



国际健身气功联合会

INTERNATIONAL HEALTH QIGONG FEDERATION

The Tenth World Health Qigong Tournament & Exchange

The Sixth World Health Qigong Scientific Symposium

DIRECTIVES

To provide a platform for international Health Qigong exchanges and friendly communications in order to promote and strengthen the rapid development of Health Qigong world-wide in a positive and healthy way, the International Health Qigong Federation will organize the 10th World Health Qigong Tournament and Exchange and 6th World Health Qigong Scientific Symposium.

I. Date and location

July 31st to August 5th, 2023 – Hachioji, Tokyo, Japan

Participants Arrival and Registration Date: July 31st, 2023

Departure date: August 6th, 2023

IHQF Executive Board members: Arrival on July 30th 2023

II. Host

International Health Qigong Federation (IHQF)

III. Supporting host

Chinese Health Qigong Association (CHQA)

IV. Organizer

All Japan Health Qigong Union

V. Events

A. Meeting of IHQF Executive Board

B. the 10th World Health Qigong Tournament and Exchange

1. Opening ceremony
2. Exchange and competition
3. Health Qigong training
4. IHQF Duan examination
5. Instructions and examination for Referees
6. Mass demonstration

C. the 6th World Health Qigong Scientific Symposium

VI. Schedule

DATE	TIME	ACTIVITIES	PLACE
30-Jul. Sunday	All Day	Arrival of Delegates for IHQF Meetings	①
31-Jul. Monday	All Day	Arrival and Registration of the Participants	①
	09.00-17.00	Meetings of IHQF Executive Board	②
1-Aug. Tuesday	09.00-20.00	Opening Ceremony The 6th World Health Qigong Scientific Symposium	③
2-Aug. Wednesday	09.30-11.30	Advanced Classes in Ba Duan Jin and Liu Zi Jue (Two classes will be run simultaneously)	④-1
	13.00-16.00		
	19.00-21.00	IHQF Duan Technical Examination	④-2
3-Aug. Thursday	09.00-13.00	Sightseeing Activity (by Tokyo Convention and Visitors Bureau)	
	09.30-11.30	Training Course in Ming Mu Gong (Eye-Brightening Exercise)	④-1
	13.00-16.00		
	09.30-12.00	International Referee Training Course	④-2
	14.00-16.00	International Referee Examination	
	14.00-17.00	Participants Warm-up	④-1
	16.30-18.00	Technical Meeting for the Competition	④-2
	17.00-18.00	Referees Rehearsal	④-1
	19.00-21.00	IHQF Duan Theory Examination	④-2
4-Aug. Friday	09.30-19.00	The 10th World Health Qigong Tournament and Exchange, Award Ceremony	④-1
5-Aug. Saturday	09.00-13.00	Competition and Award Ceremony	④-1
	14.00-17.00	Closing Ceremony and Farewell Party	
6-Aug. Sunday	Departure of all Participants		

Note: Part of the International Referee Training Course will be conducted online in advance.

- ① Keio Plaza Hotel Hachioji
- ② Hachioji City College Community Center
- ③ Hachioji City Arts and Culture Center
- ④ Hachioji General Gymnasium (1-indoor stadiums; 2-meeting room & function hall)

VII. Fees

A. Participants of the 10th World Health Qigong Tournament and Exchange and 6th World Health Qigong Scientific Symposium will be arranged at the official accommodation places. Accommodation options are as follows:

1. Class-A hotel: Twin share: US\$120/day/person including tax and breakfast.
Single room: US\$136/day/person including tax and breakfast.

2. Class-B hotel: Twin share: US\$89/day/person including tax and breakfast.
Single room: US\$108/day/person including tax and breakfast.
3. Method of payment: See appendix 6 Form 8.

B. Training fee

1. Health Qigong Training Classes:

For participants of IHQF member organizations, the offline training fee is US\$100/per person/per class, and the online training fee is US\$80/per person/per class.

The participants of Non-IHQF member organizations will be charged an additional US\$20 on the above standards.

