

**Use of Video Promise**

In the spirit of trust and generosity, Sifu Josie is making videos available to you providing you agree to the following honour code:

Background: I understand that these Tai Chi and/or Health Qigong videos are shot, edited and produced with great care and represent hours of professional work and training by my teacher. I know Sifu Josie wants to encourage my growth as a Tai Chi and/or Qigong practitioner by allowing me private access to these videos so that I may increase my hours of practice at home, improve my technique and memory of each movement, and enhance Tai Chi and Chinese Health Qigong's many benefits.

Honour code: To honour this spirit of trust, I promise to keep these videos private for my practice only and to not share access to these videos with anyone else. I also agree not to post any portion of these videos on any web or social media site.

Use of the Videos: Videos will be available for use for at least 2 weeks after the completion of the form you are subscribed to.