



Notice of the First Asian Health Qigong Tournament & Exchange and the Third China Lijiang International Health Qigong Grand Prix

In order to share China's excellent health cultivation culture, build a platform for international exchanges and friendly communications of Health Qigong, and promote the popularization and development of Health Qigong in Asia, the First Asian Health Qigong Tournament & Exchange and the Third China Lijiang International Health Qigong Grand Prix will be held in Lijiang, Yunnan province in October. The relevant matters of the event are hereby notified as follows:

I. Name of the event

The First Asian Health Qigong Tournament & Exchange and the Third China Lijiang International Health Qigong Grand Prix

II. Date

October 25, 2019 - October 29, 2019

III. Location

Lijiang, Yunnan Province, China

IV. Organizers

International Health Qigong Federation (IHQF)

Chinese Health Qigong Association (CHQA)

Yunnan Province Sports Bureau

Lijiang People's Government

V. Host

Yunnan Health Qigong Association

Yunnan Health Qigong Management Center

Lijiang Municipal Sports Bureau

Lijiang Shilian Culture Communication Co., Ltd.

VI. Co-hosts

IHQF Lijiang Training Base

CHQA Lijiang International Training Base

VII. Supporters

Publicity Department of Lijiang Municipal Party Committee

TAIJI.NET.CN

VIII. Events

1. Health Qigong tournament and exchange
2. Health Qigong · Ma Wang Dui Dao Yin Shu training course
3. IHQF Duan Examination
4. Exchange and fellowship with local multi-ethnic Health Qigong enthusiasts.

IX. Schedule

October 24,

Arrival and check-in of referees and staff;

Arrival and check-in of people participating in Health Qigong training course;

October 25

Arrival and check-in of people participating in tournament and exchange;

Health Qigong · Ma Wang Dui Dao Yin Shu training course;

Referee working meeting;
Site adaptability training;
Technical meeting (Lot-drawing)

October 26

Tournament and exchange

October 27

Tournament and exchange;
IHQF Duan Theory Examination

October 28

IHQF Duan Technical Examination,
Exchange and fellowship

October 29

Departure of all participants

X. Fees

1. Registration: Free
2. Transportation: Self-supporting
3. Board and lodging: Self-supporting

5-star hotel: Guanfang Hotel Lijiang (Garden Villas)

Single room: RMB600 Yuan/day/person (after tax, including breakfast, lunch and dinner)

Double room: RMB580 Yuan/day/person (after tax, including breakfast, lunch and dinner)

4-star hotel: Golden Spring Hotel Lijiang

Single room: RMB480 Yuan/day/person (after tax, including breakfast, lunch and dinner)

Double room: RMB460 Yuan/day/person (after tax, including breakfast, lunch and dinner)

3-star hotel: Qingxi Hotel Lijiang

Single room/Double room: RMB360 Yuan/day/person (after tax, including breakfast, lunch and dinner)

4. Health Qigong training course

US\$100//per person for member organizations of IHQF, US\$120/per person for non-member organizations of IHQF.

5. Duan examination

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

6. Method of remittance:

Account name:

Lijiang Shilian Culture Communication Co., Ltd.

Contact person: Rui Qi

Tel: +86 13988886139

Bank of deposit: Xueshan Road Branch of Lijiang, Industrial and Commercial Bank of China

Account number: 2512 0222 0920 0057 895

XI. Registration and check-in:

1. Member organizations of IHQF and other relevant organizations shall carefully fill in the Registration Form as required, and send it to the Organizing Committee by Email, fax or letter.

2. Deadline for registration is September 25, 2019. Those with late registration can participate in relevant activities, but are not on the Program Manual or disregarded the result of the tournament.

3. People participating in Health Qigong training course shall check in on October 24, and those participating in tournament and exchange shall check in on October 25.

Check-in place: Guanfang Hotel Lijiang (Garden Villas), middle section of Shangri-la Avenue, Gucheng District, Lijiang, Yunnan Province

Contact persons:

Liu Longpeng (+86 17608885351)

Pan Hong (+86 18988020109)

Xiong Peng (+86 18627056661)

4. Each delegation shall submit the Original of the Registration Form and one copy of the Participant's Statement of Personal Responsibility to the Organizing Committee upon Check-in.