2. International Referee Training Course: US\$200/per person

3. International Referee Upgrading Evaluation fee: US\$100 /person for Grade B International Referee. (only for members of IHQF member organizations)

C. Competition fees

1. Registration starts on April 10th, 2023
2. Registration deadline: June 30th, 2023 (Tokyo time, subject to payment time)
 - 1) Group competition: US\$20/team/event/person for IHQF members.
US\$25/team/event/person for non-members.
 - 2) Individual competition: US\$25/team/event/person for IHQF members.
US\$30/team/event/person for non-members.

Note: Fees paid are non-refundable.

D. Duan Examination fees

To be charged as prescribed in the **International Duan Evaluation System for Health Qigong**.

E. Farewell Party

US\$60/per person including souvenirs.

VIII. Registration and accreditation

- A. Member organizations of the International Health Qigong Federation and other non-member organizations are kindly requested to complete the attached forms as required and send by e-mail or Mail to **All Japan Health Qigong Union** (Note: Teams from Hong Kong, Macau and Taiwan regions must be registered by the member organization).
- B. Deadline for registration and full payment is 24:00 on June 30th 2023 (Tokyo time). No late registration will be accepted. All participation fees must be paid when registering.
- C. For the guide service from Narita airport and Haneda airport to the accommodation

places, the organizing committee will notify separately..

IX. 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 purchase their own Life Insurance and provide evidence on registration. The delegation and/or the individual must undertake responsibility for any illness or injuries occurring during the events.
3. Entry forms of the events may be downloaded from the following websites:
IHQF official website: www.ihqfo.org
4. The Chinese language prevails when the explanation or understanding of the directives is divergent.

X. Contacts:

A. International Health Qigong Federation

Mr. Wu Zhipeng
Tel: +86 10 87187160
E-mail: headoffice@ihqfo.org

B. All Japan Health Qigong Union

Contact person: Mr. Chen Zheng, Mr. Liu Zhi and Ms. Lu Yao
Tel: +81 90 3518 1688 (Mr. Chen Zheng)
+81 80 6511 7522 (Mr. Liu Zhi)
+81 90 7709 1568 (Ms. Lu Yao)
E-mail: japan@hqgjapan.com
Postal Address: 1-30-2 Motohongocho, Hachioji, Tokyo 192-0051

XI. Matters not mentioned herein will be advised later.

XII. The Organizing Committee of the 10th World Health Qigong Tournament and Exchange and the 6th World Health Qigong Scientific Symposium reserves the right for further interpretation of this Circular.

Appendix

1. Regulations of the 10th World Health Qigong Tournament and Exchange
2. Circular of the 6th World Health Qigong Scientific Symposium
3. Circular of training and instructions
4. Circular of Duan Examination
5. Participants' Responsibility Statement
6. Registration Forms

Appendix 1

THE 10TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE REGULATIONS

1. Date

August 4th to 5th, 2023

2. Location

Hachioji General Gymnasium, Tokyo, Japan

3. Competition Disciplines

- (1) Health Qigong·Yi Jin Jing
- (2) Health Qigong·Wu Qin Xi
- (3) Health Qigong·Liu Zi Jue
- (4) Health Qigong·Ba Duan Jin
- (5) Health Qigong·Da Wu
- (6) Health Qigong·Dao Yin Yang Sheng Gong Shi Er Fa
- (7) Health Qigong·Taiji Yang Sheng Zhang
- (8) Health Qigong·Shi Er Duan Jin
- (9) Health Qigong·Ma Wang Dui Dao Yin Shu

4. Participation Methods & Rules

- (1) All IHQF Member Associations and the relevant social organizations may send multiple teams to the tournament (Teams from Hong Kong, Macau and Taiwan regions must be registered by the member organization). Each team consists of a maximum of ten (10) participants, including one (1) team leader, one (1) coach and eight (8) athletes. Competing team athletes must be in good physical condition. The team leader may serve as a coach, The team leader and coach may also serve as a competing athlete.
- (2) There will be Group and Individual Competitions. Group competition consists of a minimum of four (4) and a maximum of eight (8) athletes regardless of gender and age. Each team may register for a maximum of two (2) disciplines. Individual competitions will be classified by gender and age. There will be three (3) age groups: under 39 (inclusive), 40 ~ 64, and above 65 (inclusive). The age group classification shall be subject to June 30th, 2023. Each individual may register for a maximum of two (2) disciplines. After the registration deadline, if there are less than 2 teams registered for a group competition and less than 3 people registered for an individual competition, the

Organizing committee will issue a notice of cancellation of the related event and allow the relevant participants to change their registration once.

