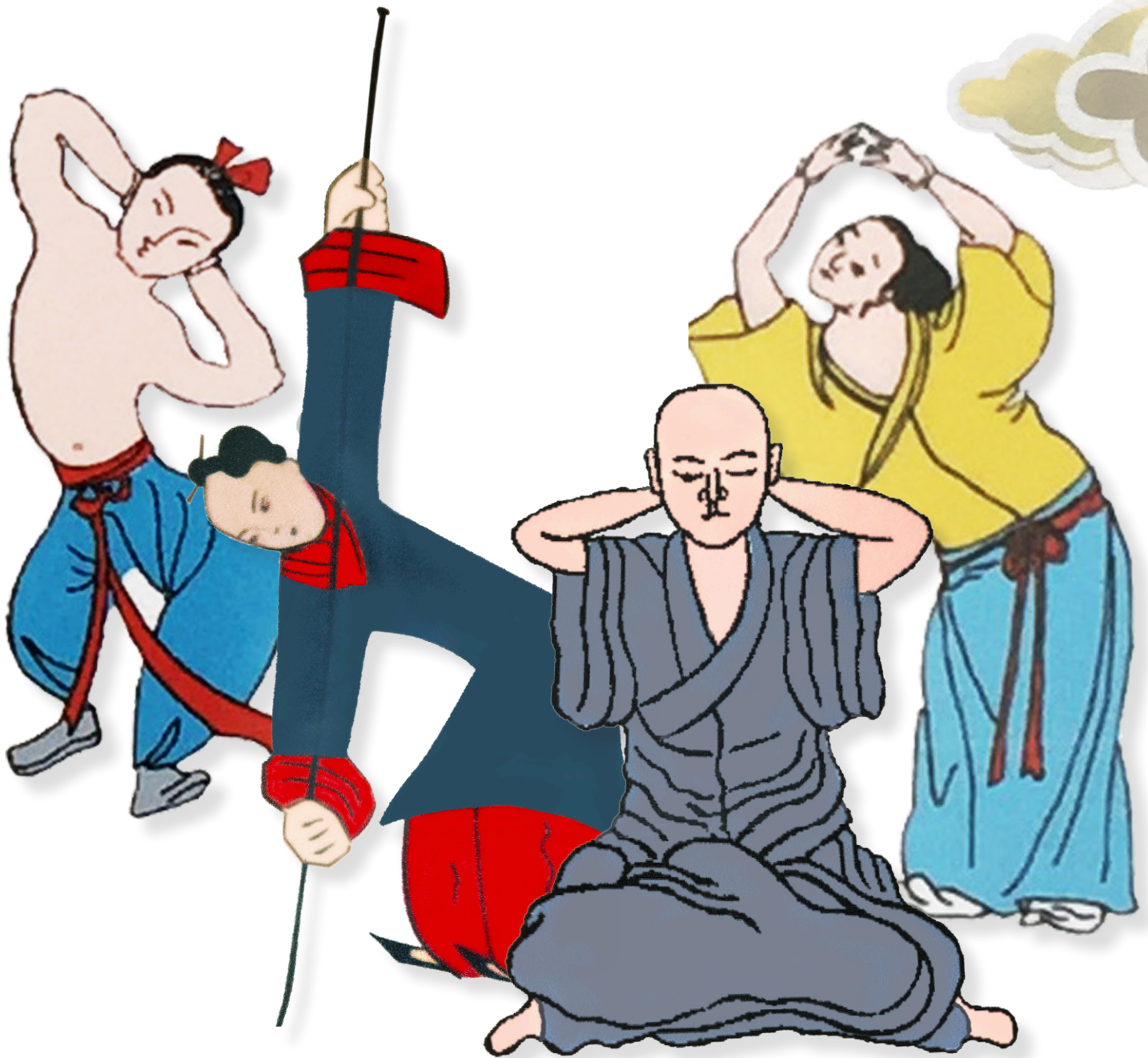


# 2017 Health Qigong San Francisco Forum

## 健身气功旧金山论坛

*"Let me teach you Health Qigong 我来教你练健身气功"*



**9/22-26/2017**  
San Francisco • Stanford  
Fremont • Union City  
California, USA

Jointly Hosted by 联合主办  
Shaolin Temple USA  
Chinese Health Qigong Association  
旧金山少林文化中心 • 中国健身气功协会



# 2017 Health Qigong San Francisco Forum

## 健身气功旧金山论坛

# Chinese Health Qigong

Time-tested health enhancing exercises for body & mind

健身气功——源自中国的古老养生之道



Jointly Hosted by 联合主办:  
Shaolin Temple USA • Chinese Health Qigong Association  
旧金山少林文化中心 • 中国健身气功协会



Fri. 9/22 • 12 noon

### Shaolin Kung Fu & Health Qigong Performance

少林功夫及健身气功展演  
@ Stanford University 斯坦福大学

Sat. 9/23 • 10 am - 3 pm

### Health Qigong at Union Square

健身气功交流展示大会  
@ Union Square Plaza, San Francisco  
旧金山联合广场

#### Program 节目:

- 10 am • Opening Ceremony 开幕式
- Parade of the Athletes 运动员进场仪式
- Introduction of organizers, sponsors & guests; ribbon cutting  
介绍主协双方主要负责人、嘉宾; 剪彩
- 500 People Group Qigong: Baduanjin  
500人集体演练健身气功《八段锦》
- One Hundred Qigong Flowers Bloom  
百花齐放: 团体自选气功套路同时演练
- Health Qigong Demonstration by Qigong Masters from China  
中国健身气功专家功法演示
- Shaolin Kung Fu Performance by Shaolin Temple USA  
少林文化中心功夫表演
- Awards to Health Qigong Promoters  
颁奖礼: 向健身气功推广者颁奖

1:30 pm • Qigong Experience Exchange  
中国代表团与会员团队交流健身气功

Exhibit: 5,000 years of Chinese Health Qigong  
展览《中国健身气功五千年》

Consultation: Ask a Chinese Master  
健身气功免费咨询

Sun. 9/24 • 10 am - 4 pm

### Academic Forum: Health Qigong & Scientific Health Cultivation

《健身气功与科学健身》学术论坛  
@ DoubleTree by Hilton, Fremont-Newark  
希尔顿逸林酒店 • 39900 Balentine Dr., Newark

