

**REGULATIONS**  
**EVALUATION ON INTERNATIONAL HEALTH QIGONG DUAN**  
**(DRAFT)**

**Chapter I**  
**General**

**Article 1**

The REGULATIONS are drawn up to benefit the Health Qigong enthusiasts from countries and regions in the world, scientifically evaluate the technical and theoretical level of Health Qigong practitioners, **normalize** Health Qigong technical and theoretical system, strengthen Health Qigong standardization construction as well as promote Health Qigong international exchanges.

**Article 2**

**The International Health Qigong Duan is the comprehensive evaluation of the exerciser's level of Health Qigong based on one's individual mastery of the technical and theoretical level of Health Qigong, and contribution to the development of Health Qigong.**

**Article 3**

People practicing the Health Qigong may apply for an International Health Qigong Duan.

People applying for a Health Qigong Duan would be keen on and love to practice the Health Qigong in a civilized manner, build up physical conditions scientifically and attend to cultivating merits and virtues and good moral character.

**Article 4**

The International Health Qigong Duans are classified into categories as Pre-Duans, Duan grades and Honorary Duans:

Pre-Duans: level 1, level 2 and level 3.

Junior Duans: Duan 1, Duan 2 and Duan 3.

Intermediate Duans: Duan 4, Duan 5 and Duan 6.

Senior Duans: Duan 7, Duan 8 and Duan 9.

Honorary Intermediate Duans: Duan 4, Duan 5 and Duan 6.

Honorary Senior Duans: Duan 7, Duan 8 and Duan 9.

**Article 5**

**The International Health Qigong Duan examinations are carried out hierarchically.**

Pre-Duan level and the Junior Duan examinations are carried out by **the IHQF or** the IHQF member organizations.

Intermediate Duan examinations are carried out by **the IHQF or** jointly done by the IHQF and its member organizations.

Senior Duan examinations are conducted by the IHQF only.

The IHQF may authorize its rights to the units qualified to run Pre-Duan level and Junior Duan grades examinations. The qualified member organizations apply to IHQF, get approved and sign the entrust agreements with IHQF, and then carry out the Duan exams and valuation. The entrusted organization transferring the rights to a third party must be agreed by IHQF prior to doing so.

Following rights limits shall be respected.

#### **Article 6**

The applicant applying for an International Health Qigong Duan under 7 (including Duan 7) can take part in the examination to gain the Duan, or apply the corresponding Duan based on the prizes awarded at the International Health Qigong Exchange and Tournament or the Continental Health Qigong Exchange and Tournament.

The IHQF or the IHQF member organizations may approve and grant the Pre-Duan levels and the Junior Duan grades.

The IHQF approves and grants the Intermediate Duan, Senior Duan and Honorary Duan.

The Duan applicant may apply from the IHQF Technical Committee If the evaluation is not available in the country or region.

The Duan applicant may apply from the IHQF If the evaluation is not available in the country or region, or under special situations.

## **Chapter II**

### **Application**

#### **Article 7**

The Health Qigong Duan examinations are only on theory and routines techniques while the Health Qigong routines are promoted by the IHQF.

(1) The hundred-mark system is recommended in closed-book theory exams.

(2) The routines technical exams are classified into five categories: A, B, C, D and E by means of on-site scoring. The evaluation is done on <Regulations for Health Qigong Competitions> (draft) approved and published by the CHQA in 2017.

Standards categories:

Grade A: 9 points higher.

Grade B: 8 points higher.

Grade C: 7 points higher.

Grade D: 6 points higher.

Grade E: 6 points lower.

#### **Article 8**

The total technical scores are comprehensively formed by the judges considering both the movements standards and the performance level. The attires of the Duan applicants are requested to tailor IHQF's requirements, use the specified practice equipment and strictly respect the examination venue rules.

The whole process of Duan examinations shall be video-recorded of which the Duan application data, the evaluation forms and exam video-recording shall be kept original for 3 years more. The IHQF Technical Committee is entitled to have a spot-check on the exams.

#### **Article 9**

The evaluation group for the routines technical exams are instructed by the IHQF and conferred a diploma before carrying out their duties.

The Pre-Duan evaluator consists of at least 1 member who is the referee granted Health

Qigong Duan 4 higher or the international junior examinant.

The Junior Duan evaluators consists of at least 2 members who are the referees granted Health Qigong Duan 4 higher or the international junior examnants.

The Intermediate Duan evaluators consists of at least 3 members who are the referees granted Health Qigong Duan 7 higher or the international intermediate examnants.

The Senior Duan evaluators are the referees granted Health Qigong Duan 8 higher or the international senior examnants.

The examinant regulation shall come into force on the date of being made public by IHQF.

## Article 10

### Requirements for the applicants for the Health Qigong Duans:

#### (1) Pre-Duan level 1

A graduation diploma granted at one Health Qigong routine's instruction.

#### (2) Pre-Duan level 2

Pre-Duan level 1 diploma granted already 3 months' time. A graduation diploma granted at the second Health Qigong routine's instruction.

#### (3) Pre-Duan level 3

Pre-Duan level 2 diploma granted already 3 months' time. A graduation diploma granted at the third Health Qigong routine's instruction.

#### (4) Duan 1

Pre-Duan level 3 diploma granted already 6 months' time. Results ranked Grade C at one routine's technical exam, or individual 3<sup>rd</sup> prize awarded at one routine at the International Health Qigong Exchange and Tournament, or individual 2<sup>nd</sup> prize awarded at one routine at the Continental Health Qigong Tournament. Each prize result is valid for three years.

#### (5) Duan 2

1. Duan 1 diploma granted already a full year's time.

2. Results ranked Grade B at the first routine's technical exam, or individual 2<sup>nd</sup> prize awarded at the first routine at the International Health Qigong Exchange and Tournament, or individual 1<sup>st</sup> prize awarded at the first routine at the Continental Health Qigong Tournament.

Results ranked Grade C at the second routine's technical exam, or individual 3<sup>rd</sup> prize awarded at the second routine at the International Health Qigong Exchange and Tournament, or individual 2<sup>nd</sup> prize awarded at the second routine at the Continental Health Qigong Exchange and Tournament. Each prize result is valid for three years.

#### (6) Duan 3

1. Duan 2 diploma granted already a full year's time.

2. Results ranked Grade B at two routines' technical exam, or individual 2<sup>nd</sup> prize awarded at two routines at the International Health Qigong Exchange and Tournament, or individual 1<sup>st</sup> prize awarded at two routines at the Continental Health Qigong Tournament.

Results ranked Grade C at the third routine's technical exam, or individual 3<sup>rd</sup> prize awarded at the third routine at the International Health Qigong Exchange and Tournament or individual 2<sup>nd</sup> prize awarded at the third routine at the Continental Health Qigong Exchange and Tournament. Each prize result is valid for three years.

#### (7) Duan 4

1. Duan 3 diploma granted already full two years' time.
2. 60 points marks granted in the health Qigong **Duan 4** theory exam.
3. Results ranked Grade A at the first routine's technical exam, or individual 1<sup>st</sup> prize awarded at the first routine at the International Health Qigong Exchange and Tournament.

Results ranked Grade B at the other two routines' technical exam, or individual 2<sup>nd</sup> prize awarded at the other two routines at the International Health Qigong Exchange and Tournament or individual 1<sup>st</sup> prize awarded at the other two routines at the Continental Health Qigong Exchange and Tournament. **Each prize result is valid for three years.**

#### **(8) Duan 5:**

1. Duan 4 diploma granted already full two years' time.
2. **60 points** marks granted at the Health Qigong **Duan 5** theory exam.
3. Results ranked Grade A at two routines' technical exam, or individual 1<sup>st</sup> prize awarded at two routines at the International Health Qigong Exchange and Tournament.

Results ranked Grade B at the third routine's technical exam, or individual 2<sup>nd</sup> prize awarded of the third routine at the International Health Qigong Exchange and Tournament, or 1<sup>st</sup> prize awarded of the third routine at the Continental Health Qigong Exchange and Tournament. **Each prize result is valid for three years.**

#### **(9) Duan 6**

1. Duan 5 diploma granted already full two years' time.
2. **60 points** marks granted in the Health Qigong **Duan 6** theory exam.
3. Results ranked Grade A at three routines' technical exam, or individual 1<sup>st</sup> prize awarded at three routines at the International Health Qigong Exchange and Tournament. **Each prize result is valid for three years.**
4. Some achievements already made in Health Qigong academic research.
5. Some contributions already made to the Health Qigong popularization.

#### **(10) Duan 7**

1. Duan 6 diploma granted already full three years' time.
2. 60 points marks granted in the Health Qigong **Duan 7** theory exam.
3. With profound Health Qigong theoretical foundation and keeping abreast of, in good time, the trend of Health Qigong technical theory development.
4. **Important contributions already made to the Health Qigong popularization.**
5. As the first author already published at least **one** Health Qigong academic thesis on periodicals which are admitted by the IHQF.

#### **(11) Duan 8**

1. Duan 7 diploma granted already full five years' time.
2. Higher-learned on Health Qigong academic field, keeping abreast of, in good time, the trend of Health Qigong scientific development and making remarkable contributions to the Health Qigong theory and technical development.
3. Capable on instructions of more than 6 sets of Health Qigong routines, repeatedly appointed by the IHQF Technical Committee, on missions, to international Health Qigong teaching courses or as chief judge at International Health Qigong Exchanges and Tournament and impressed with stronger impact in the international Health Qigong circles.

4. In charge of more than 2 Health Qigong research projects completed; as the first author already published at least 4 Health Qigong academic theses on periodicals, or compiled more than 2 Health Qigong monographs or textbooks.

5. Remarkable contributions made already on promoting Health Qigong international exchanges.

#### **(12) Duan 9**

1. Duan 8 diploma granted already full seven years' time.

2. With very high prestige and outstanding contributions already made to the international Health Qigong circles.

**(13)** A person having made outstanding contributions on promoting and popularizing the international Health Qigong shall be awarded the corresponding Honorary Duan by the member organization unless approval of the IHQF.

Requirements are respected for the Honorary Duan grades:

Honorary Intermediate Duan: A social person, whose organization has more than 10,000 members, engaging in promoting and popularizing the international Health Qigong for more than 5 years and having made remarkable contributions to the local Health Qigong development and supported and participated in at least 3 Health Qigong activities of the member organization.

Honorary Senior Duan: A social person, whose organization has more than 50,000 members, engaging in promoting and popularizing the international Health Qigong for more than 10 years or an expert having made significant contributions to the international Health Qigong scientific researches.

### **Chapter III**

#### **Granting**

##### **Article 11**

Those passing the Health Qigong Duan theory and routines technical exams as well as their academic contribution materials and applying information verified and acknowledged by the evaluators formed from IHQF and the affiliated member organization shall be granted a corresponding Health Qigong Duan grade.

Those failed at the exams, are given a make-up exam for each technical routine or theory exam that failed to meet the standard within three years. After passing the make-up exam and being acknowledged by the evaluators, the corresponding Health Qigong Duan grade can be granted.

##### **Article 12**

Requirements respected of the Evaluation Committee for International Health Qigong Duans:

(1) The IHQF appoints the Senior Duan Evaluation Committee consisting of 7 members of them 3 being Duan 8 higher.

(2) The IHQF appoints the Intermediate Duan Evaluation Committee consisting of 5 or 7 members of them 3 being Duan 7 higher.

(3) The President of the member organization appoints the Junior Duan Evaluation Committee consisting of 5 or 7 members of them 3 being Duan 4 higher.

##### **Article 13**

Following the evaluation criteria on every Duan, the Evaluation Committee shall examine the application materials item-by-item and write the specific comments with their signatures. Later, the corresponding unit with limits of approving rights shall decide whether to agree or not.

##### **Article 14**

Requirements for applicants on submitting materials on IHQF online system to the organization with limits of approving rights:

- (1) An application online.
- (2) ID info and recent full-faced two-inch photo.
- (3) Duan diploma granted.
- (4) Competition results certificate conferred.
- (5) Examination diploma of the corresponding Duan.
- (6) Academic and scientific research results as required on the corresponding Duan and the contribution materials on promoting and popularizing international Health Qigong.
- (7) Fees for examination and affirmation.

## **Chapter IV**

### **Sanctions**

#### **Article 15**

The REGULATIONS < EVALUATION ON INTERNATIONAL HEALTH QIGONG DUAN > is the common principles to implement the International Health Qigong Duan Evaluation. The IHQF may cancel the International Health Qigong Duan Evaluation approving rights of the member organization if the circumstances occur:

- (1) Interfere in the normal affairs of the IHQF and its member organizations.
- (2) Cause serious harm to the reputation of the Health Qigong and the IHQF.
- (3) Unable to carry out the normal Duan evaluation due to internal contradictions.
- (4) Violate the relevant rules of the Entrust Agreement and the evaluation.
- (5) Transfer or assign the Entrust Agreement to others without the IHQF's approval.
- (6) Fail to stop timely the violating acts of its subordinate units.

#### **Article 16**

A practitioner who is already granted an International Health Qigong Duan and has committed any of the following acts shall be criticized or educated by the organization which examined and approved the Duan depending on the acts' seriousness and asks him/her to correct the wrongs and furthermore revokes the Duan title if they are too serious.

- (1) Use informal means to gain a Duan title.
- (2) Defame the reputation of the Health Qigong and the IHQF.
- (3) Cause serious adverse effects when promoting and popularizing the international Health Qigong.

#### **Article 17**

The organization or an individual who have signed the Agreement is entitled to explain per the sanction provisions prior to the sanctions given.

## **Chapter V**

### **OTHER MATTERS**

## **Article 18**

Fees requirements of examination and affirmation for International Health Qigong level or Duan:

Pre-Duan level: level 1 /USD 10., level 2/ USD 20. and level 3/ USD30.

Junior Duan: Duan 1/USD40., Duan 2/USD50.and Duan 3/USD60.

Intermediate Duan: Duan 4/USD80. Duan 5/USD100. and Duan 6/USD120.

Senior Duan: Duan 7/USD200., Duan 8/USD300. and Duan 9./USD400.

**Make-up exam: each technical routine or the theory exam/USD20.**

## **Article 19**

Incomes of Duan examination and affirmation are shared between the IHQF and its member organizations on percentage in accordance with the approving limit and the Entrust Agreement and be used mostly for the International Health Qigong Duan promotion and the Health Qigong development.

(1) The total Pre-Duan level examination and affirmation fees collected are fully at the disposal of the IHQF member organizations **that the applicants belonged.**

(2) The total Junior Duan examination and affirmation fees collected are shared 30% to the IHQF member organizations **that the applicants belonged** while 70% to the IHQF when the Duan examination is carried out mainly by the IHQF, but they are shared 70% to IHQF member organizations **that the applicants belonged** and 30% to the IHQF when the Duan examination is carried out by the IHQF member organization.

(3) The total Intermediate Duan examination and affirmation fees collected are shared 40% to the IHQF member organizations that the applicant belonged while 60% to the IHQF.

(4) The total Senior Duan examination and affirmation fees are collected by the IHQF.

**(5) The make-up exam fees are collected by the IHQF.**

## **Article 20**

Having verified, the IHQF may approve an exceptional promotion to an individual if he or she has made outstanding contributions to local Health Qigong development.

## **Article 21**

The application sheet, diploma for the International Health Qigong Duan evaluation shall **be made and delivered by the IHQF online system.**

## **Article 22**

The Regulations are subject to the interpretation of the IHQF.

## **Article 23**

The Regulations shall come into force on the date of being made public.