

# THE 1ST CHINA-LIJIANG INTERNATIONAL HEALTH QIGONG TOURNAMENT

## INVITATION

Dear Sir or Madam,

Alongside with the ancient history and extensive mass basis, Health Qigong has been the cultural legacy and treasure of Chinese people. In order to strengthen the cultural exchange and friendship between China and abroad, better the international promotion of Health Qigong and also build a brand new platform for domestic and international enthusiasts of Health Qigong, the first China-Lijiang Health Qigong Tournament will be held from Aug 26 to 30, 2017 in the city of Lijiang, Yunnan Province, China.

Lijiang is a famous international tourist attraction which has three world-class heritage sites. Various activities will be organized during the tournament, including seminars, different competitions, thousand-people Qipao show, ethnic apparel show and commercial communication meetings etc. The following documents are the agenda and regulations for the tournament. You are very welcome to bring your team to Lijiang, experience the local culture, demonstrate your Qigong skills, make more friends with common interests and improve our cultural communication.

We look forward to your presence!

Kind regards,

Yunnan Health Qigong Association

# THE 1ST CHINA-LIJIANG INTERNATIONAL HEALTH QIGONG TOURNAMENT

## General Agenda

### I. Date

August 26 to 30, 2017

### II. Place

Lijiang City, Yunnan Province, China

### III. Competition and Events

The 1st China-Lijiang International Health Qigong Tournament

Communicative Demonstration of Domestic and International Health Qigong Enthusiasts

Thousand-People Qipao Show and Ethnic Apparel Show

Commercial Communication Meetings with Local Business and Social Figures

### IV. Fees

1. Accommodation in a five-star hotel: ¥380 /person/day

Registration Fee: ¥260 /person/day

(Lijiang City Maintenance Fee included; transportation not included)

2. Transfer Info

Transfer to: Lijiang Yulong County-Shilian Culture Communication Ltd

Bank name: ICBC-Lijiang Xueshanzhonglu Branch

Account number: 2512022209200057895

Notes: Please bring the copy of each team's successful transfer to the tournament committee while signing in

### VI. Check in

1. Time: Aug 26, 2017

2. Address: Guangfang Hotel (Lijiang Huayuan Bieshu Area), Shangrila Extension Road, Gucheng District, Lijiang City

Notes: This location is right across the street to the east door of Lijiang Sports Stadium.

### VII. Other Issues

1. Please hand in the original documents of the registration form and disclaimer to the tournament committee while signing in.
2. All participants shall apply for accident and life insurances before coming to the tournament. Participants are responsible for any illness or injuries during the tournament.
3. All participants should wear apparels and uniforms suitable for Health Qigong. Each team members should wear uniforms with the same style and color and sports shoes and pin the number plate provided by the committee on the uniforms.

### IX. Contact Information

Contact Person and Cell no.:

Mr. Yang Xiaofeng 13988877595

Ms. Liu Hongmei 13988886139

## **Appendix:**

- 1** The Rules and Regulations of the 1st China-Lijiang International Health Qigong Tournament
- 2** The Detailed Schedule of the 1st China-Lijiang International Health Qigong Tournament
- 3** The Registration Form of the 1st China-Lijiang International Health Qigong Tournament
- 4** The Participant Contact Info of the 1st China-Lijiang International Health Qigong Tournament
- 5** The Safety and Responsibility Disclaimer of the 1st China-Lijiang International Health Qigong Tournament

## **Appendix 1**

### **The Rules and Regulations of the 1st China-Lijiang International Health Qigong Tournament**

#### **I. Theme**

To promote Chinese traditional culture

#### **II. Aim**

To build a platform for Health Qigong enthusiasts to communicate and demonstrate

#### **III. Organizer**

The Health Qigong Association of Yunnan Province

The Yulong County People's Government of Lijiang City

#### **IV. Co-organizer**

Lijiang Yulong County-Shilian Culture Communication Ltd

The Sports Committee of Lijiang Yulong Naxi People Autonomous County

#### **V. Sponsor**

International Health Qigong Federation

Chinese Health Qigong Association

#### **VI. Co-Sponsor**

Lijiang Health Qigong Association Yunnan

Bingqi Century Travel Ltd. Lijiang

Xueyingjinjiang Travel Ltd.

