

Health Qigong Class

Content: 12 routines from Daoyin tradition / Chinese Health Qigong Yi Jin Jing / Health Taiji Palm (Third set) / Health Taiji Fan/Quan / Wudang Sword / Competitive Eight Trigram Five Steps ([Video](#))

Advantages of Health Qigong

From preliminary scientific experiments and medical observations, as well as feedback of people persistent in practising qigong, it is known that qigong can improve the functions of digestive system, respiratory system, cardiovascular system and nervous system. Qigong also has obviously positive effects on increasing appetite, eliminating fatigue, improving sleep quality, activating blood circulation, building up physical strength and brain power, and enhancing work efficiency and body endurance. Moreover, in Chinese traditional medical terms, qigong improves blood circulation, disperses the stagnant liver and protects the gallbladder.

Date: 6 Feb – 28 May 2024 (every Tuesday, except public holidays)

Time: 1:00 p.m. – 2:00 p.m.

Venue: LG1 Lobby, Sports Hall

Instructor: Master Lam Yuen Wa

Level 6, Chinese Wushu Duanwei System

Level 8 instructor, World Organization of Wushu and Kung Fu Master

Coach, Tai Chi, Tai Chi Sword, Baduanjin & Southern Shaolin Yi Jin Jing, Hong Kong Leisure and Cultural Services Dept.

Coach, Hong Kong Wushu Union

Judge, Nei Jian Chuan and Chinese Martial Arts, Hong Kong Chinese Martial Arts Dragon and Lion Dance Association

Sanda Judge, Hong Kong Sanda Association

Language: Cantonese

Quota: 25

Fee: Member: \$560 ; Non-member: \$590 (Non-members are welcome to join Staff Association to enjoy member benefits. Annual fee is \$30.) SA membership application form can be downloaded at:

http://staff.ust.hk/membership_form.html

Registration: Quota is available on a first-come-first-served basis. All participants should be faculty/staff of the University or Full/Associate Member of Staff Association. Priority will be given to Members/Associate Members of Staff Association. All new and existing class participants, please register at:

https://ust.az1.qualtrics.com/jfe/form/SV_bszeO2RmrGNvNZA

Deadline: 31 January 2024

Enquiry: Ms. Sally Kwok (Email: arsally@ust.hk Tel: 26231117)

健體氣功班

課程內容：健身氣功導引十二法 / 養生氣功易筋經 / 養生掌第三套 / 養生扇 / 養生拳 / 武當劍 / 競賽套路八法五步 ([影片](#))

健身氣功的好處

經過初步科學實驗和醫學觀察，及常年堅持健身氣功練習者的反映，健身氣功對改善消化系統、呼吸系統、心血管系統、神經系統的功能，對增進食慾、消除疲勞、改善睡眠、促進血液循環、增強體力和腦力、提高人體的工作效率和耐力等，都有顯著作用。並且令血氣運行，舒肝護胆。

日期：2024 年 2 月 6 日至 2024 年 5 月 28 日，逢星期二 (公眾假期除外)

時間：下午 1 時至下午 2 時

地點：LG1 體育館大堂

導師：林婉華師傅

中國武術段位制六段

世界功夫武術段位制師範級八段

香港康樂文化事務署太極拳劍、八段錦及南少林易筋經教練

香港武術聯會教練

香港中國國術龍獅總會內家拳及武術裁判

香港散打協會散打裁判

語言：廣東話

名額：25 人

費用：會員 560 元；非會員 590 元 (歡迎非會員加入本會，享用會員福利，年費 30 元。) 申請表格下載網址：http://staff.ust.hk/membership_form.html

報名：新舊學員均須網上報名，先到先得。所有參加者都必須是科大教職員或教職員協會會員/附屬會員，教職員協會會員/附屬會員優先，報名請登入：<https://forms.gle/kUEybnCpSCk6dMDp7>

截止日期：2024 年 1 月 31 日

查詢：郭素芳女士 (電郵：arsally@ust.hk 電話：26231117)