5. The Registration Forms can be downloaded from the following websites:

IHQF official website: www.ihqfo.org

CHQA official website: www.chqa.org.cn

XII. Other matters

1. During the event, the hosts will provide reservation service of accommodation in Lijiang, Yunnan Province, China, and transportation service from the designated hotels to the airport and railway station on the Check-in Day and Departure Day. During the tournament, the hosts will provide free shuttle from the designated hotels to the venue. Participants can contact the hosts directly for specific matters and other relevant requirements. Please pay attention to the different requirements of the hosts in terms of reservation policy and deadline.

2. Participants shall purchase their own Life Insurance. The delegation or individual will be responsible for any injury or illness during the event.

XIII. Contact information

1. The Organizing Committee:

Contact persons:

Liu Longpeng (+86 17608885351)

Pan Hong (+86 18988020109)

Xiong Peng (+86 18627056661)

Email: lp961116@outlook.com.

Postal Address: Lijiang Wushu Association, Block 12, Football Field,
Lijiang Sports Development Center, Lijiang, Yunnan Province

Post code: 674199

2. IHQF

Contact persons: Wu Zhipeng, Gao Yanying

Tel.: 0086-10-87187160, 0086-10-87180955

Fax: 0086-10-87180955

Email: headoffice@ihqfo.org

Address: No.50 Tiantandong Rd, Dongcheng District, Beijing, China

Post code: 100061

3. CHQA

Contact persons: Wang Jianjun, Zhang Deming

Tel: 0086-10-67051231

0086-10-67052078

Fax: 0086-10-67052078

Email: intelhqf@126.com

Post Address: Room 303, 3rd floor, Baiyu Building, No. 13
Guangming Rd, Dongcheng District, Beijing, China

Post code: 100061

XIV. Matters not covered will be further informed.

XV. The Organizing Committee reserves the right
to the final interpretation of this Notice.

Attachment 1: Regulations of the First Asian Health Qigong
Tournament & Exchange and the Third China Lijiang International
Health Qigong Grand Prix

Attachment 2: Notice of Health Qigong Training Course

Attachment 3: Notice of IHQF Duan Examination

Attachment 4: Accommodation and Transportation Information

Attachment 5: Participant' s Statement of Personal Responsibility

Attachment 6: Registration Forms 1-3



International Health Qigong Federation

2019.6.20

Attachment 1:

Regulations of the First Asian Health Qigong Tournament & Exchange and the Third China Lijiang International Health Qigong Grand Prix

1. Name of the tournament

The First Asian Health Qigong Tournament & Exchange and the Third China Lijiang International Health Qigong Grand Prix

2. Date

October 26, 2019 - October 27, 2019

3. Venue of the tournament

Lijiang, Yunnan Province, China

4. Events of the tournament

4.1 Individual events

- (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 · Dao Yin Yang Sheng Gong Shi Er Fa
- (6) Health Qigong · Da Wu

4.2 Team events

- (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 · Dao Yin Yang Sheng Gong Shi Er Fa

(6) Health Qigong · Da Wu

The events of the tournament are all ABBREVIATED versions popularized by CHQA.

5. Participation methods

5.1 Health Qigong amateurs can participate in the tournament as a team. Each delegation can register several teams (such as XX team 1, XX team 2, etc.) , with a maximum of 8 members for each team, including 1 team leader, 1 coach (the team leader can also be the coach) and 6 players. Participants shall be in good health, eligible to take part in the tournament and under the age of 75. Team leaders and coaches meeting the age requirement can also serve as team members.

5.2 Team events: No matter gender or age, each team can only register 2 team events, with no less than 4 players participating in each team event.

5.3 Individual events are divided into groups by age rather than gender, and each player can only register 2 individual events.

6. Tournament methods

6.1 The Rules for Health Qigong Competition formulated by CHQA shall be applied for judging.

6.2 The players in team event are arranged in Triangular or Line shape. Each team with more than four players is misaligned in two rows to form a Parallelogram.