#### **VII. Time and Place**

Time: Aug 26-30, 2017; Registration in the 26th and closing in the 30th.

Place: Lijiang Sports Stadium (arranged for the time being)

#### **VIII. Competition Events**

##### **A. Team Competition**

1. Health Qigong - Yi Jin Jing
2. Health Qigong - Wu Qin Xi
3. Health Qigong - Ba Duan Jin
4. Health Qigong - Liu Zi Jue

##### **B. Individual Competition**

1. Health Qigong - Yi Jin Jing
2. Health Qigong - Wu Qin Xi
3. Health Qigong - Ba Duan Jin
4. Health Qigong - Liu Zi Jue

Notes: All participants shall follow the 6-minute edition of Health Qigong practice from the Health Qigong Office of Chinese Sports Bureau

#### **IX. How to participate**

##### **A. Team Competition**

1. All organizations can register under different teams (for example, Alpha I, Alpha II etc.). Each team may consist of a maximum of 6 participants including one team leader, one coach and a maximum of 4 team members. No age or gender limits.

2. Each team can only participate in 2 team competitions and each team competition only need 4 athletes on the court.

**B. Individual Competition**

1. Participants can register under individuals' name
2. Each person can participate in 4 individual competitions.

## **X. Rules**

1. The Rules for Health Qigong Competition formulated by Chinese Health Qigong Association in 2017 shall be applied.
2. Teams participating team competitions shall line up in horizontal formation, starting from the left. The athletes on the very left shall be no. 1 and the one on the very right shall be no. 4.
3. Participants in individual competitions shall make their appearance in the group of 4 in each competition. They shall line up in formation of Chinese word "One", starting from the left. The athletes on the very left shall be no. 1 and the one on the very right shall be no. 4.
4. There will be the music of Gongfa competition, which is the 6-minute edition without instruction in the format of CD or cassette.
5. All participants shall use the VCD Instruction of Health Qigong practice supervised and publicized by the Health Qigong Administrative Centre of GASC as the standard.

## **XI. Rankings and Awards**

1. This event includes team competitions and individual competitions. In team competitions, each team shall be ranked by the sum of their two team competition scores. Rankings shall be executed according to related Health Qigong competition rules.
2. In team competitions, the top 8 can have rankings and respective awards. The top 3 can be given certificates, medals and bonus. Medals and certificates can be given to No. 4, 5, 6, 7 and 8. All participants can have participation certificates.
3. In individual competitions, the competitions will not be divided into groups on the basis of gender or age. The top 8 can have rankings and respective awards. The top 3 can be given certificates, medals and bonus. Medals and certificates can be given to No. 4, 5, 6, 7 and 8. All participants can have participation certificates.
4. Bonus (Chinese Yuan) for Team Competition  
No. 1: ¥10000.00  
No. 2: ¥6000.00  
No. 3: ¥4000.00
5. Bonus (Chinese Yuan) for Individual Competition  
No. 1: ¥2000.00  
No. 2: ¥1000.00  
No. 3: ¥500.00

## **XII. Referees and Supervisors**

All technical officials shall be invited and organized by the Yunnan Health Qigong Association.

## **XIII. Registration**

1. Registration deadline is Aug 1st, 2017. There is a 50% discount if participants can register before July 15th.
2. In order to maintain the order of this event, there shall be no change in terms of participants' competition events and team member lists after Aug 1st.
3. Document Requirement  
Please send one digital registration forms, 2 photos (names written on the back of each photo) and copies of ID to the committee: Lishuidanxiang II Xiangshuyuan, Xueshan Road Zhongduan, Gucheng District, Lijiang City, Yunnan Province, China.  
Contact Person: Mr. Yang Xiaofeng  
Cell: 13988877595  
Email: 2654889638@qq.com
4. Check in

Time: Aug 26, 2017

Address: Guangfang Hotel (Lijiang Huayuan Bieshu Area), Shangrila  
Extension Road, Gucheng District, Lijiang City

Notes: This location is right across the street to the east door of Lijiang Sports Stadium.

