



国际健身气功联合会

INTERNATIONAL HEALTH QIGONG FEDERATION

Invitation of 'Meeting Beijing Winter Olympics · Sharing the Future'

International Health Qigong Style Display of 2022

IHQF members and relevant Health Qigong organizations,

With the Beijing Winter Olympics coming, the International Health Qigong Federation (IHQF) and Chinese Health Qigong Association (CHQA) will jointly organize the activity of 'Meeting Beijing Winter Olympics · Sharing the Future' International Health Qigong Style Display of 2022 from January to March, in a bid to show the style of Health Qigong enthusiasts all over the world, manifest the charm of Health Qigong and enhance mutual communication and friendship.

We hope heads of all IHQF members and relevant organizations take active participation in the activity with your families, friends and other Health Qigong enthusiasts around. It is a great platform for you to exchange with and learn from each other, and display your own style of Health Qigong. Let's join hands to strive for greater contribution made by Health Qigong to the global community of health for all!

Attachments:

1. Notice of 'Meeting Beijing Winter Olympics · Sharing the Future' International Health Qigong Style Display of 2022
2. Registration Form of Video Works Exhibition



International Health Qigong Federation

Jan.06, 2022



Chinese Health Qigong Association

Jan.06, 2022



国际健身气功联合会

INTERNATIONAL HEALTH QIGONG FEDERATION

Notice of 'Meeting Beijing Winter Olympics · Sharing the Future'

International Health Qigong Style Display of 2022

1. Time

January 26 to March 13, 2022.

2. Platform

Online.

3. Participants

Health Qigong enthusiasts all over the world.

4. Organization

(1) Sponsored by

International Health Qigong Federation (IHQF).

Chinese Health Qigong Association (CHQA).

(2) Host by

IHQF members and relevant Health Qigong organizations.

5. Content-- (1) Video

Item	Details	Mark
Keynote Speech	1. Introduce your knowledge about the Beijing Winter Olympics and your wishes (required). 2. Tell stories of when you became attached to Health Qigong, and how you feel and what you have gained by practicing it. 3. Share stories of how Health Qigong has promoted health and friendship. 4. There is no limit to the number of speakers and the format of speeches. 5. Complete your speech in 1-2 minutes.	40 Scores
Health Qigong Performance	Nine Health Qigong routines officially promoted: 1. There are no restrictions on the clothing and music. 2. It is allowed to perform in a seated position and in a way suitable for oneself, with the assistance of auxiliary personnel.	60 Scores

Note: The two parts should be presented in one video, the duration of which should not exceed 5 minutes.

(2) Form of Performance

Individual, family and group performances are all allowed and the last two are encouraged.

(3) Awards

A. About the Awards

There will be the first prize (for 30% of the participants), second prize (for 40% of the participants), third prize (for 30% of the participants) and honorable mention (for individuals, families and groups respectively).

The score given by the viewers and that given by experts respectively accounts for 50% of the final mark.

B. Contents of the Awards

First prize winner: a certificate, three sets of Health Qigong textbooks and audio-visual materials (in the language that the winner wants).

Second prize winner: a certificate, two sets of Health Qigong textbooks and audio-visual materials (in the language that the winner wants).

Third prize winner: a certificate, one set of Health Qigong textbooks and audio-visual materials (in the language that the winner wants).

Honorable mention winner: a plaque.

6. Video Submission

(1) Videos should be submitted between January 15 and March 10. The format can be avi, mp4, rmvb, mkv, flv, wmv, mpg and mov, and the resolution should not be lower than 1280×720.

(2) The name of the video should be “the member number plus the name of the work” for IHQF members and “the country/region plus the name of the work” for other organizations.

7. Viewers' Votes

The video works will be played on the column of ‘Meeting Beijing Winter Olympics · Sharing the Future’ on the official website of IHQF (www.ihqfo.org) from January 26 to March 13. During the period, every viewer has five votes per day and can give them to the video(s) impressing them by giving a like.

8. Contacts

Mr. WANG Jianjun & Mr. WU Zhipeng

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E-Mail: users@ihqfo.org

Attachment 2

Registration Form of Video Works for Exhibition

Name of Organization		IHQF Member Number or Country/Region Name	
Name of Submitter		Position	
Contact Address			
Tel.		E-mail	
WeChat ID		Date of Submission	
Form	Name of Video		
1. Individual /Family/Group			
2. Individual /Family/Group			
3. Individual/Family/Group			
.....			

Note: This form should be submitted together with the video to the e-mail address (users@ihqfo.org)

The videos will be played between January 26 and March 13, 2022.

Signature and Seal:_____

Date:_____