



Health Qigong Federation UK –
32 High Street – Chislehurst – Kent BR7 5AQ
Tel 020 8467 9988 – e-mail info@healthqigong.net

August 2018 Newsletter

Dear Members and Friends of HQFUK

We have had a busy summer preparing for the four major International events

1. the 3rd China International World Health Qigong Tournament and Fourth Symposium, based in Jiuhuashan, Anhui Province 31st July to 6th Aug &
2. The 3rd European Health Qigong Tournament and Symposium based in Hatfield Hertfordshire 24th – 30th Aug
3. Mr Herman Wang attended the Inner Mongolia International HQ tournament and attended the IHQF Executive board meetings there.
4. The Second World Health Qigong Day 2018

We had our largest team for the European tournament to date, comprising Herman Wang -Team Leader, and participants Tony Childs -Technical Coach, and team members Vincenzo Albano, Rob Banks, Judy Bunzyl and Katheryne Gatehouse.



Team colours and the last training seminar ahead of the competition



The 3rd European Health Qigong tournament started with demonstrations and teams from all counties participating in Ba Duan Jin.



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We competed in team events for Ba Duan Jin and Da Wu, and individually in those two forms and Judy also in Daoyin Yang Sheng Gong 12 Step routine.



Team Da Wu event



Team trophies



Judy Bunzl, Rob Banks, Herman Wang, Tony Childs, Vincenzo Albano, Katherine Gatehouse



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At the closing party -Left to right
Mr Zhang Zeng Dir CHQA
Madame Gao Langjie IHQF
Mr Herman Wang PRES.HQFUK
Mr Chen IHQF EXEC
Prof. Shi Aiqiao
Mr Pierre de Keukkeler IHQF
Mr Yang Chun Bo PRES. IHQF
Mrs Faye Yip PRES. BHQA
Ms Judy Bunzl HQFUK

We won Team Gold for Da Wu, and Team Bronze for Ba Duan Jin, and all members won either gold, silver or bronze medals in their individual events. A very well deserved success story for all involved! Congratulations too to the British Health Qigong and all their volunteers – the general consensus was this was the best run tournament to date.

Once again, if you require any further information on the events detailed above, classes & seminars please contact us via phone/ email/ WeChat/Facebook

Mr Herman Wang, Chairman HQFUK , expresses his warmest thanks to all our members and friends