6.3 The players in individual event are arranged in Line shape or

misaligned in two rows.

6.4 The accompanying music without oral prompts issued by CHQA shall be applied to both the team events and the individual events.

7. Ranking and Awards

7.1 There are Group and Individual Awards in the tournament. Of which, the scoring criteria for Group Awards are based on the total scores of the two team events selected by each delegation from the 6 team events. The ranking is carried out in accordance with the Rules for Health Qigong Competition.

7.2 In Group Awards, the top eight will be the winners. Of which, the top three will be awarded bonuses, medals and certificates. The fourth to eighth places will be awarded medals and certificates. All participants will be awarded certificates of participation.

7.3 Participants of individual events are grouped according to age. Of which, participants under the age of 50 (including 50) belong to group B. Those above 50 fall into group A. In each individual event, the top six will be the winners. The top three will be awarded bonuses, medals and certificates. The fourth to sixth places will be awarded medals and certificates. All participants will be awarded certificates of participation.

7.4 Bonus for Group Awards (RMB)

First place: ¥ 10,000

Second place: ¥ 6,000

Third place: ¥ 4,000

7.5 Bonus for Individual Awards (RMB)

First place: ¥ 2,000

Second place: ¥ 1,000

Third place: ¥ 500

Fourth place: ¥ 400

Fifth place: ¥ 300

Sixth place: ¥ 200

8. Referees and Jury members

The main referees above the Jury members and head referees shall be appointed by the Techniques and Promotion Committee of IHQF, and the assistant referees shall be selected by the hosts.

9. Other matters

9.1 The clothing of all participants shall conform to the characteristics of Health Qigong. Team players shall wear clothing in uniform style and color, wear shoes suitable for Health Qigong exercises, and wear the bib number distributed by the Organizing Committee.

9.2 All team leaders and coaches shall attend the technical meeting at 19:00 PM on October 25, 2019 and draw lots. Designated persons of the Organizing Committee shall draw lots on behalf of the teams absent.

Attachment 2:

Notice of Health Qigong Training Course

1. Time

October 25, 2019

2. Location

Training location will be further notified.

3. Training contents

Health Qigong • Ma Wang Dui Dao Yin Shu

4. Training fees

IHQF members: US\$100/per person

Non-members: US\$120/per person

5. Attendees

Anyone who registers for the First Asian Health Qigong Tournament & Exchange and the Third China Lijiang International Health Qigong Grand Prix is entitled to the training course.

Attachment 3:

Notice of IHQF Duan Examination

1. Time

Theory exam: the evening of Oct 27, 2019

Technical exam: Oct. 28, 2019

2. Location

Examination location will be further notified.

3. Attendees

Anyone who meets the requirements of technical grade evaluation can register for the examination after the approval of the affiliated IHQF member organization.

4. Duan Examination

Technical grade evaluation: Duan 1-5.

5. Examination standards

The International Duan Evaluation System for Health Qigong, and Rules for the Implementation of the International Health Qigong Duan System formulated by IHQF shall apply.

6. Examination contents and fees

The International Duan Evaluation System for Health Qigong shall apply.

7. Application requirements

(1) Applicants shall complete online registration before September 28, 2019. On-site registration is not accepted.

(2) For the method of online registration and relevant registration information, please refer to the official website of IHQF.