5. Competition Method

(1) The < Rules for International Health Qigong Competition (trial version)> (reviewed, adopted and published by the Chinese Health Qigong Association) shall be designated by the IHQF.

(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 Chinese Health Qigong Association. The ABBREVIATED VERSION MUSIC WITHOUT oral prompt applies in the competition. (Both of the competition music and practice music with oral prompt are available on the IHQF official website)

6. Ranking and Awards

(1) 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.

(2) Trophy and diploma are given to the awarded team in group competition, medal and diploma to the awarded athlete in individual competition.

7. Referees and Jury

The Jury members, Chief Referees and the Head Referees for the Competition shall be appointed by the IHQF. The referees at competition shall be those selected from the referees Instruction Course of this event while the assistant referees are from the organizer.

8. Application and Registration

Participating organizations are requested to complete the Participants Entry Form of the 10th World Health Qigong Tournament and Exchange, and the Participants Arrival and Departure Schedule (Appendices 6) and send them via e-mail or mail to All Japan Health Qigong Union by June 30th, 2023. Once entries to events are confirmed, no change or alteration is allowed.

9. Other matters

(1) The attires of the competitors shall be in keeping with Health Qigong characteristics. The style and color of members of a team for group competition shall be uniform. The shoes shall be those suitable for Health Qigong exercises. Competitors on the competing floor shall wear the bib distributed by the organizing committee.

(2) All team leaders and coaches are requested to be present for the technical meeting as scheduled at 16:30 August 3th, 2023.

Appendix 2

THE 6TH WORLD HEALTH QIGONG SCIENTIFIC SYMPOSIUM CIRCULAR

1. Date

August 1st, 2023

2. Location

Hachioji City Arts and Culture Center, Tokyo, Japan

3. Contents

Renowned Health Qigong experts will be invited to present keynote speeches and featured speeches. They will introduce the latest research on Health Qigong culture connotation, discuss the health care mechanism, and the effect of exercise from philosophical and scientific viewpoints and explore the important role of Health Qigong in modern society. They will interact with the audience to discuss common issues, as well as answer questions. Professors, experts and the audience will practice together to experience the live connotation of the harmony of mind and body in Health Qigong.

4. Participants

Health Qigong experts, scholars, IHQF member organizations, non-member organizations, health professionals and other interested people are invited to attend.

5. Forms of activities

It will be delivered in the form of a combination of offline and online speeches, and network broadcast will be arranged.

*** Th Theses Circular of the 6th World Health Qigong Scientific Symposium 2023** will be announced separately.

Appendix 3

THE 10th WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE TRAINING AND INSTRUCTIONS

CIRCULAR

A. Health Qigong Advanced Classes

1. Dates

August 2nd, 2023

2. Location

Hachioji General Gymnasium

3. Attendees

All Participants who go to Japan are entitled to register for these offline classes, and others can sign up for online training.

4. Class contents

Ba Duan Jin or Liu Zi Jue (choose one ONLY, going on simultaneously)

5. Training fees

For participants of IHQF member organizations, the offline training fee is US\$100/per person/per class, and the online training fee is US\$80/per person/per class.

The participants of Non-IHQF member organizations will be charged an additional US\$20 on the above standards.

* Applicants are advised to have the foundation of Ba Duan Jin or Liu Zi Jue.

B. Health Qigong New Routine Training Course

1. Dates

August 3rd, 2023

2. Location

Hachioji General Gymnasium

3. Attendees

All Participants who go to Japan are entitled to register for these offline classes, and others can sign up for online training.

