

Questionnaire: Pre-qualification for Integrated Medical Qigong Class: Intermediate

Circle all that applies:

1. How often do you practice in a week?
A. Daily B Twice C. Thrice D. Four times E. None
2. How many minutes for each practice?
A. 10-20 B. 20-30 C. 30-40 D. 40-50 E.> 50
3. What posture do you practice?
A. Standing B. Sitting C. Lying on back D. Lying on side.
4. When practicing, do you have:
A. External/Spontaneous Movement B. Internal Movement C. None
5. For External/Spontaneous Movement, which part of your body moves?
A. Head & Neck B. Waist C. Legs D. Shoulder/Hand
6. For Internal Movement, which part of your body feel the sensation?
A. Palms B. Upper & Lower Arms C. Front/Back Trunk D. Thigh/Shin
7. When practicing, do you have any sensation?
A. Yes B. No
8. If you have sensation, what kind of sensation?
A. Warm B. Cold C. Sore D. Tingling E. Itch F. Swelling
9. If you had External/Spontaneous Movements, do you STILL have them now?
A. Yes B. No
10. In a few sentences, describe what did you “feel” in your practice. As an example, I have copied an excerpt from my old journal. Write or copy from your own journal.

5/26/2009, Tuesday: Got up at 6:30 AM and had a splitting headache with runny nose – typical flu symptom. I thought to myself: should I take some flu medication or just practice? I decided to practice.

Just like the previous 3 days, less than 30 seconds, my body started to sway left and right, hopped back and forth. Then I stooped to make 360 turns/circles, horizontal to the floor. A minute later, it quieted down. Now my palms were filled with Qi that expanded and rushed to the top of my head.

I practiced for 3 minutes and stopped. Miraculously, my headache was gone. My nose was cleared. But the tingling sensation and the goose pimples on my hands and calves expanded and extended to my back and stayed there for over an hour.