#### Program 议程:

- 10 am • Opening Ceremony 开幕式
- 10:20 am • Part 1 第一场
- Report 1 by Shi Aiqiao (10 min Q&A)  
报告1: 石爱桥 (10分钟答疑与互动)
- Demonstration/Audience Participation Yijinjing • with Liu Xuedong  
功法体验 — 易筋经 • 刘学东
- Report 2 by Hugh Brent Solvason (10 min Q&A)  
报告2: 休 • 布伦特 • 索佛森 (10分钟答疑与互动)
- 11:40 am-1:30 pm • Lunch Break 午餐
- 1:30 pm • Part 2 第二场
- Report 3 by Yan Kejia • 报告3: 晏可佳
- Demonstration/Audience Participation Five Animals Floics • with Li Jinlong  
功法体验 — 五禽戏 • 李金龙
- Report 4 by Philip Yang • 报告4: 杨磊
- 2:30-2:50 pm • Tea Break 茶歇
- 2:50 pm • Part 3 第三场
- Report 5 by Cao Yan • 报告5: 曹彦
- Report 6 by Tao Shuoxiu • 报告6: 陶朔秀
- Demonstration/Audience Participation  
功法体验 — 八段锦 • 刘学东
- 3:40 pm • Part 4 第四场
- Dialog: Speakers & Attendees  
与会专家现场人士对话交流  
Moderator: Li Jinlong (主持: 李金龙)
- 4:00 pm • Closing Ceremony 闭幕式
- Delegation Leader Xin Yi Presents Certificate of Appreciation to Speakers  
辛颖领队向专家颁发荣誉状
- Group Photo 全体合影

Mon. 9/25 • 10:30 am

### Health Qigong & Longevity

《健身气功与延寿》讲座  
@ Masonic Homes Auditorium, Union City  
联合市 Masonic 退休之家礼堂 • 34400 Mission Blvd.

Tue. 9/26 • 6 - 9 pm

### Health Qigong Workshops

健身气功骨干培训班  
@ Shaolin Temple USA San Francisco Center  
旧金山少林文化中心 • 5509 Geary Blvd., SF  
@ Shaolin Temple USA Fremont Center  
佛利蒙少林文化中心 • 4343 Peralta Blvd., Fremont

#### Sponsors 协办:

International Health Qigong Federation  
National Tai Chi Wellness Foundation  
San Francisco Recreation & Park Department  
国际健身气功联合会  
美国太极养生基金会  
旧金山康乐公园局



#### Supported by 支持单位:



Event info 活动信息:  
Shaolin Temple USA  
www.ShaolinUSA.us  
415-666-9966

About 有关健身气功:  
Chinese Health Qigong  
www.ihqfo.org/en  
www.chqa.org.cn

Good health is the greatest wealth in life, and an indispensable asset for happiness.

The purpose of the First Health Qigong San Francisco Forum is to introduce the culture and wisdom of Qigong that has been passed down for five thousand years in China.

There are three principal approaches to the practice of Qigong, and they are to regulate the mind, the breath, and the body. Our overall wellness starts from our mind. As Qigong integrated the morals and philosophy found in the traditional Chinese culture of Confucianism, Buddhism, and Taoism, regulating our mind not only promotes health, but also the sense of morality and the rules of conduct, which ultimately leads to a lawful and harmonious community. I wish this forum activity will bring everyone knowledge and interest in Qigong, through which our society can achieve stability, calm wars, and enjoy world peace.

健康是人生最重要的财富，是幸福快乐人生的资本。

第一届健身气功旧金山论坛的目的是把中国五千年来累积的气功文化和智慧介绍给大家。

练习气功里有三项基本的方法就是：调心，调息和调身。而身心的健康先要从调心开始。因为气功融合了中国传统文化儒，释，道的道德和哲学，所以调心不但能令身心健康，还会令大家遵守道德礼教，国家法纪，和睦相处。祈愿这次论坛的活动能带动社会大众对气功的认识和爱好，从而促进社会安宁，战争平息，世界和平。

延然



Yanran 延然  
Founder/Executive Director  
Shaolin Temple USA  
旧金山少林文化中心  
创办人暨执行主任







中 华 人 民 共 和 国 总 领 事 馆  
贺 信



美国少林文化基金会：

欣闻中国健身气功协会和美国少林文化基金会在旧金山湾区联合举办科学健身气功推广活动，我谨代表中华人民共和国驻旧金山总领事馆表示热烈祝贺！

气功是中国几千年传统文化的组成部分，蕴涵着独特的中华文化魅力和深厚的传统文化底蕴，健身气功作为一种独具特色的科学健身养生方法越来越被世界各地民众认同和喜爱。此次中国健身气功专家应邀来旧金山湾区开展健身气功公开教学表演示范，健身气功科学论坛和健身气功推介等系列活动，必将进一步推动中国健身气功养生理念和功法在海外传播和发展，促进中华传统文化在海外发扬光大。

祝此次科学健身气功推广活动取得圆满成功！

中华人民共和国  
驻旧金山总领事

二〇一七年九月十八日





*The City and County of San Francisco*

# *Certificate of Honor*

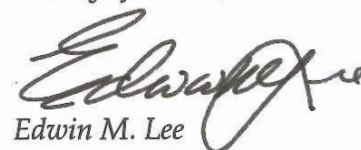
*Presented To*

**2017 HEALTH QIGONG  
SAN FRANCISCO FORUM  
SEPTEMBER 23, 2017**

*WHEREAS*, on behalf of the City and County of San Francisco, I am pleased to recognize and honor 2017 Health Qigong San Francisco Forum. Your commitment to supporting the development of clinical research and natural healthcare worldwide has been truly commendable. This year marks the 10<sup>th</sup> anniversary of the founding of the Shaolin Temple USA that continues the tradition of Shaolin Kung Fu and wellness Qigong, a set of time tested health enhancing exercises for body and mind. Congratulations to the Shaolin Temple USA and the 2017 Health Qigong San Francisco Forum and best of luck in all your future endeavors!

*THEREFORE*, I have hereunto set my hand and caused the Seal of the City and County of San Francisco to be affixed.