4. Class contents

Ming Mu Gong (Eye-Brightening Exercise)

5. Training fees

For participants of IHQF member organizations, the offline training fee is US\$100/per person/per class, and the online training fee is US\$80/per person/per class.

The participants of Non-IHQF member organizations will be charged an additional US\$20 on the above standards.

C. Instructions for Referees

Note: Part of the International Referee Training Course will be conducted online in advance. The arrangements for the Instructions for Referees will be announced separately.

Appendix 4

THE 10TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE HEALTH QIGONG DUAN EXAMINATION CIRCULAR

1. Date

August 2nd (Technical) and 3rd (Theory), 2023

2. Location

Hachioji General Gymnasium (meeting room & function hall)

3. Attendees

Those qualified to examination requirements of technical grades may register for the exam.

4. Duan Examinations

Technical grades evaluation: 1-7 Duan.

5. Examination standards

< International Duan Evaluation System For Health Qigong > and < Rules for the Implementation of the International Health Qigong Duan System> apply.

6. Examination contents and fees

< International Duan Evaluation System for Health Qigong > applies.

7. Requirements

1. Attendants are requested to complete online application before June 30th, 2023. Late application will not be accepted.
2. The method of online application and other examination instructions are provided on the IHQF official website.

Appendix 5

THE 10TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE THE 6TH WORLD HEALTH QIGONG SCIENTIFIC SYMPOSIUM

PARTICIPANTS' RESPONSIBILITY STATEMENT

Of my own volition, I would like to attend the 10th World Health Qigong Tournament and Exchange and 6th World Health Qigong Scientific Symposium and promise to bear all consequences of any accidents or legal disputes, including any claim for damages, actions and requests during the event. Meanwhile, myself, my heirs, personal assistant, agent and representative shall not sue either the Organizing Committee or the host. I hereby agree and comply with all the Tournament regulations made by the International Health Qigong Federation. I shall respect the Jury's decisions on any of the disputed matters. During the event, I agree to be photographed, video recorded or televised live. Also, I shall agree my name, address, voice, actions, image or figures to be used wholly or partially by the International Health Qigong Federation and All Japan Health Qigong Union on TV coverage, radio broadcasting, video recording, media figure or any other media equipment and shall not demand any payment or compensation.

I am aware of and fully understand the above statement.

(Parents or the legal guardians are requested to sign if the participants are minors.)

Signature:

Parent / legal guardian signature:

Date:

Appendix 6 – Form 1**THE 10TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE
THE 6TH WORLD HEALTH QIGONG SCIENTIFIC SYMPOSIUM****REGISTRATION FORM**

Country/region	
Name of organization	
Number of teams to tournament	
Number of athletes to tournament	
Number of participants to training classes	
Number of participants to IHQF referee course	
Number of applicants for international referee-B	
Number of participants to Symposium	
Name of the team leader	
Contact of team leader	
Accommodation requirement:	Total rooms?
Class-A Single Twin (limited)	
Class-B Single Twin (limited)	

Please send it to All Japan Health Qigong Union (japan@hqgjapan.com) before June 30, 2023.

Applicant organization:

Tel:

E-mail:

Signature of Person-in Charge:

Date: 2023

Appendix 6 – Form 2

Entry Form of the 10th World Health Qigong Tournament and Exchange

Country/Region:

Delegation:

Leader of the delegation:

Coach:

No.	Name	Gender	D.O.B (DD/MM/YY)	Passport No.	Individual competition								Team competition									
					Yi Jin Jing	Wu Qin Xi	Liu Zi Jue	Ba Duan Jin	Da Wu	Shi Er Fa	Yang Sheng Zhang	Ma Wang Dui	Shi Er Duan Jin	Yi Jin Jing	Wu Qin Xi	Liu Zi Jue	Ba Duan Jin	Da Wu	Shi Er Fa	Yang Sheng Zhang	Ma Wang Dui	Shi Er Duan Jin
1																						
2																						
3																						
4																						
5																						
6																						
7																						
8																						
9																						
10																						

N.B.: 1. Please tick √ where applicable. 2. This form can be copied. 3. Please send the form to All Japan Health Qigong Union (japan@hqgjapan.com) before June 30th, 2023.

