



Peaceful martial art

By WILLIAM O. MARTIN
Staff writer

Qigong Grand Masters from the Chinese Health Qigong Association will be visiting the Ohlone Newark Campus with the intention of spreading the Chinese martial art form of Qigong on Oct. 11 and 12. The Grand Masters will introduce four simple forms of the martial art.

Qigong focuses on movements and breathing, in order to clear the mind and promote healthy lifestyles. The movements are simple actions such as turning, extending and the pulling of muscles, bones, and joints, including spinal exercises for flexibility and reducing stress.

Qigong traditionally has been practiced in Taoist and Buddhist monasteries in order to help the monks concentrate energy, and is believed to increase the mental and physical health of its practitioners.

The four forms that will be taught and demonstrated in the symposium are called Five Animal Frolics, Bone Marrow Washing, Six Healing Sounds and Eight Section Brocade.

According to Robin Kurotori, who is the Health, Fitness and Wellness Program Director at Ohlone, their stop at Ohlone will be the only west coast symposium they have scheduled. "This is a fabulous opportunity for Ohlone in terms of cultural exchange and health education," said Kurotori.

Millions of people practice Qigong in China and throughout the world in hopes of improving their health in general, and maintain a vigorous mind and soul. "Qi" means "breath" in Chinese, while "gong" means "work." Thus "Qi-gong" translates into "breath work."

The price for the two-day seminar is \$275. You can go to the Saturday seminar, though and purchase a one-day pass for \$140 at the door or the Sunday seminar for \$160 at the door.

"Although the price for the

workshop may seem a bit steep, the benefits are priceless. Documented benefits improve enhancement in bone and tendon strength, balance, stress reduction, flexibility, just to name a few," added Kurotori.

On Saturday, the teachings will begin at 9 a.m. and will last till 5 p.m. The Grand Masters will have a presentation and demonstration. Following their lessons, there will be some participatory learning, accompanied by a lunch provided for in the activity fee.

On Sunday, the symposium will last until 6 p.m. A demonstration and discussion will be held followed by lunch. To conclude the symposium, the Grand Masters will break the class into smaller, more personal groups in order to go over some drills and review.

For information, go to www.ohlone.edu/instr/wellnesscenter/20081000qigongsymposium.html.

Children

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establishing precepts such as science among other concepts is essential. Techniques such as "innovation," application of materials learned versus merely rote memorizing are part of a major move across all subjects to improve teaching.

Applying such techniques, such as educating teachers, is often reliant on funding, however.

"As with all good things in education, [teaching programs are] tied to money," said Berkowitz during her workshop on classroom science teaching aids.

Exchange at Ohlone

By KATHY SUNG
Staff writer

Next summer, Ohlone may offer an international exchange program with a school in China. The relations between Ohlone and Chinese colleges are strengthening: the college recently welcomed Professor Jie Mei from the College of Music, Liaoning Normal University, Dalian, China. Professor Mei came to Ohlone last January to March for three months to begin creating a possible international student exchange program.

Ohlone was offered a Business International Education (BIE) grant for \$168,000 just this past March. Jie Mei, the Vice Chairman of the Vocal Department, is scouting Ohlone's campus for incoming students.


According to Professor of Computer Studies Xisheng Fang, "[International Programs Director] Eddie West has worked very hard to increase international enrollment." International enrollment has increased from 65 to 235 students. All of the money that these international students pay, about \$5,000 a semester, becomes revenue for Ohlone.

According to Fang, Ohlone Music Professor Dennis Keller said, "This type of exchange is greatly beneficial for Ohlone and Chinese faculty and students." West said Ohlone has "Played a pioneer role in the American education system to support this exchange."

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