  
Edwin M. Lee  
Mayor

# Assembly

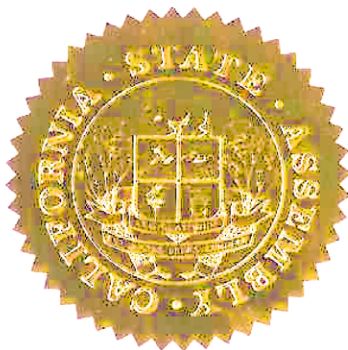
## CERTIFICATE OF RECOGNITION

On behalf of the California State Assembly,  
I, Assemblymember Kansen Chu,  
on this 29<sup>th</sup> day of September 2017, do hereby recognize the

### *2017 Health Qigong San Francisco Forum*

for outstanding contributions to our community by organizing this health-building seminar and in special appreciation for their work to promote activities that cultivate harmony of body and mind by teaching Shaolin Kung Fu and wellness qigong.

Thank you for all that you do!



A handwritten signature in blue ink, reading "Kansen Chu", written over a horizontal line.

KANSEN CHU  
ASSEMBLYMEMBER, 25<sup>TH</sup> DISTRICT

S T A T E O F C A L I F O R N I A

# Senate

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CERTIFICATE OF RECOGNITION

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PRESENTED TO:

## 2017 Health Qigong *San Francisco Forum*

*In recognition of your efforts in improve health and well-being in  
our community and our region.*

*Presented on September 24<sup>TH</sup>, 2017*

A handwritten signature in black ink that reads "Robert A. Wieckowski".

---

BOB WIECKOWSKI  
STATE SENATOR, 10<sup>th</sup> DISTRICT

加州参议员 Bob Wieckowski 贺状





**THE HONORABLE FIONA MA**

*California State Board of Equalization Board Member*

*Recognizes*

*Shaolin Temple USA 旧金山少林寺文化中心  
Chinese Health Qigong Association 中国健身气功协会*

*On the Occasion of*

**2017 Health Qigong San Francisco Forum**  
**健身气功旧金山论坛**

*In Recognition of Outstanding Service & Dedication to the Community.  
Congratulations and Best Wishes for Continued Success.*

*Fiona Ma, CPA 馬世雲*

*California State Board of Equalization*

*Dated this 23<sup>rd</sup> Day of September, 2017*

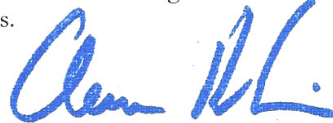
# Certificate of Honor

BOARD OF SUPERVISORS  
City and County of San Francisco

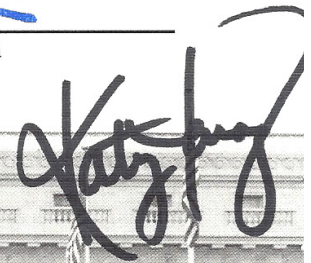
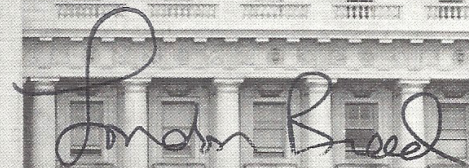
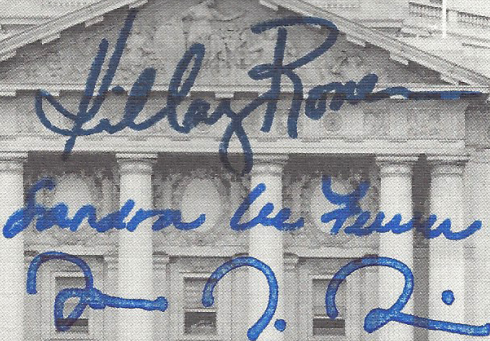
*The Board of Supervisors of the City and County of San Francisco hereby issues, and authorizes the execution of, this Certificate of Honor in appreciative public recognition of distinction and merit for outstanding service to a significant portion of the people of the City and County of San Francisco by:*

**2017 Health Qigong  
San Francisco Forum**

In honor of **Shaolin Temple USA's** presentation of China's national treasure of qigong exercises demonstrated by Qigong Masters, Shaolin Kung Fu performances, and exhibits promoting health, cultural exchange and the cultivation of harmonious communities, the Board of Supervisors extends its highest commendation and congratulations.



Supervisor Aaron Peskin  
September 23, 2017






# Certificate of Honor

## BOARD OF SUPERVISORS City and County of San Francisco

*The Board of Supervisors of the City and County of San Francisco hereby issues, and authorizes the execution of, this Certificate of Honor in appreciative public recognition of distinction and merit for outstanding service to a significant portion of the people of the City and County of San Francisco by:*


### SHAOLIN TEMPLE USA 少林寺文化中心

On the occasion of the 2017 Health Qigong San Francisco Forum, the Board of Supervisors of the City and County of San Francisco extends to you its highest commendation for promoting Qigong, time-tested health enhancing exercises for body and mind. Thank you for your contributions to the Chinese communities in San Francisco and the Bay Area.



Supervisor Katy Tang  
市参事 湯凱蒂

San Francisco Board of Supervisors  
September 23, 2017



Handwritten signatures in blue ink: Cathy N. Lanier, Jeff Sheehy, Hillary Rowe, Clem H. Miller, and another signature.



# 2017 Health Qigong San Francisco Forum

## 健身气功旧金山论坛

### *The Organizers* 主办单位



### 中国健身气功协会

#### Chinese Health Qigong Association

中国健身气功协会，简称中国健气协。是从事健身气功推广、普及和研究的中国群众体育社会团体，属于非营利性社会组织，是中华全国体育总会的团体成员，也是体育行政部门联系群众的桥梁和纽带。中国健身气功协会由中国各省、自治区、直辖市健身气功协会，各行业体协、高等院校体协、其他具有合法地位的健身气功社团组织以及热爱健身气功事业的人士组成。中国健身气功协会接受国家体育总局、民政部的业务指导和监督管理。协会总部设在北京。

The Chinese Health Qigong Association, a group member of All-China Sports Federation, is a national sport for all organization and engages in the promotion, popularization and research of Health Qigong. The objectives of the Association is to inherit and carry forward the traditional Chinese health care culture, advocate and conduct healthy and civilized activities, promote Sino-Western cultural exchanges and serve the health of the human being. The Association with headquarters located in Beijing is structured by a Secretarial, Technical Committee, International Liaison Committee, Press and Publicity Committee, Scientific Research Committee, Marketing Committee and Health Care Culture Research Center.



