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National Qigong (Chi Kung) Association ☉ USA

NQA Research and Education Committee

Minutes

Meeting: **January 26, 2014 8:00 pm Eastern Time, 5:00 pm Pacific Time**

(meetings are generally the fourth Sunday of each month)

Conference Number: 605 475-4333 code 919728

Webconference Site: **{<http://www.screenleap.com/cjrroads>}**

Group FTP File Storage Location: <ftp://hplconsortium.com/> username: nqare password:NQA%20re

Group File Storage Location: <http://HPLConsortium.com/mollify> username: nqare password:NQA%20re
(these are both at the same place. If you know FTP, that is a more efficient way to access the files. If you are not familiar with FTPing, then use the **mollify** to upload and download files.)

Reminder Link: <http://www.dialmycalls.com/s/CGF2U6H>

Invited Members Present

CHAIR - CJ Rhoads (cjrroads@taijiquanenthusiasts.org)

VICE CHAIR Gary Giamboi (garysbusiness@gmail.com)

SECRETARY Maryann P. DiEdwardo
(diedwardo7@Rcn.com)

Eric Imbody (eimbody@earthlink.net)

Kathy Levac (kathy@relaxedandalert.com)

Alan Graham (info@alangrahamdc.com)

Lauro Medina Jr. (laurojr4@yahoo.com)

Matthew F. Komelski (komelski@vt.edu)

Robert Brown (b2bolin@olypen.com)

Garth Henry <hgarth60@yahoo.com>

Siobhan Hutchinson <siobhan@nextstepstrategiesllc.com>

(Invited Guest) Penny Klein

Meeting Topics

Minutes: CJ greeted all attending members and our guest Penny Klein.

International Research Agenda Progress

Minutes: We reviewed Qigong Page: <http://en.wikipedia.org/wiki/Qigong> with the new screen sharing at <http://www.screenleap.com/cjrroads> with discussion on the definitions of QiGong on the page. Attending members talked about definition of QiGong as well as the references to lists of studies that review positive findings on the effectiveness of QiGong.

Furthermore, CJ remarked that the definition is not explained in context yet. There are certainly changes to make in the page with definition and commentary about clinical studies. CJ

tried to make a small change in the area of history on the page, to demonstrate changes in the page. Penny left the meeting at this time. CJ moved to the talk section to discuss the issue of a tiny addition of a balanced statement. Group work is very important to make the changes fit and stick. Refutation on the page must be supported by our committee.

CJ concluded that the definition is pretty good, since there have been plenty of discussions over the past few years. CJ asked if the group could discuss in the talk area to maintain changes. CJ also considers Taiji and QiGong to be integrative medicine. But one can't quote one's own article. CJ remarked that if one of us had quoted her article, the quote may have been accepted. CJ discussed the talk page activities. Somebody else may have supported CJ in her posting. She also asked if we could take a look at her article and have a conversation in the area of QiGong and integrative medicine. CJ emphasized that we need to work as a group. Make a list of changes we need to make and we can support each other on the page changes. We could also quote CJ's article.

Robert made a change in the QiGong page that has remained. History is the area where he made a change (in the second paragraph). CJ asked Robert to show us his small change. He has a specific user name.

CJ emphasized the idea of a public setting to discuss and to engage in supporting each other. She wants us to use the Wikipedia pages to make changes and to make additions to the page. She wants to add some meaningful dialogue.

Should we invite other people? Robert addressed the lack of specific focus on what we are doing. CJ waited to decide this issue. We did not yet discuss/modify letter that CJ drafted to invite people to join the WikiProject:

http://hplconsortium.com/Groups/NQA_RE/OtherFiles/LetterofInvitation.docx

We did not address how to collaborate with Qigong Institute?

<http://www.qigonginstitute.org/html/whatsnew.php>

However, we did not yet request people to join the WikiProject

<https://docs.google.com/spreadsheet/ccc?key=0AmE2KHQFIfsddGIOODA5cFBEUzY0VUJfOGxvRVotTkE>

CJ will attend the Integrative Healthcare Symposium.

<http://www.ihSYMPOSIUM.com/annual-conference/>

Decided to place this on the "back burner." Non-discrimination clause in Affordable Healthcare Act

<http://fontherapeutics.com/blog/update-insurance-coverage-for-integrative-health-services-in-2014/>

Education: Planned Projects - (Gary & Eric) Gary mentioned that the NQA must focus on discussions with other integrative fields. Gary discussed that it is vital to the NQA to bridge the connections to other modalities. Report on planned activities or other ideas for Education was based on the discussion by Gary. No decisions were made looking ahead to the 2014 Conference in Valley Forge. Eric discussed CEUs at NQA conferences. This would generate interest in

attendance. If we, as a committee, could look at a list of topics that would be useful for practitioners or teachers. He asked for a phone conference to generate ideas. Qi talks are also operating with a variety of speakers. Maybe the most popular could offer a more in depth examination of the topics. CJ remarked that the Qi talks could possibly be given for a fee. Qi has been helpful to increase membership. In part, the talks are an educational effort to mobilize members. Perhaps, taking a look at the popular topics, could enhance the NQA activities. He offered to talk to the NQA committee on Qi talks.

Minutes:

Kathy questioned and discussed an approved curriculum for Universities. That could be on the agenda next month. Some Universities have a martial arts focus.

Maryann will create a document to list discussion topics. We are all going to look at QiGong Wikipedia. Compile a document to send to everyone with a list of topics.

Parking Lot Items were not discussed: (Items on hold, either waiting for a decision or some previous project to be completed).
Taijiquan Enthusiasts Organization Alliance

We discussed the NEXT MEETING: February 23, 2014. We will still meet at 8 pm Eastern Time, 5:00 pm Pacific Time.
(meetings are generally the fourth Sunday of each month)