

云南省健身气功协会

The 2nd China (Lijiang) International Health Qigong Grand Prix INVITATION

Dear Chinese and international Health Qigong amateurs:

Thank you for your long-lasting concern and support to Health Qigong. With the purposes of carrying forward and promoting Health Qigong, and establishing an exchanging and demonstrating platform for Health Qigong amateurs and practitioners at home and abroad, the 2nd China (Lijiang) International Health Qigong Grand Prix is scheduled to be grandly held on April 24-28, 2018 in the beautiful international tourist destination — Lijiang. All interested individuals and teams are sincerely welcome to take an active part in the event, to demonstrate skills, spread culture, promote exchange, and strengthen friendship.



云南省健身气功协会

The 2nd International Health Qigong Tournament in Lijiang, China

Tournament Regulations

1. **Theme of the tournament:** carrying forward the Chinese sportsmanship and traditional culture of excellent nation. Health Qigong is born in China but belongs to the world.
 2. **Purpose of the tournament:** providing a communication and display platform for health Qigong fans and practitioners from home and abroad.
 3. **Sponsors:** Yunnan Health Qigong Association
Yunnan Health Qigong Management Center
 4. **Organizers:** Lijiang Municipal Sports Bureau
Lijiang Shilian Culture Communication Co., Ltd
Lijiang International Training Base, Chinese Health Qigong Association
Lijiang Training Base, International Health Qigong Federation
 5. **Supporters:** Health Qigong Management Center of Sports General Administration
International Health Qigong Federation
Chinese Health Qigong Association
 6. **Co-organizers:** Lijiang Municipal Health Qigong Association
 7. **Schedule and Venue:**
Schedule: Apr. 24th, 2018—Apr. 28th, 2018; checking in on 24th and leaving on 28th.
-

Venue: Party School of Municipal Committee of Yulong County

8. Tournament events:

(1) Team events:

- 1) Health Qigong • Yi Jin Jing popular exercise
- 2) Health Qigong • Wu Qin Xi popular exercise
- 3) Health Qigong • Liu Zi Jue popular exercise
- 4) Health Qigong • Ba Duan Jin popular exercise
- 5) Health Qigong • Qi Wu

(2) Individual events:

- 1) Health Qigong • Yi Jin Jing popular exercise
- 2) Health Qigong • Wu Qin Xi popular exercise
- 3) Health Qigong • Liu Zi Jue popular exercise
- 4) Health Qigong • Ba Duan Jin popular exercise

Health Qigong • Yi Jin Jing, Wu Qin Xi, Liu Zi Jue, Ba Duan Jin popular exercises are six-minute abridged version created and popularized by Health Qigong Management Center of Sports General Administration.

The movements of Health Qigong • Qi Wu are chosen from 9 popular exercises and 4 competition routines. People make up the routines again, which are accompanied by music and LED dynamic background, and choose clothing themselves. Health Qigong • Qi Wu lasts 5 minute and the routine content should not be less than 6 elements.

9. Ways to enter the tournament:

- (1) Health Qigong amateurs from various countries and regions of the world can enter the tournament as a team or individually or in the name of sponsoring enterprises. Each representative team can enter several teams' names for the competition (e.g. XX team 1, XX team 2, etc.). Each team can include 8 people, more specifically, 1 team leader, 1 coach and 6 players (irrespective of players' age and gender).
- (2) Team events: Each team can only enter for 2 events and Qi Wu. There must be 6 players for every group event.
- (3) Individual events: Each player can only enter for 2 events.

10. Tournament methods:

- (1) The competition will be conducted in accordance with the latest edition of Rules for Health Qigong Competition examined and approved by Health Qigong Management Center of Sports General Administration in 2017.
- (2) In team events, the formation to enter the field is line-shaped or parallel arrangement in a dislocation mode.
- (3) In individual events, 8 players enter the field to compete in each event. The formation is line-shaped. No. 1 to No. 8 positions are arranged in order from down left.
- (4) The competition will use six-minute background music from the exhibition and performance music for Health Qigong competition released by Health Qigong Management Center of Sports General Administration. As for Qi Wu music, participants can make their own choice.
- (5) Qigong actions for the competition take those in the VCD teaching film produced and released by Health Qigong Management Center of Sports General Administration as criterion.

11. Tournament awards:

- (1) The tournament puts up prizes for team and individual events. The scoring standard of team events: the sum of Qi Wu event score and two optional events score from Yi Jin Jing, Wu Qin Xi, Liu Zi jue, Ba Duan Jin. Ranking is carried out in accordance with Rules for Health Qigong Competition.
- (2) In team events, the top eight will be winners. The top three will be given bonuses, medals and certificates. Four to eight places will be given medals and certificates. All participants will receive a certificate of participation.
- (3) Participants of individual events are grouped according to age. Participants under the age of 45 (including 45) belong to group B. Those above 45 fall into group A. In each individual event, the top six will be winners. The top three will be given bonuses, medals and certificates. Four to six places will be given medals and certificates. All participants will receive a certificate of participation.
- (4) Team events bonus (RMB):
First place in team total score: ¥10000
Second place in team total score: ¥6000
Third place in team total score: ¥4000
- (5) Individual events bonus (RMB):
First place: ¥2000
Second place: ¥1000

Third place: ¥ 500

Fourth place: ¥ 400

Fifth place: ¥ 300

Sixth place: ¥ 200

12. Referees, arbitrator and supervisory personnel will be invited and assigned by Yunnan Health Qigong Association.

13. Registration and check-in:

- (1) Registration deadline is Apr. 10th, 2018. Entry fee will be halved if you register before Mar. 20th.
- (2) To ensure that the arrangement of order list can go smoothly, change of competition events and team members are not allowed after registration deadline.
- (3) Registration method:
 - 1) Email organizing committee the electronic registration form and identification document. Email address: 516315120@qq.com
 - 2) Mail the registration form and copy of ID card to organizing committee. Address: Shu Xiang Yuan, Li Shui Dan Xia Phase II, Middle Section of Xueshan Road, Gucheng District, Lijiang City, Yunnan Province, P. R. China
Addressee: Longpeng Liu
Mobile number: 17608885351
- (4) Check-in time and location:

Check-in time: Apr. 25th, 2018 (all day)

Check-in location: Training Reception Center, Party School of Lijiang Municipal Committee

Hotel address: Training Reception Center, Party School of Lijiang Municipal Committee; Party School, Yuze East Road (Yudai Road), Yulong County, Lijiang

14. Other relevant things:

- (1) Clothing of all participants must conform to the characteristics of Health Qigong. Team players' clothing must be identical in both style and color. They are supposed to wear fitness sneakers. Players in the game must wear the bib number distributed by the organizing committee. As for clothing of Qi Wu players, they can make their own choice.
- (2) Teams must purchase personal accident insurance for their members.

15. Fees and method of remittance:

- (1) Fees:
 - 1) Entry fee: ¥260 per person (including ¥ 80 maintenance fee of Lijiang ancient town)
 - 2) Transportation fees will pay by competitors themselves.

3) Board and lodging expenses: ¥380 per person per day

(2) Method of remittance:

Account name: Shilian Culture Communication Co., Ltd of Yulong County

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

Account number: 2512022209200057895

16. Mobile number of organizing committee:

Longpeng Liu: 17608885351

Hongmei Liu: 13988886139

17. The organizing committee will arrange for all participants to do research on lijiang's customs and conditions of building Health Qigong site in ethnic minority regions, which aims to understand the popularization and development of Health Qigong among ethnic minorities.
18. The organizing committee reserves the right to the final interpretation of the Tournament.
19. Matters not covered will be further informed.