### 旧金山少林文化中心

#### Shaolin Temple USA

由创办人—少林寺第三十四代传人延然师父于2007年在美国加利福尼亚州注册的非营利慈善机构，享有美国联邦税法501(c)(3)级免税资格，宗旨是与美国广大人民分享少林寺博大精深的一千五百多年禅、武、医、艺文化，先后在美国东西两岸开办了四家少林文化中心，并应邀在斯坦福大学开设少林功课程，收徒传艺，通过授课、表演、弘法、各种文化活动和传播媒介，融入美国主流社会，传授传统少林功夫，弘扬少林文化，桃李满门，遍布全美，演出观众数以百万人次计，成为在美国传播中国传统文化的一股强大力量。

Shaolin Temple USA is a California nonprofit organization with federal 501(c)(3) tax exempt status. Founded in 2007 by Master Yanran, a 34th generation Shaolin disciple, with the mission to share Shaolin Temple's 1,500-year old magnificent culture in Chan (Zen) Buddhism, Kung Fu, medicine and the arts with the American people. Headquartered in San Francisco, Shaolin Temple USA has built a vibrant community that spills out from four Shaolin Culture Centers on both American coasts to diverse neighborhoods, schools and universities through classes, performances, collaborations and community participation. In 2011, Shaolin Temple USA started a popular program at Stanford University teaching Kung Fu and Wellness Qigong as part of the School of Medicine's Health Improvement Program (HIP).

As joint host and producer of the 2017 Health Qigong San Francisco Forum, Shaolin Temple USA is delighted to present health benefiting knowledge and activities from China for cultivating the harmony of body and mind and harmonious communities.

# 2017 Health Qigong San Francisco Forum

## 健身气功旧金山论坛

### *Program Highlights* 活动亮点

健身气功是中国的传统文化，不仅能强身健身，更能平和个人的内心，在千百年的风雨传承中彰显出独特的文化魅力。2011年9月，为表彰健身气功为造福人类健康所作出的特殊贡献，国际奥委会特授予健身气功项目“国际奥委会群众体育发展与进步奖”，使之成为中国乃至全世界第一个获此殊荣的群众体育项目。

近年来中国健身气功协会多次组团前往亚洲、欧洲、美洲、非洲等近40个国家及港澳地区开展全方位、多形式的健身气功宣传、交流、研讨、培训和推广活动。持续不断的友好交往，不仅促进了中国健身气功协会与一些国家和地区相关组织的交流与联系，而且使广大海外人士更加了解健身气功，逐步走近健身气功，愈加喜爱健身气功。

旧金山少林文化中心 (Shaolin Temple USA) 与中国健身气功协会联合主办，国际健身气功联合会、美国太极养生基金会、旧金山康乐公园局协办大型主题活动“2017健身气功旧金山论坛”将于旧金山湾区盛大举行，中国健身气功代表团名家名师一行将在9月21日至29日活动期间，走进名校斯坦福内授课、23日旧金山联合广场——“健身气功交流展示大会”、9月24日 佛尔蒙希尔顿逸林酒店 (DoubleTree by Hilton Hotel) ——《健身气功与科学健身学术论坛》、9月25日社区养老院《健身气功与延寿》讲座与演示、9月26日多处教学点气功功法培训等等，多项活动，形式多样，内容丰富，术道并重，寓教于练。旧金山少林文化中心为本次活动的开展做了精心准备，为中国传统文化和健身气功爱好者搭建起了高水平交流平台。

#### ◆ 活动亮点一：9月23日 旧金山联合广场——“健身气功交流展示大会”

旧金山湾区近10多个协会组织参与大会表演，其中参加八段锦表演的人群将超过500人，为造福全人类身心健康，构建和谐世界而共同努力。表演功法为健身气功易筋经、五禽戏、八段锦。

#### ◆ 活动亮点二：9月24日 佛尔蒙希尔顿逸林酒店 (DoubleTree by Hilton Hotel) ——《健身气功与科学健身学术论坛》

武汉体育学院武术学院院长石爱桥教授、山西大学武术学院副院长李金龙教授，上海社会科学院宗教研究所所长晏可佳研究员，以及来自黑龙江佳木斯市体育总会、武汉大学、成都大学等单位的学者、教授就不同的论题发表观点，并进行讨论，分享健身气功功法。应旧金山少林文化中心的邀请，斯坦福大学教授休·布伦特·索佛森哲学博士、医学博士，以及美国河洛医科大学校长杨磊博士，亦将在论坛中发表论述，共同打造健身气功领域的学术盛会。新颖活泼的安排将让研讨在专家的交流中碰撞出新的火花，并从中分享到最前沿的健身气功效果研究。

#### ◆ 活动亮点三：9月26日 旧金山、佛尔蒙两地同步 ——“健身气功骨干培训班”传授功法，欢迎爱好者前来报名

为更好地加强美国旧金山湾区健身气功队伍建设，推广普及健身气功新功法，不断满足广大民众多元化的科学健身需求，9月26日将在旧金山少林文化中心、佛尔蒙少林文化中心，举办健身气功骨干培训班。名师名家将在培训中，系统的向本地爱好者讲解和演示学习有关健身气功技能，传授有关健身气功六字诀、八段锦等专业技术理论和功法技术动作。通过本次活动，旧金山湾区将培育出更多更优秀的健身气功教学科研骨干，极大地推动本地健身气功科学有序的发展，为科学健身起到积极促进作用。

2017年，正值旧金山少林文化中心 (Shaolin Temple USA) 成立十周年，9月23日旧金山联合广场上，少林文化中心的师父和学员们将为现场中美嘉宾带来一场少林功夫盛宴。

# Chinese Health Qigong Delegation

## 中国健身气功代表团



- ◆ **XIN, Yi 辛沂**  
Member of IHQF Executive Board  
Chairperson of IHQF Techniques and Promotion Committee  
Vice-President & Secretary-General of Chinese Health Qigong Association
- 国际气联执委
- 国际气联技术与推广委员会主任  
中国健身气功协会副主席兼秘书长



