Between Oct. to Dec. 2025

Course contents:

- "Origin" and effect of Liuzijue Daoyin movements
- Voice practice and correction of Liuzijue
- Standardize and correct the movements of Liuzijue personally
- Teach and explain the formulas of Liuzijue face-to-face

- Teach and convey the charm of Liuzijue
- How to be a qualified instructor of Health Qigong
- Trainees' routine presentation and teachers' comments
- Trainees' simulation teaching and lectures and teachers' comments
- Liuzijue vs. Baduanjin
- Health Qigong vs. Medical Qigong

Note: The teaching topics and contents may change slightly according to the teaching plan and trainees' feedback. The date in the right column is the training date of the first Training Course for International Instructors of Health Qigong·Liuzijue.

Attachment 3:**Training Course for International Instructors of Health Qigong·Liuzijue
Registration Form**

Name		Nationality		(Photo)
Gender		Date of Birth		
ID. No.		Occupation		
Duan degree		Language		
Organization			Tel./WeChat	
			E-mail	
Practice experience of Liuzijue	Years:	Frequency: <input type="checkbox"/> Often <input type="checkbox"/> Occasionally <input type="checkbox"/> Rarely		
	Have you ever taught Liuzijue: <input type="checkbox"/> Yes <input type="checkbox"/> No			
Briefly describe your learning experience, understanding of Liuzijue and the problems you hope to solve in the training course				