

Lecture on Aikido, Chinese medicine, and Qigong by Dr. Tony Leong

Bio: Tony Leong is a physician and registered acupuncturist and was among the first to practice acupuncture in BC. In 1993, he was awarded a Rotary Foundation Scholarship to study acupuncture in Beijing. His interest in energetic healing has exposed him to Reiki, Korean Hand Therapy, "Auricular Acupuncture", Reflexology, JinShinDo Acupressure, EMDR and the acupuncture and qigong techniques of Dr. Steven Aung and Dr. Richard Tan. He practices Aikido at Victoria Aikikai.

About the lecture: Ki is a vital part of aikido, and healing and the martial arts are intimately related. Tony will explore the roadmaps of acupuncture and relate the acu-points applicable to aikido practice... points which heal and points which harm. He will give tips for the treatment of common aikido injuries.

Tentative outline:

- Qi cultivation, preservation, application. Myth?
- The acupuncture roadmap of the body
- The roadmap applied to aikido... points which heal, points which harm.
- How to enhance healing from aikido injuries with knowledge of the roadmap.
- Q and A.