- ◆ **WANG, Jianjun 王建军**  
Director of IHQF Head Office  
Vice Director, Foreign Exchange Commission of Chinese Health Qigong Association
- 国际气联总部办公室主任
- 中国健身气功协会对外交流委员会副主任



- ◆ **SHI, Aiqiao 石爱桥**  
Dean, Professor, School of Chinese Martial Arts, Wuhan Sports University
- 武汉体育学院武术学院 院长、教授
- 中国武术学院党总支书记、武汉体育学院教授，主研民族传统养生理论与方法。发表全国性学术论文及成果数十篇。并出版健身气功及易筋经方面教材。近年来，担任中国国家体育总局课题组组长进行《健身气功-易筋经功法研究》等专项课题研究。



- ◆ **YAN, Kejia 晏可佳**  
Dean, Research Professor, Institute of Religious Studies, Shanghai Academy of Social Sciences
- 上海社会科学院宗教研究所 所长、研究员
- 中国宗教学会副会长、上海市宗教学会会长  
上海宗教文化研究中心主任，上海社会科学院重点学科《当代中国宗教问题研究》首席专家；国家哲学社会科学基金重大项目首席专家，出访世界各地从事学术研究与交流。



- ◆ **LI, Jinlong, Ph.D. 李金龙**  
Vice Dean, Professor, School of Chinese Martial Arts, Shanxi University
- 山西大学武术学院 副院长、教授
- 山西大学体育大学副院长、教育学博士、研究生导师。1977年起师从山西省形意拳名家曹志清，并于1981年考入北京学院体育系武术专业，随王华锋等名师学习太极拳、长拳等，多年来撰写了多项武术方面论文。



- ◆ **LIU, Xuedong 刘学东**  
President, Jiamusi City Sports Federation, Heilongjiang Province
- 黑龙江佳木斯市体育总会 会长
- 历年担任国内外教学和裁判任务，赴法、德、英、比、瑞、荷、俄、加及北欧诸国、韩国、台湾等地进行健身气功推广、教学、表演活动。



- ◆ **CAO, Yan, Ph.D. 曹彦**  
Assistant Professor, Department of Religion, Wuhan University
- 武汉大学 副教授
- 武汉大学哲学学院宗教学系副教授，从事印度佛教、印度哲学、梵语波你尼文法研究。获印度宗教哲学博士学位。发表多篇论文并出版佛学专著。开设佛教哲学、佛教哲学原典选读、禅学研究、宗教人类学等课程。2012年赴印度公派访学。



- ◆ **TAO, Suoxiu, Ph.D. 陶朔秀**  
Lecturer of health qigong and Chinese medicine, Chengdu University
- 成都大学 讲师
- 上海体育学院武术与民族传统体育专业博士，现为成都大学教师，健身气功国家级裁判。2014年选派赴芬兰从事国际交流联合培养博士的学习和研究。擅长健身气功教学和训练，多次参加全国及国际健身气功比赛，在比赛和武术展演过程中，多次获奖。



# Chinese Health Qigong

## 健身气功—源自中国的古老养生之道

气功是中华民族的文化瑰宝，作为一种独特的身心锻炼方法，在中国养生学中占据着重要地位，为中华民族的繁衍生息做出过杰出的贡献。健身气功是传统气功的组成部分，以自身形体活动、呼吸吐纳、心理调节相结合为主要运动形式，为中国正式开展的第62个体育运动项目，是全民健身活动的重要内容。

伴随这科学的发展、时代的进步，传统气功同样需要继承创新、与时俱进。中国健身气功协会组织专家在挖掘整理优秀传统功法的基础上，编创推出健身气功·易筋经、五禽戏、六字诀、八段锦、太极养生杖、导引养生十二功法、十二段锦、马王堆导引术、大舞等9套新功法。

### Traditional Health Preserving Regimen From China

Qigong is China's cultural treasure with a long history. As a distinctive body-mind exercise method, it plays an important role in Chinese Regimen. Health Qigong has become the 62 official sport conducted in China. With its major exercise from aligning the body movement, breath control and mind adjustment, it is a part of traditional Chinese Qigong and widely popular.

With the development of modern Science, traditional Qigong also evolves to meet the needs of the practitioners in modern society. The Chinese Health Qigong Association has organized experts to create Health Qigong routines based on traditional Qigong exercises, including the following:

#### ◆ 健身气功·易筋经 Yi Jin Jing (Muscle-Tendon Change Classic)

易筋经相传为中国佛教禅宗初祖达摩所创，是一种以变易筋骨为目的的健身方法。健身气功·易筋经继承传统易筋经十二式精要，突出肌肉、骨骼和关节的屈伸、扭转和牵拉，尤其注重脊柱的旋转屈伸。

Yi Jin Jing is believed to be a health-building method created by the Chinese Zen Buddhism founder Bodhidharma for the purpose of exercising muscles and tendons. Health Qigong · Yi Jin Jing, inheriting the essence of traditional Yi Jin Jing 12 forms, lays emphasis upon turning, bending, extending, and stretching of muscles, bones, and joints. The turning, bending and extending of spine is also emphasized.



#### ◆ 健身气功·五禽戏 Wu Qin Xi (Five Animals Frolics)

五禽戏是中国东汉（25-220年）名医华佗根据虎、鹿、熊、猿、鸟活动特点编创的健身方法。健身气功·五禽戏继承传统五禽戏的精华，仿效虎、鹿、熊、猿、鸟的动作，在形神兼备、意气相随、内外合一中达到三调合一的健身效果。

Wu Qin Xi is a health-building method developed by the famous doctor Hua Tuo in the Eastern Han Dynasty (25-220) by imitating the actions of five species of animals, namely, tiger, deer, bear, ape, and bird.



#### ◆ 健身气功·六字诀 Liu Zi Jue (The Six Healing Sounds)

六字诀是中国南北朝时期（420-581年）创编的以呼吸吐纳为主要手段的健身方法。健身气功·六字诀保持传统六字诀功法的特色，在注重吐气发声的同时，配合科学合理的动作导引，起到内调脏腑、外练筋骨的养生康复作用。

The earliest record of Liu Zi Jue can be found in the documents of the Northern and Southern Dynasties (420-581). It is an art of expiration in producing six different sounds. Based on the traditional Liu Zi Jue, the enunciation practice in Health Qigong · Liu Zi Jue is scientifically paired up with movements. The respiration and actions can supplement and complement each other.