#### **XIV. Others**

1. All participants should wear apparels and uniforms suitable for Health Qigong.  
Each team members should wear uniforms with the same style and color and sports shoes and pin the number plate provided by the committee on the uniforms.
2. All participants shall apply for accident and life insurances before coming to the tournament.  
Participants are responsible for any illness or injuries during the tournament.

#### **XV. Fees**

1. Accommodation in a five-star hotel: ¥380/person/day  
Registration Fee: ¥260 /person/day  
(Lijiang City Maintenance Fee included; transportation not included)
2. Transfer Info  
Transfer to: Lijiang Yulong County-Shilian Culture Communication Ltd  
Bank name: ICBC-Lijiang Xueshanzhonglu Branch  
Account number: 2512022209200057895  
Notes: Please bring the copy of each team's successful transfer to the tournament committee while signing in.

#### **XVI. Contact Info**

Contact Person and Cell no.:  
Mr. Yang Xiaofeng 13988877595  
Ms. Liu Hongmei 13988886139

**XVII.** On Aug 29, committee staff members will lead all participants to experience the local culture of Lijiang minority ethnic groups and learn how Health Qigong station is working in the minority area, helping participants understand how Health Qigong is being promoted and developed in the minority area.

**XVIII.** China-Lijiang International Health Qigong Tournament Committee reserves the right of final interpretation for this event.

**XIX.** All matters not stated will be notified in time.



**Appendix 2****The Agenda of the 1st China-Lijiang International Health Qigong Tournament**

Date	Time	Event	Location
Fri, Aug 25	All day	Referee Check in	Guandu Hotel (Lijiang Huayuan Bieshu Area)
Sat, Aug 26	All day	Participants Check in	Guandu Hotel (Lijiang Huayuan Bieshu Area)
Sun, Aug 26	08:30-09:00	Referee Meeting	Guandu Hotel (Lijiang Huayuan Bieshu Area)
	09:00-12:30	Referee Seminar	
	14:30-17:00	Referee look around the competition venue	Lijiang Sports Stadium
	19:00-21:00	Team leaders and Referees meeting and draw lots	Guandu Hotel (Lijiang Huayuan Bieshu Area)
Mon, Aug 27	08:30-09:00	Opening Ceremony and Qipao Show	Lijiang Sports Stadium
	09:15-11:30	Competitions	Lijiang Sports Stadium
	14:30-17:30	Competitions	Lijiang Sports Stadium
Tue, Aug 28	08:30-11:30	Competitions	Lijiang Sports Stadium
	14:30-16:30	Competitions	Lijiang Sports Stadium
	17:00-18:00	Awarding Ceremony	Lijiang Sports Stadium
Wed, Aug 30	All Day	All participants go to Lijiang minority group area to learn how the local Health Qigong station is working	Lijiang City
Thu, Aug 31	Before 14:00	Dismiss	

**Appendix 3**

**The Registration Form of the 1st China-Lijiang International Health Qigong Tournament**

Nation/Region: \_\_\_\_\_

Name (team/individuals): \_\_\_\_\_

Team Leader: \_\_\_\_\_ Gender: \_\_\_\_\_ Contact Phone number: \_\_\_\_\_

Coach: \_\_\_\_\_ Gender: \_\_\_\_\_ Contact Phone number: \_\_\_\_\_

Team members	Name	Age	Gender	Nationality	Team Competition				Individual Competition				
					Yi	Wu	Liu	Ba	Yi	Wu	Liu	Ba	
					Jin	Qin	Zi	Duan	Jin	Qin	Zi	Duan	
1													
2													
3													
4													

Notes: 1. Please check (v) the wanted competition events; 2. Limits FOR team competition is 2 and there is no limits for individual competition.

**Appendix 4**

**The Participant Contact Info of the 1st China-Lijiang International Health Qigong Tournament**

Nation/Region:

Team name:

Team Leader:

No.	Name	Arrival Train/Flight No.	Arrival Date	Departure Train/Flight No.	Departure Date	Contact Cell-Phone No.

Please fill in this form and send to China-Lijiang International Health Qigong Tournament Committee **before Aug 1, 2017**.

Contact person: \_\_\_\_\_ Contact phone number: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_