

The Hong Kong model of the WTCQD celebration

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The [14th World Tai Chi & Qigong Day \(WTCQD\)](#) is about one month away. It is estimated that more than 70 countries will participate in this year's celebration on Saturday, April 27. If your city has not yet started planning, the Hong Kong model can provide some inspiration and ideas.



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The World [Tai Chi \(Taiji\)](#) & [Qigong](#) Day has always been a huge event in Hong Kong with thousands of participants if not tens of thousands. In recent years, the focus shifted; instead of large-scale demonstrations of Tai Chi forms, it is concentrated on Qigong, special in healing effects. Last year, breast cancer survivors demonstrated a special Qigong form that was designed as a rehab intervention. This was essentially due to the leadership and hard work of Dr. Grace Luk (Wai Sum Luk).

Born to well-known western medicine physician, Dr. Luk Fei Yuk, Dr. Grace Luk determined to follow

her father's footsteps. After graduating from [Taipei Medical University](#), she has been practicing medicine for over 34 years and is also currently a vice president of [the Association of Licentiates of Medical Council of Hong Kong \(ALMCHK\)](#).

Aside from her accomplishments in the medical profession, Dr. Luk has been well respected in the [martial arts](#) community. She studied Seven Star Praying Mantis and other martial arts from the most renowned Praying Mantis Grandmaster [Chen Zhen Yi](#) at age 6. By 9, she had a demonstration at a major martial art exhibition in Macau. In college, she co-founded a collegiate Chinese martial art club and taught Praying Mantis and Tai Chi. After she established her private practice and gave birth to her daughter, with her husband's support, she re-emerged in the martial arts arena and took gold medals in the Hong Kong Traditional Wushu Open in 1990. In 1991, she participated in the first [International Shaolin and Wushu Festival](#) in Zhengzhou, China and won first places in a Tai Chi bare hand form and a Tai Chi weapon form. She continued to compete at the Hong Kong Elite Chinese Martial Art Tournament and won gold medals in three consecutive years in her early 40's. She has since retired from competition, but has concentrated on teaching and coached a few medalists. She has served as a head judge for international tournaments. She founded a Wushu coach association in Hong Kong and published a Wushu journal.

During the peak of her competition career, Luk's interest of martial arts started to migrate from techniques and skills to how martial arts influences human body. She started to concentrate on the nurturing aspect of martial arts. She began to teach Qigong as well as research it. She authored articles on martial arts and health. Qigong is an internal nourishing exercise. Dr. Luk said that a practitioner has to go deep inside his own body to find balance and harmony. During the practice, one must use intent (or Yi) to guide the Qi movements and all movements must be soft, relaxed, slow and continuous.

She used Tai Chi Qigong 18 form as a framework, and modified it based on human biology and anatomy. She revamped the traditional teaching method. She also emphasized on mental training to make practice more effective. She named her form "Internal Qigong 18". She has taught patients and seniors this form. In general, the feedback from patients and seniors is improved circulation and shortened recovery times. She also co-founded the [Nature Health Qigong Association](#) to promote health and life nurturing via Qigong.

At the urge and assistance of an oncologist and medical director, Dr. Luk designed a special Qigong form for breast cancer patients three years ago. The focus is the neck, the shoulders and the upper body. After training, patients reported improvements both physically and emotionally as well as sleep quality; they gained flexibility in the arms and hands and their swelling abated much quicker. This breast cancer patient targeted Qigong certainly was proven to be helpful. At the end of last year, Dr. Luk designed another routine for cancer patients of the ear, nose and throat (ENT) and the focus is on the eyes, the ears, the mouth, the nose and the throat in addition to the neck. There is also a research supported and participated by Drs. Shirley Fong, William Tsang and the prestigious [Hong Kong](#)

Last year, the Nature Health Qigong Association sponsored the WTCQD celebration featuring breast cancer survivors along with other Qigong practitioners including children. Besides the breast cancer targeted Qigong, Internal Qigong, it also exhibited Chinese Health Qigong, the form sanctioned and promoted by the Chinese government. It was very impressive and successful. You can see the video clip attached here.

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