



国际健身气功联合会

INTERNATIONAL HEALTH QIGONG FEDERATION

The 11th World Health Qigong Tournament and Exchange

NOTICE

I. Date and location

Date: July 21st to July 27th, 2025

Date of arrival: July 21st, 2025

Date of departure: July 28th, 2025

Location: Vancouver, Canada

II. Host

International Health Qigong Federation (IHQF)

III. Organizer

Canada International Health Qigong Association

IV. Supporting organizer

Chinese Health Qigong Association (CHQA)

V. Events

A. the 11th World Health Qigong Tournament and Exchange

1. Exchange and competition
2. Health Qigong training (including routines and referee training)
3. Mass demonstration

B. Meeting of IHQF Executive Board

VI. Schedule

DATE	TIME	ACTIVITIES	PLACE
21-July Monday		Arrival and Registration	TBD
	10.00-17.00	Meetings of IHQF Executive Board	TBD
22-July Tuesday	09:00-12:00	Workshop on Health Qigong <i>Daoyin</i> and <i>Tu'na</i> (Breathing)	TBD
	14:00-18:00	Basic Learning Course for Mingmu Qigong	TBD
23-July Wednesday	09:00-12:00	Workshop on Health Qigong <i>Daoyin</i> and <i>Tu'na</i> (Breathing)	TBD
	14:00-18:00	Advanced Mingmu Qigong Improvement Course	TBD

24-July Thursday	09:00-17:00	Mass demonstration International Cooperation Challenge	TBD
25-July Friday	09:00-12:00	Workshop on Health Qigong <i>Daoyin</i> and <i>Tu'na</i> (Breathing)	TBD
	14:00-18:00	Health Qigong referee training	TBD
	19:30-20:30	Team leaders' meeting	TBD
26-July Saturday	09:00-10:00	Opening ceremony	①
	10:00-18:00	Group and individual competitions	①
27-July Sunday	09:00-17:00	Group and individual competitions Award ceremony	①
	19:00-22:00	Farewell Party	②
28-July Monday		Departure of all Participants	

① Richmond Olympic Oval ② Continental Seafood Restaurant

Note: Please pay attention to the notice of Organizing committee for more accurate schedule.

VII. Fees

A. Accommodation and transportation

Participants of the 11th World Health Qigong Tournament and Exchange will be provided with the following official accommodation options:

Class-A: River Rock Casino Resort Hotel (8811 River Road, Richmond, B.C.)

Double room: USD\$169 per person per night in double room (tax, resort fee and hot breakfast included)

Single room: USD\$308 per person per night (tax, resort fee and hot breakfast included)

* Airport to Hotel: Modern, clean and fast Skytrain, every 10 minutes, 5:00 am to 1:00 am everyday. One-way Fare is CAD\$4 (\approx USD\$2.85).

Class-B: Grand Park Airport Hotel (8368 Alexandra Road, Richmond, B.C.)

Double room: USD\$145 per person per night in double room (tax and hot breakfast included)

Single room: USD\$265 per person per night (tax and hot breakfast included)

* Airport to Hotel: Hotel Shuttle Bus every 30 minutes, 4:00 am to midnight everyday, free of Charge.

Class-C: Abercorn Hotel (9260 Bridgeport Road, Richmond, B.C.)

Double room: USD\$115 per person per night in double room (tax and continental breakfast included)

Single room: USD\$225 per person per night (tax and continental breakfast included)

* Airport to Hotel: Hotel Shuttle Bus for up to 2 people only at one time, every 30 minutes, 5:00 am to 10:45 pm everyday, free of Charge. For 3 or more people, please contact the Organizing Committee to make arrangements. Charter Bus service will be available for arrival and departure from July 21 to July 28, free of charge.

Notes:

1. The deadline for booking and paying for the aforementioned hotels through the Organizing Committee is June 11, 2025. The number of rooms available at the hotel at the above rates is limited on a first-come, first-served basis. Please note that the hotel reservation price may change if the number of reservations is full.

2. The airport is close to the three hotels mentioned above, with a driving distance of within 10 minutes.

3. The Organizing Committee will provide free Charter Bus services from the hotel to the competition/training venues for those who book the above three hotels through the Organizing Committee. The departure times are 8:00 a.m. and 8:30 a.m.

4. All booking can be done on official website: <https://www.healthqigongcanada.ca/>. Or booking could be sent via email to canadainternationalhealthqigong@gmail.com, and cc to kenlow@shaw.ca, and timely payment should be made after verification with the Organizing Committee.

