

The 2009 China Pre-Tournament Training Retreat Fellowship for the 3rd International Health Qigong Tournament and Exchange in Shanghai

A Unique Opportunity for Qigong Training in China

[1] Overview: Applications are currently being accepted for thirty \$500 U.S. fellowships to encourage and support international participation in the upcoming 3rd International Health Qigong Tournament and Exchange to be held Aug. 10th-19th, 2009 in Shanghai, China. All recipients will receive immersive training in Sichuan, China from August 3rd-10th at an intensive full-time pre-tournament training retreat.

[2] Retreat: Participants will receive intensive training in the four standard forms of Health Qigong approved by the Chinese government for international forms competition. They are: Muscle/Tendon Changing Classic (Yi Jin Jing 易筋经), Five Animals Play (Wu Qin Xi 五禽戏), Six Healing Sounds (also known as, Six Sounds Approach to Breathing; Liu Zi Jue 六字诀), and Eight Pieces of Brocade (Ba Duan Jin 八段锦). Standard movements are determined and judged by the Chinese Health Qigong Association (CHQA). Training materials will be made available for all registered participants. Training will be provided at the Palace of the Celestial Dragon, a retreat center situated in the sacred Daoist Mt. Qingcheng mountain range (a UNESCO World Heritage site), in Sichuan Province, China by licensed instructors assigned by the chairman of the CHQA specifically for the Pre-Tournament Training Retreat. Following the training retreat, all participants will attend the 3rd International Health Qigong Tournament and Exchange in Shanghai.

[3] Fellowship: All participants will receive a \$500 U.S. fellowship, covering 50% of room and board costs while in China as well as tuition fees for pre-tournament training and tournament registration fees. The fellowship is comprised of two parts: The American Asian Culture Center is providing \$300 U.S. to cover 50% of room and board expenses covering Aug. 3rd-11th. The Chinese government has authorized an additional fellowship of \$200 U.S. to pay for 50% of room and board expenses in Shanghai during the 3rd International Health Qigong Tournament and Exchange, Aug. 12th-17th.

[4] Registration: The initial registration deadline is June 1st, 2009. All participants who have registered by the initial registration deadline will have their names included in the published tournament program. The final deadline for registration is July 10th. Participants who register by the final deadline will be allowed to participate in the tournament but their names will not be included in the published tournament program and their results will not be recorded.

[5] Application: In order to register for the tournament and receive the \$500 fellowship funds, participants must submit their applications and pay the \$100 registration fee by the deadlines listed above. This registration fee includes the tournament registration fee. For more information, Serious applicants only.

[6] Cost: Participants will be responsible for their own airfare to the tournament site in Shanghai and the retreat site in Chengdu as well as the remaining room and board expenses. During the pre-tournament retreat period from Aug. 3rd – Aug. 12th, travel arrangements can be made for

participants who wish to train while seeing sights (at their own expense) including the sacred Daoist Qingcheng mountains, Leshan Giant Buddha (UNESCO World Heritage site), the Wolong Panda Refuge, the ancient city of Furong in Chengdu, and the Golden Sands and Three Stars Pile Museums (exhibiting the unique culture of Bashu, dating back 3,000 years). Group and team discounts are also available.

[7] Credit: Continuing education, distance learning, and Chinese medicine credits are available for this program through a variety of accredited institutions and organizations. Please contact us for credit information for your specific program. Participants may also choose to enroll in the International Health & Medical Qigong Distance Learning Instructor Program. Please see their upcoming ads in the June 2009 *Qi Journal* and *Kung Fu Qigong Magazine* for more information.

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American National Martial Arts & Qigong Association (ANMQA)

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April 7, 2009

The 2009 International Health & Medical Qigong Distance Learning Instructor Program

[1] Instructor Program: A two-year program, during which time students complete 500 hours of instruction and training. Following the completion of this course of study, students will be tested and receive a training certificate recognized by over 100 medical and health Qigong treatment centers throughout the world.

[2] Tournament Retreat: Students who are able to attend the two week 2009 China Pre-Tournament Training Retreat for the 3rd International Health Qigong Tournament and Exchange in Shanghai will receive 40 credit hours of personal instruction toward their certificates. Training materials for the four forms will be made available for registered students.

[3] Personal Instruction: Following the August 2009 retreat and convention, students will complete 60 hours of personal instruction with a certified instructor.

[4] Distance Learning: Within the following 2 years, students will complete an additional 400 hours of individual study through the distance learning program.

[5] Tuition Costs:

A. Distance learning tuition fees include 1 textbook, a series of articles, 8 DVDs, and online distance learning support. Total tuition fees: \$500 (tuition can be paid in multiple installments; students may be eligible for financial aid).

B. At the time of initial registration, students must pay the first installment of \$100 and will receive an article packet and the first DVD. Subsequent materials will be sent with each installment.

C. At the time of initial registration, students may choose to pay \$50 to become an officially registered and matriculated student. Students are then eligible to apply for the \$500 2009 China Pre-Tournament Training Retreat Fellowship for the 3rd International Health Qigong Tournament and Exchange in Shanghai (Please see their upcoming ads in the June 2009 *Qi Journal* and *Kung Fu Qigong Magazine* for more information).

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