Contact Person: _____ Tel: _____ Fax : _____ E-mail: _____

Signature of Person-in Charge:

Date:

Appendix 6 – Form 3

Entry Form of the IHQF Referee Instruction

Country/Region:

Delegation:

No.	Name	Gender	D.O.B (DD/MM/YY)	Passport No.	Judging Experiences			Duan Level
					Competition Name	Competition Venue & Time	Position	
1								
2								
3								

1. The form can be copied. 2. Part of the International Referee Training Course will be conducted online in advance. 3. The latest delivery time of this form is notified separately.

Contact Person: _____ Tel: _____ Fax : _____ E-mail: _____

Signature of Person-in Charge:

Date:

Appendix 6 – Form 4

Entry Form of the Health Qigong Training Classes

Country/Region:

Delegation:

No.	Name	Gender	D.O.B (DD/MM/YY)	Passport No.	Health Qigong Forms			Current Duan Level
					Ba Duan Jin	Liu Zi Jue	Ming Mu Gong	
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

1. The form can be copied. 2. Please send the form to All Japan Health Qigong Union (japan@hqgjapan.com) before June 30th, 2023.

Contact Person: _____ Tell: _____ Fax : _____ E-mail: _____

Signature of Person-in Charge:

Date: .

Appendix 6 - Form 5

Entry Form for attending the 6th World Health Qigong Scientific Symposium

Country/Region:		Organization:			Team leader:	
No.	Name	Gender	Education	Passport No.	Profession	Experience of attending previous Symposium
1.						
2.						
3.						
4.						
5.						
6.						
7.						

1. The form can be copied. 2. Please send the form to All Japan Health Qigong Union (japan@hqgjapan.com) before June 30th, 2023.

Contact Person: _____ Tell: _____ Fax : _____ E-mail: _____

Signature of Person-in Charge:

Date:

Appendix 6 - Form 6

TRAVEL FORM OF THE 10TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE AND THE 6TH WORLD HEALTH QIGONG SCIENTIFIC SYMPOSIUM

Country/Region:

Delegation:

No.	Arrival				Departure			
	Flight No.	Arrival Time	Arrival Date	Number of persons	Flight No.	Departure Time	Departure Date	Number of persons
1								
2								
3								
4								
5								
6								

1. the form can be copied. 2. Please send the form to All Japan Health Qigong Union (japan@hqgjapan.com) before June 30th, 2023.

Contact Person: _____ Tell: _____ Fax : _____ E-mail: _____

Signature of Person-in Charge:

Date:

Appendix 6 - Form 7**Payment Information and Form of the 10th World Health Qigong Tournament and Exchange and
the 6th World Health Qigong Scientific Symposium**

No.	Name	Gender (M/F)	D.O.B (DD/MM/YY)	Passport No.	Individual competition (Prices in US\$)	Group competition (Prices in US\$)	Judge Training (US\$)	Health Qiong class offline (US\$)	Health Qiong class online (US\$)	Farewell Party (US\$)	Accommodation (US\$)	TOTAL (US\$)
0	Example John Jones	M	01-12-1965	NL 123456	40/50	20/25	200	100/120		60	?*days = ?	?
1	Example Alice	F	13-03-1974	NL 132189					80/100			?
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												

Please send the form to All Japan Health Qigong Union (japan@hqgjapan.com) before June 30th, 2023.

Appendix 6 - Form8

Payment Information and Form of the 10th World Health Qigong Tournament and Exchange and the 6th World Health Qigong Scientific Symposium

We wish to provide an optimal participant experience, meaning an efficient registration process on arrival. Please note that all payment **must** be made via bank transfer by June30th, 2023.

Participating organizations are responsible for the following:

1. Collection of all registration information from their participants.
2. Collection of all payments from their participants.
3. Completion of and forwarding all Forms in Appendix 6.
4. Payment of all fees and costs via bank transfer to the following account. Please provide evidence of your payment after transfer is completed.
5. Bank information of All Japan Health Qigong Union:
(Notice: the detailed information will be notified separately)