B. Competition fees

1. Group/Individual competition: US\$35/team/event/person
2. International Cooperation Challenge: US\$35/team/event/person

Note: **Fees paid are non-refundable.**

C. Training fees

1. Workshop on Health Qigong *Daoyin* and *Tu'na* (Breathing): 3 days, by Prof. YANG Bailong & Prof. ZHANG Mingliang, USD\$360/person.
2. Basic Learning Course for Mingmu Qigong (Eyes Brightening Exercise): 1 day, by Prof. LEI Bin, USD\$120/person.
3. Advanced Mingmu Qigong Improvement Course: 1 day, by Prof. LEI Bin, USD\$120/person.

Note: **Fees paid are non-refundable** (but the right to review the course materials is reserved).

D. Other fees (optional)

Banquet: US\$65/per person.

VIII. Registration and accreditation

- A. Member organizations of the International Health Qigong Federation and other organizations are kindly requested to complete the attached forms as required and send by e-mail or Mail to **Canada International Health Qigong Association** (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 21st 2025 (Vancouver time). Registration after June 21st (excluding) will be subject to a special service fee of 10% of the total registration fee.
- C. Participants registered after June 21st 2025 can participate in the training and competition, but will not be included in the Program Book of the Event.
- D. Check-in date: Participants for Training courses should arrive on July 21st.
- E. Check-in location: TBD

IX. Other matters

A. Each delegation must submit the Original of the Entry Forms and 1 copy of the Participants' Responsibility Statement to the Organizing Committee.

B. 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.

C. Entries of the events can be done on the official websites:

<https://www.healthqigongcanada.ca/>

X. Contacts:

A. Canada International Health Qigong Association

Contact person: Mr. Ken LOW, Ms. Lai Chun CHEUNG

Tel: 001-604-7198388, 001-604-7811739

E-mail: kenlow@shaw.ca

B. International Health Qigong Federation

Mr. Wu Zhipeng

Tel: +86 10 87187160

E-mail: headoffice@ihqfo.org

XI. Matters not mentioned herein will be advised later.

XII. The Organizing Committee of the 11th World Health Qigong Tournament and Exchange reserves the right for further interpretation of this Circular.

Appendix 1

THE 11TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE Team/Individual Competition Regulations

1. Date

July 26th to July 27th, 2025

2. Location

Richmond Olympic Oval, Vancouver, Canada

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·Ma Wang Dui Dao Yin Shu
- (9) Health Qigong·Shi'er Duanjin

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. The 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 multiple disciplines. The 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, 2025. Each individual may register for multiple 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) All-around awards will be added for Individual Competition. According to gender and age groups, for those who apply for more than two disciplines (inclusive) for the old disciplines (YJJ, WQX, LZJ and BDJ) and apply for more than two disciplines (inclusive) for the new disciplines (other except YJJ, WQX, LZJ and BDJ), the individual all-around awards will be set up, and the top three of each gender and age group will be awarded the champion, runner-up and third runner-up prizes. From all the disciplines participated by the athletes, the best two old disciplines and the best two new disciplines, a total of four disciplines, are selected to calculate the sum; At the same time, if an athlete participates in more than four disciplines, each discipline not included in the sum score will be awarded a dependent bonus point according to the ranking of the individual competition (0.5, 0.3 and 0.2 bonus points for the first, second and third prizes, respectively), and the cumulative total score will be the final award result.

(3) Trophy and diploma are given to the awarded team in group competition, medal and diploma to the awarded athlete in individual competition; Trophy and diploma to the awarded athlete in all-around 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 11th World Health Qigong Tournament and Exchange, and the Participants Arrival and Departure Schedule (see Appendix) and send them via e-mail or mail to Canada International Health Qigong Association by June 21st, 2025. 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 19:30 July 24th, 2025.

Appendix 2

THE 11TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE International Cooperation Challenge Regulation

I. Date

July 24th, 2025

II. Location

TBD

III. Method of participation

The Challenge mainly tests the cooperation level of the team members and the spirit of the team members to challenge and innovate in a short period of time, so as to promote the communication of members from different teams.

(1) The competition team shall be composed of the players of each representative team who have signed up for this competition item by drawing lots temporarily before the Game, reflecting the spirit of international cooperation and challenge. Each temporary "international" team, regardless of gender and age, has 4-6 members, which will be determined by the Organizing Committee according to the registration situation.

(2) The draw ceremony will be organized before the Game. The specific date will be announced later.

(3) The temporary challenge team can start online or onsite preparation after the draw. Communicate by yourself, customize the theme of the competition, select music, arrange the combination of Health Qigong movements (allowing the use of simple props), and arrange rehearsals by yourself before the competition.

