

# ONE LOVE, ONE QI!

## 3rd European Health Qigong Games Herts, UK, August 2018

By Anne Norman

Team Member BHQA Cheam.



Taking part in the 3rd European Health Qigong Games held in Herts, UK in August 2018 was a wonderful experience! Thanks to the great organisation from BHQA's Masters Faye & Tary Yip & family with massive support from all the volunteers, the events ran like clockwork, from picking up travellers from numerous airports to the organising various events. The logistics must have been a nightmare & all the volunteers & organisers put in countless hours to ensure that everything went smoothly. So many people from different countries & languages - everyone was made to feel so welcome. It was so lovely to see friends and make so many new ones through the love of the arts. As a Swiss national who has lived in the UK for many years, it is a long time since I spoke so much French & I enjoyed helping with translation during the registration process & throughout the Games!

During the opening ceremony some 300 people performed Ba Duan Jin, joined by a group of school children. This must have been quite a sight with everyone in red tops. Being part of it was quite exhilarating. I felt so proud to be part of it.

This was followed by 2 whole days practicing and refining Daoyin Yang Sheng Gong 12 Fa with Master Lai from Shanghai Sports University & Taiji Yang Sheng Zhang (Stick) with Master Peng from Beijing Sports University, with some 50 attendees at various levels in each group. We had a great translator for these workshops. It was so inspiring to not only listen to the instructions, but also to watch & try to understand the precision of each movement being demonstrated. We got a lot of practice & managed to get through the whole of both forms. The energy was outstanding with a lot of humour.

These 2 days were followed by some interesting lectures during the 4th Health Qigong Scientific Symposium, including Professor Li Deyin & Master Faye Yip. Of those that I attended, some were to promote the development & encourage Health Qigong outside China with more exchanges and displays, philosophical reasoning of Qigong in

TCM & promotion of Acupuncture in the NHS, & challenging & reconciling Eastern vs Western medicine through more rational, not biased debate. There was also a presentation on Health in Older People & how multi-morbidity is becoming a priority for global health research as the causes of death are increasingly caused by multi factors. At the same time, not forgetting to introduce the arts at a young age through the school curriculum.

And then 2 days of competition. What struck me most was the feeling of one big family where each individual was giving his/her best, supported by other competitors & instructors. It was nice to compete to see my progression & where I fitted amongst other competitors. As an individual it was important to perform the forms encompassing mind, body, spirit & soul, regardless of nervousness & other competitors around you. In the group competition there was the important addition of the precision for each movement & seamless synchronisation with other team members. It was such a joyful experience to be part of BHQA Cheam, now called Cheameleons due to an ever changing line up of players in the lead up to the Games, through our fun team preparation practices & I could not have done this without the constant support of Vicky Ahern-Hardiman, my instructor and friend, throughout the years. We were proud to receive 2nd Place Silver trophy for our efforts!

# Health Qigong - Yi Jin Jing Masterclass with Prof Shi AiQiao

Head of the Research Team from Wuhan Sports University

By Vicky Ahern-Hardiman - Team Leader/Coach - BHQA Cheam.

I was pleased to attend this Two Day Masterclass for attendees with over 5 years experience which was most enjoyable, as I'd not been taught by him previously so it was lovely to hear it from the 'horses mouth' so to speak. As with all excellent teachers, his explanation & body language was clear. Prof Shi covered a huge amount of technical details in different ways, firstly by showing the movement himself & explaining the characteristics then by allowing everyone to practice themselves whilst he observed & where appropriate he suggested or guided some adjustments, then by asking a participant to demonstrate a movement, especially the Tiger posture where the possibility of more flexibility than he has, is shown, in this instance by a younger more nimble lady from the German Team, which was well received and clearly showed the correct energy channel being stimulated.



There were also powerpoint presentations on Competition requirements of Yi Jin Jing where clear visual diagrams on each movement were shown plus a talk on the history of Qigong & YJJ showing photos of artefacts from antiquity & allowing a deeper understanding of where things came from.

For self improvement, extra training of Standing Pole or Zhan Zhuang postures relating to Yi Jin Jing were introduced for progression of practice.

This Masterclass was well translated by BHQA'S Master Tary Yip whose great experience in practicing & teaching this system allowed us as attendees to get a deeper transmission in a shorter amount of time as he has worked with Prof Shi before & the rapport between them was one of respect & ease.

Overall, whilst I cannot put my finger on specific attainments, I can say that I am finding many nuggets of information & technical tips coming out whilst teaching my weekly classes including a deeper feeling for the movements & interconnectedness of my mind & body.

## 3rd European Health Qigong Games, Hertfordshire University, UK

Our Team BHQA Cheam preparation for the 3rd European Health Qigong Games started very early in 2018 with 5 enthusiasts (Vicky, Leonie, Kai, Anne & Pam) getting together as regularly as possible which was mainly at our Monthly Workshops where we were able to take apart each movement of Daoyin Yang Sheng Gong Shi Er Fa (12 steps) & put it back together again. In the more regular extra sessions in the lead up to the Tournament this became an interesting experience as we found there are many different ways of seeing & interpreting things. This brought about many discussions of open dialogue & development on many levels, physical, mental & social, all to be able to perform this recently shortened version & music with the same timing & precision. This practice was very rewarding & has encouraged a great camaraderie.

My overall experience of the Tournament was that it was such a great friendly & supportive atmosphere where players from all over the world encouraged & helped each other.

On a local & National level, friendships were strengthened, as our team was unfortunately diminished by illness in the lead up to the Games & although we were sad to lose the team-mates we'd worked so hard with, we were thankfully able to still take part in the Tournament with the addition of 2 BHQA colleagues (Angela & Diane) joining our team at the last minute & being awarded the Silver Trophy.

Another high point for me was whilst our Team was waiting in the holding bay just before performing. We were to go on at the same time as one of the Chinese Teams. Whilst chatting to them I realised they were from Shanghai Sports University & therefore were the students of Prof Zhang Yun Ya who has visited the UK & taught us at our BHQA Instructor Training in recent years. When I told their Captain this, she said to me "Oh, so we are classmates!" which summed up the interconnectedness of these wonderful arts.



## European Health Qigong Games - Volunteering & Competition By Angela Howarth - BHQA Liverpool.

I initially booked onto the individual Ba Duan Jin competition purely because my form needed revalidating & to work on it to Competition standard was a great way of improving my technique. I previously didn't really have an interest in participating in the competition. I had volunteered to help out at the Games so I could see how the competition worked and that was such a good way to be involved and meet people from all around the world.

The Games were so friendly, although tiring and one of my favourite aspects was helping Team Cheam in their group competition. It was so not planned that way, but sometimes the best things are those which happen out of the blue. That was definitely the case for me and it was incredible working with the Cheam guys. I loved the group competition and we won silver - what a bonus. A huge thank you to Vicky for trusting in myself and Diane. It was very special. I achieved my goal for the individual but I'm not sure I would enter the individual again.

What I enjoyed the most was watching the most incredible performances - the whole thing was so inspirational. Well done to everyone. I loved the idea that everyone got a medal as well. This is so encouraging for all taking part and everyone gets to celebrate together.

For someone who had no interest in competing I did very well to end up in two competitions. I loved the whole week, as busy as it was. It was a privilege to help out and I would do it again.