◆ 健身气功·八段锦 Ba Duan Jin (Eight Section Brocade)

八段锦产生于中国宋代（960-1279）以前，在明清（1368-1911）时期逐渐发展完善，是以肢体运动为主的健身方法。健身气功·八段锦吸纳传统八段锦功法的精髓，按照现代运动学和生理学规律，对动作次序和运动强度进行了调整，通过动作、意念和呼吸的协调配合，达到强身健体的功效。

Ba Duan Jin emerged before the Song Dynasty (960-1279) and developed into a formal exercise in the Ming and Qing Dynasties (1368-1911). Health Qigong · Ba Duan Jin preserves the excellence of the ancient movements, while the order of movements and the amount of physical exercise are adjusted based on modern kinesiology and physiology. It leads to good health by the harmonious union of mind, breath and movements.

◆ 健身气功·太极养生杖 Tai Ji Yang Sheng Zhang (Health Care Taiji Mace)

在中国传统养生术中，以杖为器械进行身体锻炼的历史非常久远。健身气功·太极养生杖取义“太极”阴阳和合之理念，继承传统持杖功法之精要，是一套以器械导引肢体运动并配合呼吸、意念调节为主要手段的功法。

Mace is a type of apparatus in traditional Chinese regimen, and it has long been an apparatus for physical exercise. Health Qigong · Tai Ji Yang Sheng Zhang is based on the ideas of “Taiji”—unity of Yin and Yang. Having inherited the essence of traditional mace exercises, its principal approaches are to support respiration and mind regulations with apparatus-guided limb movements.

◆ 健身气功·导引养生功十二法 Daoyin Yangsheng Gong 12 Methods

导引养生功是在汲取传统导引摄生原理基础上编创的系列健身方法。健身气功·导引养生功十二法精选了50余套导引养生功法中的12式，是一套提高五脏六腑机能、有助于防治疾病的经络导引术。

Daoyin Yangsheng Gong is a traditional health gymnastics, a method of daoyin created by Beijing Sport University. Health Qigong · Daoyin Yangsheng Gong 12 Methods, a selection of 12 movements from more than 50 sets of Daoyin regimen exercises, is a meridian Daoyin method to improve the function of inner organs so to both cure and prevent illnesses.

◆ 健身气功·十二段锦 Shi Er Duan Jin (Twelve Section Brocade)

十二段锦 在清代乾隆年间（1736-1796年）已有记载，是一套坐势练功的健身方法。健身气功·十二段锦传承历史上十二段锦不同流派的精华，加强了颈部、肩部、腰部、腿部运动，具有祛病强身、延年益寿之功效。

The name Shi Er Duan Jin first appeared in the period of Qianlong in the Qing Dynasty (1736-1796), and it is a health-preserving exercise done in the sitting position.

◆ 健身气功·马王堆导引术 Ma Wang Dui DaoYin Shu

马王堆导引术是依据湖南长沙出土的西汉（公元前202-8年）帛画《导引图》所创建的健身方法。健身气功·马王堆导引术注重循经导引、强调肢体动作的开合提落、旋转屈伸、抻筋拔骨，在疏通经络、调和气血、平秘阴阳过程中达到健身养心的效果。

Ma Wang Dui DaoYin Shu is a health-preserving method based on the silk scroll from the Western Han Dynasty (202 BC-8 AD) unearthed in Changsha, Hunan Province. Health Qigong · Ma Wang Dui DaoYin Shu emphasizes coordinated mind and form, and the twisting and stretching of the body movements. Through the dredging of the meridians and balancing Yin and Yang, it achieves the effect of strengthening the body and nourishing the mind.

◆ 健身气功·大舞 Da Wu (Big Dance)

大舞源于唐尧时期（约4000年前），是一种以舞宣导、通利关节的健身方法。健身气功·大舞以史料记载为依据，应用升降开合的肢体动作，配合呼吸、意念，调理脏腑，疏通气血，培补元气，进而达到养生康复的目的。健身气功·大舞以神领舞、以舞练形，古朴大方。长期习练能提高上肢力量、柔韧性、平衡能力及心血管系统的机能，对愤怒、抑郁等负面心境有改善效果，提升幸福感。

Da Wu originated from the Tang Yao Period (about 4,000 years ago). It smoothes the joints and dredges the meridians in the form of dance. Health Qigong · Da Wu, based on the historical records, uses the body movements in conjunction with breathing and consciousness to regulate organs, and to achieve the purpose of rehabilitation and health preservation.





# OUTDOOR DEMONSTRATION

## 健身气功交流展示大会

September 23, 2017 • 10 am - 3 pm Union Square Plaza, San Francisco 旧金山联合广场

### Participating Groups 参加团体

#### ◆ 少林寺文化中心

Shaolin Temple USA

Leader: Yanran • 领队: 延然



Shaolin Temple USA 创办于2007年, 旗下有4家少林文化中心, 分布在旧金山、Fremont、Sunnyvale, 以及首都华盛顿地区, 并且在斯坦福大学设有少林功夫课程, 向海外炎黄子孙以及广大美国民众, 传授正宗传统少林功夫和养生气功。

Shaolin Temple USA was founded in 2007 with the mission to share Shaolin culture with the the American people and overseas Chinese. It has 4 Shaolin culture centers located in San Francisco, Fremont, Sunnyvale and Washington DC area, and a Shaolin Kung program at Stanford University, where people of all ages and backgrounds gather to learn traditional Shaolin Kung Fu and Wellness Qigong, to share and grow together.



#### ◆ 三藩市健体太极拳会

San Francisco Fitness Tai Chi Group

Leader: He Xiao Dong • 领队: 何晓东



三藩市健体太极拳成立于02年, 主教练何晓东。我团队在湾区主办了六届具有影响力的大型太极拳联谊茶艺交流大会, 并与国内旅行团合作成功举办中美太极文化交流联谊大会。我会宗旨: 弘扬太极, 强身健体。十多年来教学经费得到 Bayview YMCA SF 的资助。

San Francisco Fitness Tai Chi was established in 2002 under the supervision of the master coach He Xiao Dong. For fifteen years, the team has actively participated in many Tai Chi events and competitions in the Bay Area, including hosting six influential Tai Chi Exchanges and a first-ever Sino-US Tai Chi Cultural Exchange. Our mission is to promote Tai Chi for physical fitness. The team has received funding from the Bayview YMCA in San Francisco.



