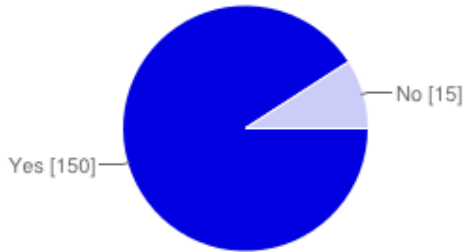


Results of Yuan Gong Trial Practice

Trial practice conducted over the period of 3 months

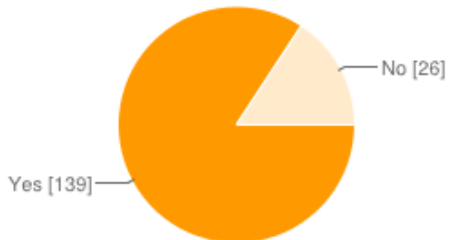
(158 valid responses)

1. Have you learned Qigong in the past?



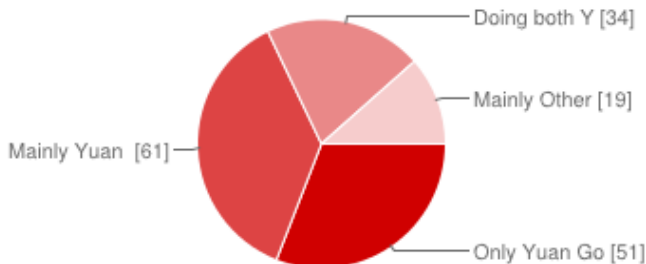
Yes	150	91%
No	15	9%

2. Were you practicing Qigong at the time you learned Yuan Gong?



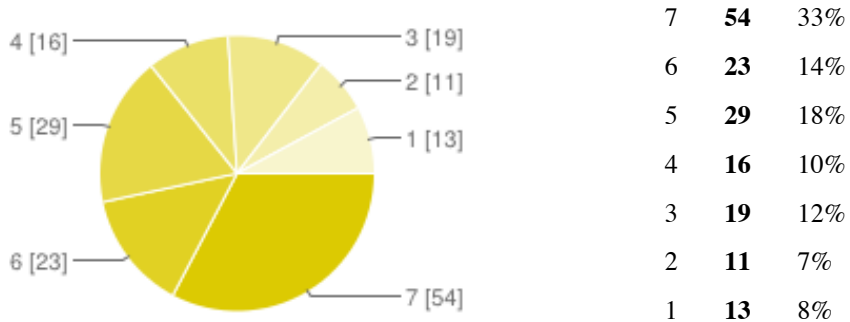
Yes	139	84%
No	26	16%

3. Since you've learned Yuan Gong, how have you been doing your practice?

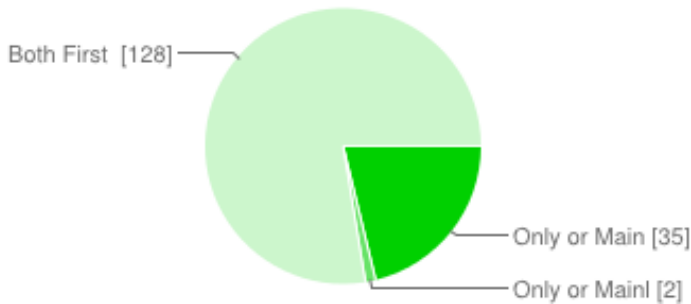


Only Yuan Gong	51	31%
Mainly Yuan Gong but with a small amount of other Qigong form	61	37%
Doing both Yuan Gong and other Qigong form in fair amount	34	21%
Mainly Other Qigong form and a small amount of Yuan Gong	19	12%

