



# 国际健身气功联合会

## INTERNATIONAL HEALTH QIGONG FEDERATION

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### The Eighth World Health Qigong Tournament & Exchange The Fourth 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 8th World Health Qigong Tournament and Exchange and 4th World Health Qigong Scientific Symposium.

#### **I. Date and location**

August 7th to 12th, 2019 – Melbourne, Australia

Participants Arrival and Registration Date: August 7th, 2019

Departure date: August 13th, 2019

IHQF delegates meetings: Arrival on August 6th 2019

#### **II. Organizers**

International Health Qigong Federation (IHQF)

Chinese Health Qigong Association (CHQA)

#### **III. Host**

Tai Chi Australia (TCA)

#### **IV. Events**

A. Meetings of IHQF Executive Board and Specialized Committees

B. the 8th World Health Qigong Tournament and Exchange

1. Exchange and competition
2. Health Qigong Training
3. IHQF Duan Examination
4. Instructions for Judges
5. Mass demonstration

C. the 4th World Health Qigong Scientific Symposium

## V. Schedule

DATE		TIME	ACTIVITIES
6-Aug	Tuesday	All Day	Arrival of delegates for IHQF meetings
7-Aug	Wednesday	08.30-12.00	Meetings of IHQF Executive Board
		13.30-17.30	
		All Day	Arrival and registration of the participants
8-Aug	Thursday	08.30-12.00	Advanced classes in Wu Qin Xi and Dao Yin Yang Sheng Gong Shi Er Fa (Two classes will be run simultaneously)
		13.30-17.30	
		19.00-21.00	IHQF Duan Theory Examination
9-Aug	Friday	08.30-12.00	Advanced classes in Liu Zi Jue
		13.30-16.00	
		16.30-17.30	Mass demonstration of Health Qigong
10-Aug	Saturday	08.30-12.00	The 4th World Health Qigong Scientific Symposium
		13.30-18.00	
		13.30-17.30	IHQF Duan Technical Examination
		19.00-20.30	Technical meeting for the Competition and Lot-drawing
11-Aug	Sunday	08.30-09.45	Opening Ceremony for the 8th World Health Qigong Tournament and Exchange
		10.00-12.00	Competition and Award Ceremony
		13.30-18.00	
12-Aug	Monday	08.00-12.00	Competition and Award Ceremony
		13.30-17.00	
		19.00-21.30	Closing ceremony and farewell party
13-Aug	Tuesday	Before 12.00	Departure of all participants

Note: The arrangements for the Instructions for Judges will be announced separately.

## VI. Fees

A. Accommodation is arranged in 3 or 4 Star hotels with restaurants and shops in walking distance. **This accommodation is compulsory for all participants** of the 8th World Health Qigong Tournament and Exchange and 4th World Health Qigong Scientific Symposium.

1. 4 Star hotel: Twin share: US\$105/day/person including tax and breakfast.  
Single room: US\$185/day/person including tax and breakfast.
2. 3 Star hotel: Twin share: US\$85/day/person including tax and breakfast.  
Single room: US\$165/day/person including tax and breakfast.
3. Method of payment: See appendix 6 Form 7

B. Training fee

1. Health Qigong Advanced classes:  
US\$100/per person/per class for members of IHQF member organizations.  
US\$120/per person/per class for non-members of IHQF member organizations.
2. Instructions for Judges: (TBD)

C. Competition fees

1. If application is received and fully prior to 00:00 on **June 1st, 2019** (Melbourne time), the following fee structure will apply:
  - 1) Group competition: US\$15/team/event/person for IHQF members.  
US\$20/team/event/person for non-members.
  - 2) Individual competition: US\$20/team/event/person for IHQF members.  
US\$25/team/event/person for non-members.
2. If application is received and fully paid after 00:00 June 1st and before 24.00 on July 15th, 2019(Melbourne time), the following fee structure will apply:
  - 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.

**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\$85/per person including Beer, Wine and Soft drinks.

**VII. 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 **Tai Chi Australia**.
- B. Deadline for registration and full payment is 24:00 on July 15th 2019(Melbourne time). No late registration will be accepted. All participation fees must be paid when registering.
- C. The Organizing Committee shall provide transportation for participants between the airport and the accommodation on Registration Day (7th August) and Departure Day (13th August). More information will follow soon.