Accommodation and Transportation Information

Service category	Details	Remarks
Hotel and reservation policy	<p>Recommended hotel 1: Guanfang Hotel Lijiang (Garden Villas) Address: Shangri-la Avenue, Gucheng District, Lijiang --Single room: RMB600 Yuan/day/person (after tax, including breakfast, lunch and dinner) --Double room: RMB580 Yuan/day/person (after tax, including breakfast, lunch and dinner)</p> <p>Recommended hotel 2: Golden Spring Hotel Lijiang Address: middle section of Shangri-la Avenue, Gucheng District, Lijiang --Single room: RMB480 Yuan/day/person (after tax, including breakfast, lunch and dinner) --Double room: RMB460 Yuan/day/person (after tax, including breakfast, lunch and dinner)</p> <p>Recommended hotel 3: Qingxi Hotel Lijiang Address: Wenrong Street, Yuquan Road, Gucheng District, Lijiang --Single room/Double room: RMB360 Yuan/day/person (after tax, including breakfast, lunch and dinner)</p> <p>Notes: (1) It takes about 5 minutes to walk from hotel 1 to the tournament venue. Regular shuttle from hotel 2 and 3 to the venue will be provided; (2) Each hotel has staff to guide participants to the venue.</p>	The Organizing Committee will provide free shuttle from the hotels to the venue on the tournament day.
Evening party	The party will be held on the evening of October 28. Please specify the number and names of the participants.	
Urban transport	The Organizing Committee will provide transportation from the recommended hotels to the tournament venue and the training venue on the tournament day and the training day respectively.	
Airport shuttle service	The Organizing Committee will provide transportation service from Lijiang Sanyi Airport to the recommended hotels on October 24th and 25th (the arrival day)	

Notes:

1. The information above is provided by the hosts.
2. The fee of accommodation and meals for this tournament and exchange should be paid at the time of registration.
3. The hosts reserve the right to the final interpretation of this Notice.

Attachment 5:

Participant's Statement of Personal Responsibility

The Participant acknowledges that participation in the 2019 First Asian Health Qigong Tournament & Exchange and the Third China Lijiang International Health Qigong Grand Prix is entirely of the Participant's own volition, and promises to bear all the consequences of any accident or legal dispute during the event, including all related claims, actions and requests, at the same time, the Participant and his/her heirs, personal assistants, agents, representatives and designated persons shall not sue the Organizing Committee and the sponsors. The Participant agrees to abide by all the tournament rules set by IHQF, and follow the arbitration award for any objection, The Participant agrees to be photographed, video recorded, or televised live in all the activities, and agrees that his or her name, address, voice, actions, figures can be used wholly or partially by IHQF on TV coverage, radio broadcasting, video recording, media figures or any other media equipment, and shall not make any claim or compensation arising out of this usage.

The Participant is aware of, and fully understands, this Statement of Personal Responsibility.

(The parent or a legal guardian is required to sign this Statement if the Participant is under the age of 18.)

Participant's name and signature:

Parent or legal guardian's name and signature:

Date: ____ / ____ / 2019

Attachment 6: Registration Form 1

Registration Form of the 2019 Asian Health Qigong Tournament & Exchange and the Third China Lijiang International Health Qigong Grand Prix

Country/Region: _____ Delegation: _____

Leader of delegation: _____ Gender _____ Tel.: _____

Coach: _____ Gender: _____ Tel.: _____

No.	Player Name	Age	Gender	Nationality	Team Events						Individual Events					
					Yi Jin Jing	Wu Qin Xi	Liu Zi Jue	Ba Duan Jin	Da Wu	Shi Er Fa	Yi Jin Jing	Wu Qin Xi	Liu Zi Jue	Ba Duan Jin	Da Wu	Shi Er Fa

N.B.: 1. Please tick where applicable. 2. Each team can only register 2 team events and each player can only register 2 individual events.
3. Please submit the form to the Organizing Committee no later than September 25, 2019.

Attachment 6: Registration Form 2

Registration Form of the Health Qigong Training Course

Delegation:

No.	Name	Gender	D.O.B (DD/MM/YY)	Passport No.	Current Duan Level
1					
2					
3					
4					
5					
6					
7					
8					
9					

N.B.: 1. This form can be copied.

2. Please submit the form to the Organizing Committee no later than September 25, 2019.

Contact Person: _____ Tel: _____

E-mail: _____

Signature of Person-in Charge:

Date:

Attachment 6: Registration Form 3

TRAVEL INFORMATION FORM

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								

N.B.: 1. This form can be copied.

2. Please submit the form to the Organizing Committee no later than September 25, 2019.

Contact Person: _____ Tel: _____

E-mail: _____

Signature of Person-in Charge:

Date: