



中国健身气功协会

Chinese Health Qigong Association

The 4th China International Health Qigong Tournament and Exchange

DIRECTIVES

To Health Qigong organizations,

To build a platform for international Health Qigong academic exchanges and friendly communications so as to promote healthy and harmonious development of Health Qigong, the Chinese Health Qigong Association (CHQA) will work with the International Health Qigong Federation (IHQF) to organize the 4th China International Health Qigong Tournament and Exchange. The 3rd General Assembly of IHQF will be organized during the period of event. The relevant matters of the event are hereby notified as follows:

1. Date of Event

August 1st to 5th, 2020

-Accreditation Date: July 31st, 2020

-Departure Date: August 6th, 2020

2. Location of Event

In China, the exact location is to be determined.

3. Contents and Qualification

- (1) **Keynote Speech.** Relevant authorities will be invited to make keynote speech on the current status, policy, development direction and planning of international health qigong promotion.
- (2) **Experience Exchange.** Some heads of the overseas partners of CHQA will be invited to introduce on the promotion results and specific practices of Health Qigong, and will communicate with participants.
- (3) **Theory Lecture.** Chinese experts will be invited to give theoretical lectures on topics as "The Traditional Chinese Cultural Wisdom of Health Qigong" and "The Connotation of TCM Health Culture of Health Qigong".
 - Each Health Qigong organization can designate up to four (4) leaders and key promotion activists to attend the keynote speech, experience exchange and theory lecture.

- (4) **Health Qigong Training.** There will be a training in Ming Mu Gong.
- *Each participant can register to pay for the training.*
- (5) **The 3rd General Assembly of IHQF** will be organized.
- *For specific requirements, please refer to the Notice of the 3rd General Assembly of IHQF.*
- (6) **Tournament.** Seven forms (Abbreviated version) competitions will be organized --Health Qigong · Yi Jin Jing, Wu Qin Xi, Ba Duan Jin, Da Wu, Ma Wang Dui, Dao Yin Yang Sheng Gong Shi'er Fa, Tai Ji Yang Sheng Zhang.
- *Each organization may send one or more team(s) to the Tournament. For specific requirements, please refer to the Regulation of the Tournament.*
- (7) **Duan Examination.** According to the INTERNATIONAL DUAN EVALUATION SYSTEM FOR HEALTH QIGONG, the 1-7 Duan examination can be applied.

4. Schedule

No.	Date & Time		Activities
1	31-July (Friday)	After 12:00	Arrival of all Participants
2	1-Aug. (Saturday)	Morning	Keynote Speech & Experience Exchange
		Afternoon	Ming Mu Gong Training
		Evening	The Preparatory meeting of IHQF
3	2-Aug. (Sunday)	Morning	The 3 rd General Assembly of IHQF
		Afternoon	Theory Lectures on the Traditional Chinese Cultural Wisdom of Health Qigong
			Duan Examination
		All day	Training and practice for Referees
		Evening	The Buffet Reception of the General Assembly
The Technical Meeting of Tournament			
4	3-Aug. (Monday)	Morning	Opening Ceremony; Competition
		Afternoon	Theory Lectures on the Connotation of TCM Health Culture of Health Qigong
5	4-Aug. (Tuesday)	Morning	Competition
		Afternoon	Cultural Exchange Activities with Local Characteristics
6	5-Aug. (Wednesday)	Morning	Competition
		Afternoon	Competition
		Evening	Farewell Party
7	6-Aug. (Thursday)	Before 14:00	Departure of All Participants

5. Fees

- (1) All participants shall pay for their international travel and board & lodging

expenses. No registration fee of competition will be charged.

- (2) Participants in Ming Mu Gong training will be required to pay the training fees: per person 800RMB.
- (3) The organizing committee will bear the hotel cost from July 31st to August 2nd at single room standard for one (1) official representative to the IHQF General Assembly from each membership organization.

6. Registration and accreditation

- (1) The deadline of the pre-registration which is requested to send to CHQA is 31st May, 2020.
- (2) The deadline of the final registration which is requested to send to CHQA and the organizer is 15th July, 2020.
- (3) The organizing committee will provide transportation to and from the airport to the official hotel on Accreditation Day (31st July) and Departure Day (6th August).
- (4) Participants from Chinese Hong Kong, Chinese Macao and Chinese Taipei need to apply for the registration through the IHQF membership organization in the region.

7. Contacts

- (1) Chinese Health Qigong Association
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- (2) International Health Qigong Federation
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8. Other matters

- (1) Each delegation must submit the Original of the Entry Forms and 1 copy of the Participants' Responsibility Statement to the Organizing Committee.
- (2) Participants must buy Life Insurance. The delegation or the individual undertakes the responsibility for illness or injuries occurring during the events.
- (3) Entry forms of the events may be downloaded from the following websites:
CHQA official website: www.chqa.org.cn
IHQF official website: www.ihqfo.org

9. Matters not mentioned herein will be informed later.

10. The Organizing Committee of the 4th China International Health Qigong Tournament and Exchange reserves the right for interpretation of this Circular.

- Appendix:**
1. The Regulation of the Tournament
 2. Participants' Responsibility Statement
 3. Accreditation Forms



The 4th China International Health Qigong Tournament and Exchange Regulations

1. Date

August 3rd to 5th, 2020.

2. Location

In China, the exact location is to be determined.

3. Competition Disciplines

- (1) Health Qigong – Yi Jin Jing
- (2) Health Qigong – Wu Qin Xi
- (3) Health Qigong – Ba Duan Jin
- (4) Health Qigong – Da Wu
- (5) Health Qigong – Ma Wang Dui Dao Yin Shu
- (6) Health Qigong – Dao Yin Yang Sheng Gong Shi'er Fa
- (7) Health Qigong – Tai Ji Yang Sheng Zhang

Note: the above competition forms are Abbreviated version.

4. Participation

- (1) The relevant Health Qigong organizations may send one or more team(s) to the Tournament. (Participants from Chinese Hong Kong, Chinese Macao and Chinese Taipei need to apply for the registration through the membership organization of IHQF.) Each team consists of maximum ten (10) participants with one (1) team leader and one (1) coach who also may be the team leader and eight (8) members. The team leader and coach with the suitable age may compete as well being a competitor. Participants must be in good physical conditions.
- (2) There will be Group and Individual Competitions.
 - Competitors at Group competition may be regardless of genders and ages. Each team may register a maximum of two (2) disciplines and on competition there are no less than 4 competitors.
 - Competitors at Individual competitions will be classified by different ages and genders. The age is divided into the group above 45 years old and the group under 45 years old (including). Each individual may register for a maximum of two (2) disciplines.

5. Competition Method

- (1) The <Rules for Health Qigong Competition> published by the Chinese Health Qigong Association in 2017 shall be applied.
- (2) Competitors at Group competition march in triangular format and each team with

more than 4 members is in 2 rows, forming a parallelogram.

- (3) Competitors at individual competitions march in a dash line, staggering in 2 rows.
- (4) Competing disciplines at group and individual competitions are the ABBREVIATED VERSION of the original exercise compiled by the CHQA. The ABBREVIATED VERSION MUSICS WITHOUT oral prompt apply in the competition.

6. Ranking and Awards

- (1) Athletes/teams from Chinese Mainland and athletes/teams from other countries and regions will compete together with their score ranked separately.
- (2) Awards of Gold, Silver and Bronze are set up in each discipline in group and individual competitions. For each ranking, 20% of awards of Gold, 30% of Silver and 50% of Bronze are given to the athletes/teams in single discipline respectively. Places of all the awards are calculated per round-off principle.
- (3) Trophy and diploma are given to the awarded team in group competition, medal and diploma to the awarded athlete in individual competition.

7. Registration fee

No registration fee of the competition will be charged.

8. Referees

The referees are appointed by the CHQA and the auxiliary referees are from the organizer.

9. Other matters

- (1) Attires are required in accordance with the health Qigong characteristics. In group competition, the team members must wear the unified attires with identical type and color and Health Qigong sports shoes. Competitors must wear the bib number.
- (2) Team leader and coach is requested to be present at 19:00, August 2nd, 2020 for the technical meeting and draw lots. The Organizing Committee shall appoint someone to draw lots for those absent.