4. On average, how many days a week have you been practicing Yuan Gong?

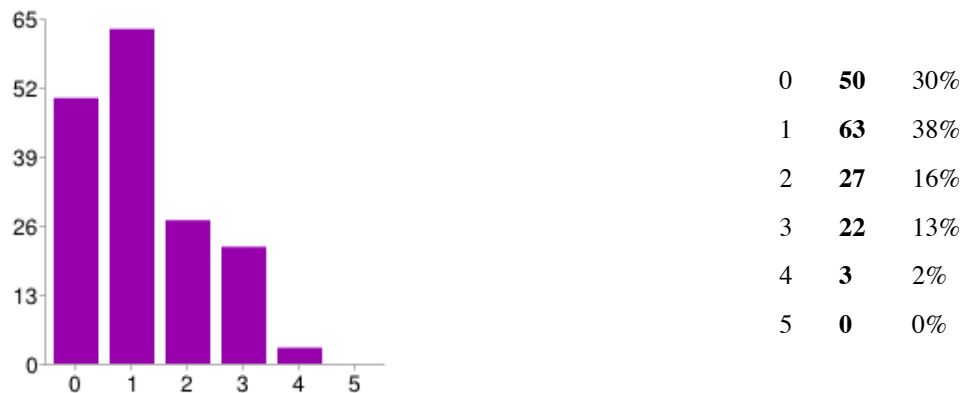


5. What have you been practicing?

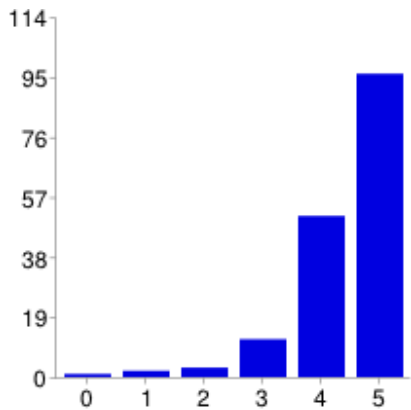


Only or Mainly First Method (Tian Yuan)	35	21%
Only or Mainly Second Method (Di Yuan)	2	1%
Both First Method and Second Method	128	78%

6. Do you find these methods easy to learn? (0 being very easy; 5 being very difficult)

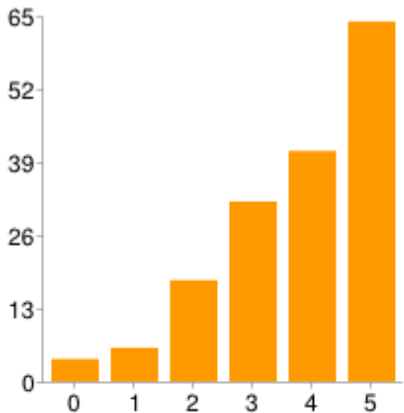


7. At this stage of your Yuan Gong practice, do you find the practice of the First Method enjoyable? (0 being not at all; 5 being very much so)



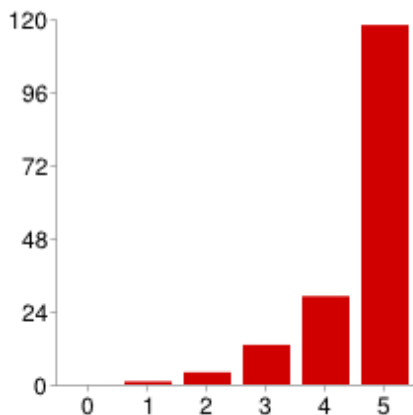
0	1	1%
1	2	1%
2	3	2%
3	12	7%
4	51	31%
5	96	58%

8. At this stage of Yuan Gong practice, do you find the practice of the Second Method enjoyable? (0 being not at all; 5 being very much so)



0	4	2%
1	6	4%
2	18	11%
3	32	19%
4	41	25%
5	64	39%

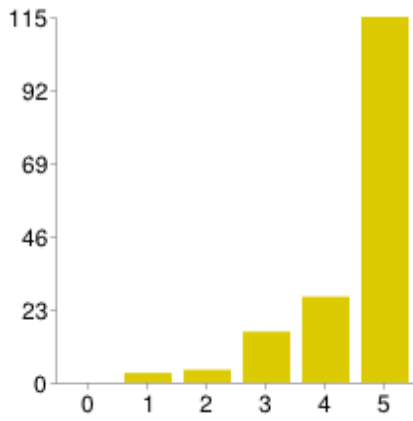
9. What is your inclination to continue to practice Yuan Gong? (0 being none; 5 being very high)



0	0	0
1	1	1
2	4	2
3	13	8
4	29	1
5	118	7

10. What is your inclination to recommend other people to practice Yuan Gong? (0 being none; 5 being very

high)



0	0	0%
1	3	2%
2	4	2%
3	16	10%
4	27	16%
5	115	70%