**VIII. 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](http://www.ihqfo.org)  
TCA official website: [www.taichiaustralia.com.au](http://www.taichiaustralia.com.au)

**IX. Contacts:**

**A. International Health Qigong Federation Head Office and Chinese Health Qigong Association**

Mr.Wang Jianjun, Mr. Wu Zhipeng and Ms. Lu Min  
Tel: +86 10 6705 1231, +86 10 67052078  
E-mail: [intelhqf@126.com](mailto:intelhqf@126.com); [headoffice@ihqfo.org](mailto:headoffice@ihqfo.org)  
Post Address: 13 Guangming Road, Dongcheng Dist., Beijing,100061 China

**B. Tai Chi Australia (the Organizing Committee)**

Contact person: Ms Judy Maynard  
Tel: +61 415 993399  
E-mail: [2019@taichiaustralia.com.au](mailto:2019@taichiaustralia.com.au)  
Postal Address: P O Box 59, Glen Iris, Victoria, 3146 Australia

**X. Matters not mentioned herein will be advised later.**

**XI. The Organizing Committee of the 8th World Health Qigong Tournament and Exchange and the 4th World Health Qigong Scientific Symposium reserves the right for further interpretation of this Circular.**

**Appendix**

1. Regulations of the 8th World Health Qigong Tournament and Exchange
2. Circular of the 4th 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 8TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE REGULATIONS**

### **1. Date**

August 11th to 12th, 2019

### **2. Location**

Melbourne, Australia

### **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

### **3. Participation Methods & Rules**

- (1) All IHQF Member Associations and the relevant social organizations may send multiple teams to the tournament. Each team consists of a maximum of ten (10) participants, including one (1) team leader (who may also serve as coach and competing athlete), one (1) coach (who may also serve as competing athlete) and eight (8) team members. Competing team members must be in good physical condition.
- (2) There will be Group and Individual Competitions. Group competition consists of a minimum of four (4) 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 two (2) age groups: 45 and under, and over 45. Each individual may register for a maximum of two (2) disciplines.

### **4. Competition Method**

- (1) The < Rules for International Health Qigong Competition (trial version)> that were reviewed, adopted and 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 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)

## **5. 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.

## **6. Judges and Jury**

The Jury members, Chief Judges and the Head Judges for the Competition shall be appointed by the Techniques and Promotion Committee of IHQF. The judges at competition shall be those selected from the Judges Instruction Course of this event while the assistant judges are from the host.

## **7. Application and Registration**

Participating organizations are requested to complete the Participants Entry Form of the 8th World Health Qigong Tournament and Exchange, and the Participants Arrival and Departure Schedule (Appendices 6) and send them via e-mail or mail to the Organizing Committee by July 15th, 2019. Once entries to events are confirmed, no change or alteration is allowed.

## **8. 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 and lot drawing as scheduled at 19:00 August 10th, 2019. Designated persons of the organizing committee shall draw lots on behalf of the teams absent.

## **Appendix 2**

# **THE 4TH WORLD HEALTH QIGONG SCIENTIFIC SYMPOSIUM CIRCULAR**

### **I. Date**

August 10th, 2019

### **2. Location**

Melbourne, Australia

### **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. Costs for participants**

- (1) There are no entry costs for participants who register for the Tournament and Exchange.
- (2) Participants who only visit the World Health Qigong Scientific Symposium: More information will follow soon.

## Appendix 3

# THE 8th WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE TRAINING AND INSTRUCTIONS

## CIRCULAR

### A. Health Qigong Advanced Classes I

#### 1. Dates

August 8th, 2019

#### 2. Location

Melbourne, Australia

#### 3. Attendees

All Participants are entitled to register for these classes.

#### 4. Class contents

Wu Qin Xi or Daoyin Yang Sheng Gong Shi Er Fa (choose one ONLY)

#### 5. Training fees

IHQF members: US\$100/per person/per form

Non-members: US\$120/per person/per form

### B. Health Qigong Advanced Classes II

#### 1. Dates

August 9th, 2019

#### 2. Location

Melbourne, Australia

#### 3. Attendees

All Participants are entitled to register for these classes.

#### 4. Class contents

Liu Zi Jue

#### 5. Training fees

IHQF members: US\$100/per person/per form

Non-members: US\$120/per person/per form

### C. Instructions for Judges

Note: The arrangements for the Instructions for Judges will be announced separately.



## **Appendix 4**

# **THE 8TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE HEALTH QIGONG DUAN EXAMINATION**

## **CIRCULAR**

### **1. Date**

August 8th (Theory) and 10th (Technical), 2019

### **2. Location**

Melbourne, Australia

### **3. Attendees**

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

### **4. Duan Examinations**

Technical grades evaluation: 1-6 Duan.

### **5. Examination standards**

< International Duan Evaluation System For Health Qigong > and < Rules for the Implementation of Conversion to the IHQF 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 July 15th, 2019. 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 8TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE THE 4TH WORLD HEALTH QIGONG SCIENTIFIC SYMPOSIUM

#### PARTICIPANTS' RESPONSIBILITY STATEMENT

Of my own volition, I would like to attend the 8th World Health Qigong Tournament and Exchange and 4th 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 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.)

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Signature:

Parent / legal guardian signature:

Date:

**Appendix 6 – Form 1**

**THE 8TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE  
THE 4TH WORLD HEALTH QIGONG SCIENTIFIC SYMPOSIUM**

**PRE-REGISTRATION FORM**

Country/region	
Name of organization	
Number of participants to Symposium	
Number of teams to tournament	
Number of athletes to tournament	
Number of participants to Health Qigong advance classes	
Number of participants to IHQF Judge Course	
Accommodation requirement	
If there are IHQF Executive board member(s) in your team, please specify the name(s).	
If there are IHQF specialized committee member(s) in your team, please specify the name(s).	
Name of the team leader	
Contact of team leader	

Please send it to the Organizing Committee (Tai Chi Australia) before March 31st, 2019.

Applicant organization:

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Tel:

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E-mail:

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Signature of Person-in Charge:

Date: 2019

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**Appendix 6 – Form 2**

**Entry Form of the 8th 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	Yi Jin Jing	Wu Qin Xi	Liu Zi Jue	Ba Duan Jin	Da Wu	Shi Er Fa
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 Tai Chi Australia (2019@taichiaustralia.com.au) before 15th, July, 2019

Contact Person: \_\_\_\_\_ Tel: \_\_\_\_\_ Fax : \_\_\_\_\_ E-mail: \_\_\_\_\_

Signature of Person-in Charge:

Date:

**Appendix 6 – Form 3**

**Entry Form of the IHQF Judge 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. Please send the form to Tai Chi Australia (2019@taichiaustralia.com.au) before 15th, July, 2019

Contact Person: \_\_\_\_\_ Tel: \_\_\_\_\_ Fax : \_\_\_\_\_ E-mail: \_\_\_\_\_

Signature of Person-in Charge:

Date:

**Appendix 6 – Form 4**

**Entry Form of the Health Qigong Advanced Training**

Country/Region:

Delegation:

No.	Name	Gender	D.O.B (DD/MM/YY)	Passport No.	Health Qigong Forms			Current Duan Level
					Da Wu	or Wu Qin Xi	Liu Zi Jue	
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

1. Please select your preference.    2. The form can be copied.    3. Please send the form to Tai Chi Australia (2019@taichiaustralia.com.au) before 15th, July, 2019

Contact Person: \_\_\_\_\_ Tell: \_\_\_\_\_ Fax : \_\_\_\_\_ E-mail: \_\_\_\_\_

Signature of Person-in Charge:

Date: .

**Appendix 6 - Form 5**

**Entry Form for attending the 4th 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.						

Please send the form to Tai Chi Australia (2019@taichiaustralia.com.au) before 15th July, 2019

Contact Person: \_\_\_\_\_ Tell: \_\_\_\_\_ Fax : \_\_\_\_\_ E-mail: \_\_\_\_\_

Signature of Person-in Charge:

Date:

**Appendix 6 - Form 6**

**TRAVEL FORM OF THE 8TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE AND  
THE 4TH 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 Tai Chi Australia (2019@taichiaustralia.com.au) before 15th, July, 2019

Contact Person: \_\_\_\_\_ Tell: \_\_\_\_\_ Fax : \_\_\_\_\_ E-mail: \_\_\_\_\_

Signature of Person-in Charge:

Date:



## Appendix 6 - Form 7

### Payment Information and Form of the 8th World Health Qigong Tournament and Exchange and the 4th 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 July 15, 2019.

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 Tai Chi Australia:

<b>Name:</b>	
<b>IBAN:</b>	
<b>BIC / SWIFT:</b>	

(Notice: the detailed information will be notified separately)

**Appendix 6 - Form 8**

**Payment Information and Form of the 8th World Health Qigong Tournament and Exchange and  
the 4th 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 (Prices in US\$)	Advanced class (Prices in US\$)	Farewell Party (Prices in US\$)	Accommodation (Prices in US\$)	TOTAL (Prices in US\$)
0	Example John Jones	M	01-12-1965	NL 123456	40.00/50.00	15.00/20.00		100.00/120.00	85	?x7 = ?	?
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
16											
17											
18											

**Please send the form to Tai Chi Australia (2019@taichiaustralia.com.au) before July 15th, 2019. The competition registration fees can be Early Bird Price before June 1st, 2019.**