



香港資優教育學苑  
The Hong Kong Academy for Gifted Education

香港特別行政區政府教育局資助  
Subvented by the Education Bureau, the Government of the HKSAR



[Learn about Gigi & Yoyo](#)

F1PPW016W

[\(Token-required\)](#)

## [ Gifted Programme ]

### Workshop / Introductory Level

# Baduanjin(八段錦) Workshop

Instructors from Youth Miracles Continuous Training Centre Limited



**Application Deadline**  
**13 Feb 2025 12:00 noon**

## **Intended Learning Outcomes**

**Result Release**  
**14 Feb 2025**

Upon completion of the gifted programme, gifted students should be able to:

1. Identify the origin of Badu Anjin(八段錦) and its basic techniques.
2. Apply martial arts-based breathing exercises and meditation practices for stress relief.
3. Experience the joy of exercise and the benefits of positive self-care.
4. Demonstrate a heightened awareness and appreciation of the Chinese culture, contributing to their overall well-being.

If student members withdraw from the programme after the Application Deadline, the token will be deducted.

## ◆ Gifted Programme Introduction

Baduanjin is a part of the Shaolin Yi Jin Jing (少林易筋經). It consists of two parts: meritorious service and sitting meritorious service (立功和坐立功). The main purpose of practising this exercise is to harmonize yin and yang and regulate the three burners. It involves transitioning from stillness to movement and is suitable for both dynamic and static practices. It aligns with the five shapes and their vitality, facilitates energy transformation, harmonises the upper and lower parts of the body, balances qi and blood, and promotes renewal.

Baduanjin can strengthen and nourish the five internal organs, ward off external pathogens, relieve internal ailments, remedy deficiencies, and restore balance. Its benefits are extensive. With regular practice, you can enhance your health and promote longevity.

In the workshop, students can experience the joy of exercise and the benefits of positive self-care through focusing on slow breathing exercises and carefully designed movements.

## ◆ Schedule

Date	Time	Venue
10 March 2025 (Sat)	02:00 p.m. – 05:00 p.m.	HKAGE
24 March 2025 (Sat)		

## ◆ Suitable for

- S1 – S6 HKAGE student members in the 2024/25 school year.
- Class size: 30
- Student members should wear proper sportswear (sports attire and trousers) and bring your own towel and water to join the workshop
- ❖ Student members will be selected randomly by the computer system. The decision of HKAGE regarding the selection results is final.

## ◆ Medium of Instruction

Cantonese

## ◆ Certificate

E-Certificate will be awarded to participants who have attended all the sessions and shown active participation in class activities.

## ◆ Pre-requisite

As basic Badu Anjin(八段錦) techniques will be taught in this workshop, members should have good health conditions to meet the requirements of a general Physical Education class.

## ◆ Enquiries



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# Journey to Wellness: Experiential Learning for Promoting Well-being

- ♥ Enhance the well-being of gifted students
- ♥ Provide ample emotional and mental health support
- ♥ Foster positive relationships
- ♥ Strike a balance between intellectual pursuits and holistic development

