

## Online BDJ Course Tongue Analysis

### Collection of Tongue Photos

- ❖ Aims : to allow Prof. XIANG Hanping to
  1. identify preliminarily the characteristics of participants' internal organs and meridians functioning
  2. determine what changes the online BDJ course bring to the participants
- ❖ Collection time : before and after the course
- ❖ Collection method :
  1. Participants take the tongue photos according to the instructions laid out by Prof. Xiang.
  2. Participants email the tongue photos to Instructor Ruby Ho within a week before and after the course for coding.
  3. Ruby Ho send the coded photos to Prof. Xiang.

### Feedback of the Tongue Analysis

1. After the online course is completed, Prof. Xiang will compare individual participant's pre- and post-course tongue photos. He will send the feedback to Ruby Ho after comparison.
2. Ruby will then forward the feedback to respective participants.

### **Remarks**

- ❖ The participation of Tongue Analysis and collection of the tongue photos is voluntary.
- ❖ This Tongue Analysis is not a scientific or diagnostic study. It is entirely a preliminary exploration and understanding of changes brought about by the online BDJ course to participants with Parkinson's.
- ❖ In the process, the tongue photos will be coded. Hence, Prof. Xiang will not be able to identify the owner of the tongue photos.
- ❖ This Tongue Analysis is offered at **no cost** to the Online BDJ course participants who have Parkinson's.
- ❖ Number of participation is limited to 10 only. First-Come-First-Served principle will be applied.

### Participant's Details

First Name:..... Last Name.....

Email:.....

Class to attend: standing / sitting (*please circle the appropriate*)

### **Privacy Policy**

*The Participant's details above are for communication between the instructor and the participant only. They will be stored securely and will not be shared with third party, and/or sold to third party for marketing purposes.*

**Participant's Declaration** (please tick the boxes below)

- I have read the above ***Online BDJ Course: Tongue Analysis.***
- My participation is entirely voluntary.
- I give my permission to Prof. Xiang and Instructor Ruby Ho to use my tongue photos and analysis for academic purposes.
- I am committed to fully participating in the course. I will also practise BDJ between lessons

**Signature:**.....

**Date:**.....

**About Prof. Xiang Hanping**

Prof. Xiang Hanping is the former Associate Professor of the Wuhan Sports University, specialised in Traditional Chinese Health Preservation. He is at present a Referee & Social Sports Instructor in Health Qigong (National Level) in China.

Prof. Xiang is not only a Council Member of the Chinese Health Qigong Association, but also one of the experts in the Health Qigong Administrative Centre of General Administration For Sports of China, and a member of the Research & Re-designing Team for HQG Yijinjing, Dawu etc. His wealth of knowledge on minute details and health benefits of various HQG had won him a lot of awards in HQG in China.

**About Instructor Ruby Ho**

Ruby Ho is a newly retired occupational therapist in the UK. She is Prof. Xiang's HQG student and a qualified HQG BDJ Instructor under the British Health Qigong Association. Prior to her emigration to the UK, Ruby was the Department Manager of Occupational Therapy in MacLehose Medical Rehabilitation Centre under the Hospital Authority of Hong Kong. Other than that, Ruby had held different posts in the Hong Kong Association of Occupational Therapy, including the Chair and other Executive Committee posts, while she was in Hong Kong.