#### ◆ 美国健身气功总会

United States of America Health Qigong Federation

Leader: Li Shu Dong • 领队: 李书东



又名美国太极养生基金会, 成立于2009年, 是美国联邦批准的501(c)3的非盈利组织。美国健身气功总会是国际健身气功联合会的会员之一, 是北美健身气功组织的重要代表团体, 长期致力于国际健身气功的推广。曾多次举办国际健身气功培训和健身气功的赛事活动过, 协会也连续多年承办美国国家武术队的选拔赛。美国健身气功总会李书东主席, 是前任国际健身气功联合会的副主席和现任国际气功联合会推广委员会副主任。

United States of America Health Qigong Federation, also known as National Tai Chi Wellness Foundation, a 501-c3 non-profit organization that was established in 2009. It is a member of International Health Qigong Federation and a prominent North America health qigong organization that has been promoting health qigong nationwide for many years. It organized various international level competitions and training workshops, along with hosting a few USA Wushu Team Trial events. Mr. Li Shu Dong is currently the president and was a vice president of the International Health Qigong Federation.



## ◆ 伍伟杰太极八卦 养生学院



Mike J. Ng Taichi and Bagua Institute

Leader: Mike J. Ng • 领队: 伍伟杰

伍伟杰师父是针灸中医博士生，陈式太极拳第十二代，程派八卦掌第五代，九九气功第二代。曾获九次国际全能太极冠军，担任美国国家武术裁判员，并列名美国武林名人堂。为提倡和促进中华武术、文化、及医学，于2012年创立了伍伟杰太极八卦养生学院。

Master Mike J. Ng is a nine-time International All-Around Tai Chi Champion and Doctoral Candidate in Acupuncture and Chinese Medicine. He is recognized as a twelfth-generation successor of Chen Style Tai Chi, fifth generation Cheng Style Baguazhang, and second generation 99 Rejuvenation Health Qigong. He is a USA National Wushu Judge and was inducted into the USA Martial Arts Hall of Fame. Master Ng founded the Mike J. Ng Taichi and Bagua Institute in 2012 to preserve and promote Chinese martial arts, medicine, and culture.



## ◆ 三藩市精才太极队

San Francisco Jing Cai Tai Chi Team

Leader: Emily Lee • 领队: 李枚



三藩市精才太极队在戴进才师傅的领导下，以共同的语言，共同的爱好，共同的情感聚集在一起。五年来，精才太极队积极参加美国功夫太极大赛，共获奖牌几百枚，很多队员还多次荣获全能太极冠军。

Under the leadership of Dai Jincai shifu, San Francisco Jing Cai Tai Chi Team came together with a common language, common hobby and friendship. For the past 5 years, the team actively participate in the US Kung Fu Tai Chi Competitions, and garnered hundreds of medals. Many members won the all-around Tai Chi championship repeatedly.



## ◆ 美国健身气功太极养生会

US Health Qigong & Taichi

Wellness Association



Leaders: Shufen Zhou & Queenie Chen • 领队: 周淑芬

美国健身气功太极养生会成立于2008年。由中国武术协会六段会员、中国国家一级社会体育指导员周淑芬老师在旧金山湾区创办。本会以弘扬中华民族传统太极拳与健身气功为宗旨，为提升民众身体素质，防御和驱除疾病做出贡献。

US Health Qigong & Taichi Wellness Association was founded in San Francisco in 2008 by Master Zhou Shufen, a high-ranking member (Level Six) of the Chinese Wushu Association and nationally ranked physical education instructor. Our mission is to promote traditional Chinese tai chi and health qigong in the hope to broaden their beneficial effects in health improvement and illness prevention.



## ◆ 宁和堂医武养生馆

Ning He Health Center

Leader: Shufen Zhou • 领队: 周淑芬



宁和堂医武养生馆以中医中药诊治肌腱筋骨、脏腑经络，并以传统武术、太极气功技法导引调理，推崇习武强身、练功养生，实践“外治皮筋骨，内养精气神”的“标本”“治养”中医哲理。本馆由中国武术协会七段、世界中联伤科李宁耀医师主理。

Ning He Health Center led by Master Li Ningyao, a high-ranking martial artist (Chinese Wushu Association seventh rank), applies techniques from traditional martial arts, tai chi and qigong to promote healing and build strength. The traditional Chinese medicine concepts of “cure and nourish” and “root causes vs symptoms” are practiced to nourish energy internally while treating muscles and bones externally.

地址: 三藩市华埠天后廟街38號  
415) 9396322 李師傅 (415) 9395776 周老師



## ◆ 太极友缘人

Tai Chi Yuen

Leader: Ken Li • 领队: 李仲強



太极友缘人成立的目的是让有兴趣者通过锻炼, 加强对太极拳的认识, 从而在健康上有所增益。主要演练门惠丰教授于2000年创编、综合了太极五家传统派系一杨、吴、陈、孙、武特点的东岳太极拳。东岳太极拳械包括拳剑刀枪棒, 有完整的功法、技理和套路系统。

Tai Chi Yuen was founded with the goal of improving health through practicing Tai Chi. We practice the Dong Yue style of Tai Chi, created by Professor Men Huifeng in 2000, that incorporates the movements from the five leading branches of Tai Chi. This hybrid style of Tai Chi has evolved to a complete system that includes standardized techniques, approaches and weapon applications to sword, broad sword, spear, and staff.



## ◆ 同心太极

Tong Xin Tai Chi Association

Leader: Janny Wu • 领队: 吴小红



沙加缅甸同心太极拳友会, 主练以杨澄甫定型的太极拳架为基准的传统杨氏太极拳、剑刀。领队兼总教练吴小红, 师承杨氏太极拳第五代传人赵幼斌, 也是经过规范培训的中国健身气功教练员。守诚、处和、持恒、求精是我们的座右铭。

Tong Xin Tai Chi Association practices the traditional Yang style Tai Chi Quan, Sword and Broadsword, based on Yang Chengfu's routine as the foundation. Team lead and coach Xiaoyong Wu learned from Zhao Youbin—a fifth generation disciple of Yang Tai Chi Quan. She is also a certified Chinese Health Qigong coach. Our motto is: "Honesty, Harmony, Perseverance and Excellence."



