

Falun Gong Fact Sheet

- Falun Gong is an ancient Chinese exercise that improves health, reduces stress and increases energy. The practice involves slow, gentle movements of the body, while it teaches the principles of truthfulness, benevolence and forbearance. Similar to Taichi and other popular practices, Falun Gong is easy to learn, enjoyable to do and enhances practitioners spiritually, mentally and physically. Falun Gong is completely free of charge.
- Falun Gong was brought to the public in 1992, and became popular through word of mouth due to its many benefits. So far, Falun Gong has attracted over 70 million people around the world. Some people do the exercises alone, while others meet in parks to do the five exercises together.
- While Falun Gong has received overwhelming support from the US Congress, other governments and human rights groups, it remains a target of suppression by the Communist regime in China. The totalitarian government, which rejects freedom of conscience, expression and assembly, groundlessly felt threatened by the growing number of Chinese who regularly do the ancient exercises. This led to the government's crackdown beginning in July of 1999.
- In the past year, at least 50,000 practitioners have been detained, over 10,000 sent to labor camps without trial, hundreds sentenced to prison terms of up to 18 years, and more than 1000 have illegally been imprisoned in mental hospitals where they suffer through forced injections and psychological torture. To date, over 203 practitioners have died as a result of police brutality.
- Falun Gong practitioners have been courageously appealing to the Chinese government for their legal rights in a peaceful manner, despite enduring regular beatings and torture.
- Those who practice the exercises worldwide - as well as international organizations such as Human Rights Watch and Amnesty International - are calling for an open dialogue between the Chinese Government and its citizens who practice Falun Gong.