(4) The movements of the challenge competition can be selected from the nine internationally promoted routines of Health Qigong (Yijinjing, Wuqinxi, Baduanjin, Liuzijue, Taiji Yangshengzhang, Dawu, Daoyin Yangshenggong 12fa, 12 Duanjin, Mawangdui Daoyinshu) for diversified combinations, but the selected movements are required to be complete.

(5) Choose your own music for no more than 4 minutes. After the performance, each team will spend 2 minute to introduce the cooperation highlights of your team.

IV. Evaluation method

(1) Arrange three judges to make a comprehensive judgment on the standardization, performance, innovation, cooperation of the team movements, as well as the spirit of cooperation reflected in the final team introduction.

(2) Teams compete one by one. After each team's performance, the judges will comment on it.

V. Admission ranking and awards

(1) The following series of awards will be selected by the judges:

A. Most Popular Team Award (three teams)

B. International Friendship and Cooperation Award (teams other than the Most Popular Team Award)

C. Best Costume Ensemble Award

D. Most Popular Male player

E. Most Popular Female Player

(2) Diplomas will be awarded for the A/B/C awards, trophies and diplomas will be awarded for the D/E awards.

VI. Judges

The judges are appointed by the International Health Qigong Federation.

VII. Other matters

1. Attire is required to be in accordance with the stated Health Qigong uniform/clothing Characteristics, as well as Health Qigong sports shoes. Players must wear the bib number at all times during the competition.
2. All related team leaders should attend the online draw held on July 1st, 2025. The absent teams shall be represented by Organizing Committee staff.
3. Players need to purchase insurance by yourselves and bear the responsibility for accidents such as injuries and diseases that occur during the competition.

Appendix 3

THE 11TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE

Training Notice

I. Workshop on Health Qigong *Daoyin* and *Tu'na* (Breathing)

1. Dates: July 22, 23, 25, 2025

2. Location: Vancouver

3. Keynote speakers: Prof. YANG Bailong & Prof. ZHANG Mingliang

4. Training contents:

- (1) Basic knowledge essentials for practicing Health Qigong
 - (2) Theories and methods of "Body regulation" and "*Daoyin*" in Health Qigong
 - (3) An outstanding representative of *Daoyin* exercises: Health Qigong·Baduanjin
 - (4) Theories and methods of "Breathing regulation" and "*Tu'na*" in Health Qigong
 - (5) An outstanding representative of *Tu'na* exercises: Health Qigong·Liuzijue
 - (6) Key points, common mistakes and improving directions in practicing Health Qigong·Baduanjin
 - (7) Key points, common mistakes and improving directions in practicing Health Qigong·Liuzijue
 - (8) When Baduanjin meets Liuzijue: How to combine "*Daoyin*" with "*Tu'na*"?
 - (9) Your personal exercise prescription: Finding your own personalized optimal way to practice Health Qigong
 - (10) Exchange and sharing of practice experiences
- (Note: This is for reference. The actual content of the workshop will prevail.)

5. Participants:

Open to all enthusiasts. It is recommended that participants have a basic understanding of the techniques of Liuzijue & Baduanjin or undertake prior learning before the training.

6. Training certificate

Upon completion of the training content and achieving satisfactory performance, participants can obtain a training certificate issued by the International Health Qigong Federation, and will be eligible to directly apply for the international Health Qigong Duan

level 3 examination (Note: The Duan needs to be applied separately. Personnel who have already obtained Duan 3 or above do not need to apply for another Duan 3 exam).

7. Training costs

USD\$360/person.

Note: After the registration deadline on June 21, a pre-class meeting will be organized online before the formal workshop, and the teachers will give pre-class guidance on how to learn the course better.

Introduction of the Lecturer:

Prof. YANG Bailong: Advisor of the Expert Committee of the IHQF, Professor of Beijing Sport University, former Director of the Daoyin and Health Preservation Center at Beijing Sport University, Chinese Health Qigong Duan 9, and an International Health Qigong Referee Grade A. He has served as a Standing Committee Member of the Chinese Health Qigong Association, Deputy Director of the Technical Committee, Deputy Director of the Promotion Committee of IHQF, and a member of the Editorial Board for the Compilation Committee of Health Qigong Promotion and Popularization Techniques. He was the chief editor of the Health Qigong Baduanjin, 12duanjin routines, and related textbooks. He has served as the Chief Referee, Director of Jury of Appeal, and keynote speaker for various training courses at numerous international and domestic Health Qigong competitions dozens of times. He has visited and lectured in over 30 countries more than a hundred times.