## ◆ 康乐太极歌舞班

Happy-Health For Tai Chi Class

Leader: Kam Chi Lam • 领队: 林金姿



康乐太极歌舞班由旧金山地标公园: 耶尔巴布埃纳, 华盛顿广场, 和喜园与花园角的太极与歌舞群组成。大家平时一起练功, 聚餐, 并参与比赛等康乐活动。一日之计在于晨, 一起练功是晨练者最丰盛的早餐, 也是一种幸福!

Happy-Health For Tai Chi Class has been established for 15 years by group leader Kam Chi Lam. It consists of Tai Chi practitioners and cultural dance groups from San Francisco's landmark parks: Yerba Buena Gardens, Washington Square, Woh Hei Yuen Park, and Portsmouth Square. In the 2017 Sing Tao Expo International Taichi Competition, the group proudly garnered 9 golds and 3 bronzes in total.



## ◆ 三藩市晨操队

San Francisco Morning Exercise Team

Leader: Shufen Zhou & Sue Wong • 领队: 周淑芬

我们晨操队是一群早上运动的爱好者, 练习太极拳, 健身气功, 木兰拳, 养生舞等, 因早上到公园晨运志同道合, 在2003年成立了晨操队。十四年来晨操队参加过不少社区活动, 如为老人筹款等。晨操队的宗旨是希望大家天天运动, 身体健康, 生活愉快。

San Francisco Morning Exercise Team is a group of people devoted to health and fitness. It was formed in 2003. Team members help each other like a big family, sharing happiness and joy. In the last 14 years The Morning Exercise Team participated in many community events such as fundraisers for seniors, and so forth. Our goal is to enjoy a healthy life through daily exercise.







## ◆ 延然 Yanran

旧金山少林文化中心 创办人暨执行主任  
Founder/Executive Director  
Shaolin Temple USA

少林寺第三十四代传人，自幼习武，曾任少林寺武僧团教练，并随国家领导人代表少林寺出访全球四十多个国家，进行文化交流。2007年创办美国少林文化基金会，任理事长；设立4所少林寺文化中心，任执行主任兼总教练。2010年世界气功大会“杰出武术家”、2012年美国《功夫杂志》封面大师，2015年加州众议院授予“社区英雄”称号。延然师父培训的大批优秀教练员和学员都成为美国功夫名将，在国际赛

事上屡创佳绩。通过少林功夫表演、教学、大型活动，以及与主流教育机构和艺术团体的协作，为中国武术事业走向国际做出杰出贡献。

Master Yanran studied Kung Fu since a young age. Served as coach of Shaolin Temple Warrior Monks Corps. Visted over 40 countries with Shaolin Abbot and Chinese leaders. Founded Shaolin Temple USA in 2007 and established 4 Shaolin Culture Centers in the United States to teach Shaolin Kung Fu and Wellness Qigong to the American people. Established Shaolin Kung Fu program at Stanford University in 2011. Master Yanran has trained countless outstanding Kung Fu coaches and students. Through performances, classes, large-scale events, and collaborations, he has made great contributions to bringing Chinese culture to the world.



*Celebrating*  
10 Years of Sharing Shaolin Culture  
in America

## 论坛演讲嘉宾 Guest Speakers at Academic Forum Health Qigong and Scientific Health Cultivation



### ◆ 休·布伦特·索佛森

哲学博士、医学博士  
斯坦福大学精神病学系 副教授

Hugh Brent Solvason, Ph.D., MD.  
Stanford University Dept. of Psychiatry

休·布伦特·索佛森医师，是斯坦福大学医学院精神病学系副教授，细胞与分子生物学博士。他的专长是治疗抑郁、躁郁、及焦虑等精神病患者。

索佛森博士对于使用新技术来治疗顽固性抑郁

症做了深入的研究。目前他正在开发一种将少林禅学与尖端疗法结合的医疗模式，来治疗只靠单一疗法无法治愈的抑郁及焦虑症患者。2016年他在河南嵩山少林寺的少林禅医年度大会上发表了论文。

Dr. Solvason is a physician scientist with a Ph.D. in Cell and Molecular Biology. His clinical expertise is treating patients suffering from depression, bipolar disorder and anxiety. Currently he is developing a clinical model for the integration of Shaolin Chan Medicine with cutting edge treatments in psychiatric disorders to treat those suffering with depression and anxiety that is not successfully treated with either modality alone. In 2016 he presented a paper at the Annual Shaolin Chan Medicine meeting at the Shaolin Temple in Henan.



### ◆ 杨磊 医师

美国河洛医科大学校长

Dr. Philip Yang  
President, Nine Stars University  
of Health Sciences

杨磊医师，河洛医科大学校长，杨医师将针灸与气功相结合，取得中医发展的新突破。

杨磊医师将其命名为「全息针灸」，以一种「全息」的理念，在施针时加上身体能量，

能成功化掉骨刺与肿瘤。杨磊医师曾参与斯坦福大学医学院一气功研究项目，用身体能量减少了癌细胞的数量。

Philip Yang, L.A.c, OMD, President and founder of Nine Star University and Unison Health Connection since 2007. Dr. Yang is an expert in alternative medicine. He has provided acupuncture, herbology, Qigong healing and training services since 1997. In 2010 Dr. Yang developed and published articles about his creative acupuncture techniques: Holographic Needle. He was invited by Stanford University and San Francisco University to participate in energy-bio researches on treating cancer and how human energy (Qi) can change protein levels.





*Certificate of Special  
Congressional Recognition*

*Presented to*

*2017 Health Qigong San Francisco Forum*

*In recognition of the 10<sup>th</sup> anniversary of Shaolin Temple USA's  
founding, marking 10 years of dedicated work cultivating harmony of  
body and mind, and harmonious communities.*

*September 23rd, 2017*

DATE

*Ro Khanna*

MEMBER OF CONGRESS

美国国会众议员 Ro Khanna 表彰状



**Shaolin Temple USA 少林文化中心**

San Francisco 旧金山 • Fremont 佛利蒙 • Sunnyvale 桑尼维尔 • Herndon VA 大华盛顿 [www.ShaolinUSA.us](http://www.ShaolinUSA.us) • 415-666-9966 • 510-818-9966