Prof. ZHANG Mingliang, Director of the Expert Committee of the IHQF, Internationally renowned Health Qigong expert, Traditional Chinese Medicine and Yangsheng experts, inheritor of Chinese national intangible cultural heritage 24 solar terms TCM guiding health method, inheritor of Shanxi Province intangible cultural heritage TCM new nine acupuncture therapy, inheritor of Emei City intangible cultural heritage Emei Inner Daoyin, the 14th generation inheritor of Emei Tao Medical health Science, founder and president of Beijing Huangting Institute of Traditional Chinese Medicine, Chinese Health Qigong Duan 8, visiting professor of Beijing University of Chinese Medicine and Physical Education College of Shanxi University. Main creation expert of Health Qigong · Liuzijue, Yijinjing and 12Duanjin.



II. Basic Learning Course for Mingmu Qigong (Eyes Brightening Exercise)

1. Date: July 22, 2025

2. Location: Vancouver

3. Keynote speaker: Prof. LEI Bin

4. Training content: Health Qigong · Mingmu Qigong (Youth Version)

(1) The origin, characteristics, and functional principles of Mingmu Qigong

(2) Teaching of various movements and technical points of Mingmu Qigong, as well as common mistakes

(3) Basic breathing and mental methods involved in Mingmu Qigong

(Note: This is for reference. The actual content of the workshop will prevail.)

5. Participants:

The course is suitable for Health Qigong enthusiasts or those who plan to carry out Mingmu Qigong teaching.

6. Training certificate:

Upon completion of the training content and demonstrating the ability to fully practice the routine, participants can obtain a training certificate issued by the International Health Qigong Federation.

7. Training costs

USD\$120/person.

III. Advanced Mingmu Qigong Improvement Course

1. Date: July 23, 2025

2. Location: Vancouver

3. Trainer: Prof. LEI Bin

4. Training Content: Applications of Health Qigong · Mingmu Qigong and Hand Skills for Eye Care

(1) Theoretical basis of Mingmu Qigong in Traditional Chinese Medicine, including Zang-fu organs and meridians

(2) Commonly used acupuncture points on the Fourteen Meridians

(3) Applications of Mingmu Qigong (Youth and Adult Versions) in eye care

(4) Hand skills for eye care

(5) Teaching methods for Mingmu Qigong

(Note: This is for reference. The actual content of the workshop will prevail.)

5. Participants:

The course is suitable for those who already have a foundation in Mingmu Qigong (either the Youth or Adult Version). It is recommended to undertake prior learning of Mingmu Qigong (Youth or Adult Version) before attending this course.

6. Training certificate:

Upon completion of the training content and demonstrating the ability to fully practice the routines, participants can obtain a training certificate issued by the International Health Qigong Federation.

7. Training costs

USD\$120/person.

Introduction of the Lecturer:

Prof. LEI Bin: Associate Professor and Master's Supervisor of Wuhan Sports University; Committee Member of Chinese Health Qigong Association, Chinese Health Qigong Duan 8, International Health Qigong Referee Grade B. Key contributor to the creation of Health Qigong·Yijinjing and Mingmu Qigong (Adult Version); and head of the compilation team for Health Qigong·Dawu and the Twenty-Four Solar Terms Health Preservation Qigong. He systematically studied the specialty of traditional Chinese medicine bone injury, and obtained the Physician Qualification Certificate. He has edited or co-edited 12 textbooks and served as the principal investigator for four first-class courses in Hubei Province: Health Qigong, Health Qigong·Yijinjing, Health Qigong·Dawu, and Theory and Practice of Traditional Sports Health Preservation. Six of his research papers on Health Qigong have been selected for presentation at the Olympic Scientific Congress. He has given lectures on Health Qigong to nearly 20 countries.



Note: the Workshop on Health Qigong *Daoyin* and *Tu'na* will be conducted concurrently with the Courses for Mingmu Qigong, please pay attention. The training fee is non-refundable once paid (but the right to review the course materials is reserved).

Appendix 4

THE 11TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE

PARTICIPANTS' RESPONSIBILITY STATEMENT

Of my own volition, I would like to attend the 11th World Health Qigong Tournament and Exchange 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 5

THE 11TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE REGISTRATION FORM

Country/region	
Name of organization	
Number of teams to tournament	
Number of athletes to tournament	
Number of participants to training classes	
Total number of participants	
Name of the team leader	
Contact of team leader	
Accommodation requirement:	Total rooms:
Class-A Single Twin	
Class-B Single Twin	
Class-C Single Twin	

Please send it to Canada International Health Qigong Association before June 21st, 2025.

Applicant organization:

Tel:

E-mail:

Signature of Person-in Charge:

Date:

TRAVEL FORM OF THE 11TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE

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 Canada International Health Qigong Association before June 21st, 2025.

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

Signature of Person-in Charge:

Date: