



中国健身气功协会

CHINESE HEALTH QIGONG ASSOCIATION

The Third China International Health Qigong Tournament and Exchange Notice

Dear IHQF Members and other related organizations:

To strengthen the sports and cultural exchanges between China and the rest of the world, advance the international promotion of Health Qigong and build a new platform for demonstration and exchanges among Health Qigong enthusiasts in China and abroad, the Chinese Health Qigong Association (CHQA) has decided to organize THE THIRD CHINA INTERNATIONAL HEALTH QIGONG TOURNAMENT AND EXCHANGE at Jiuhuashan, Chizhou City, Anhui Province, China in August, 2018. The programme will include tour and sightseeing, friendly exchanges, enjoying Huangmei Opera, tasting local specialty of Southern Anhui and visiting Jiuhoa Traditional Chinese Medical Center as well as on-site teaching by Health Qigong experts.

Please find below the Notice on the Tournament and Exchange as well as the *Competition Procedures and Regulations*. We look forward to your active participation by organizing delegations under your respective organizations. The related details are outlined as follows:

A. Dates

July 31 to August 6, 2018

B. Place

Jiuhuashan, Chizhou City, Anhui Province, People's Republic of China

C. Hosts

地址：中国 北京市 东城区 天坛东里中区 甲 14 号

邮编：100061

Address: A No.14 Tiantandongli Zhongqu, Dongcheng District, Beijing 100061 China

电话 Tel. 0086 10 6705 1569 传真 Fax: 0086 10 6705 0720 Email: chqa@vip.163.com



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1. Health Qigong Administrative Center, General Administration of Sport of China
2. Chinese Health Qigong Association
3. Sports Bureau of Anhui Province
4. The People's Government of Chizhou City

D. Organizers

1. Social Sports Administrative Center of Anhui Sports Bureau
2. The People's Government of Qingyang County
3. Education and Sports Bureau of Chizhou
4. Anhui Jiuhuashan Investment and Development Group Ltd. Co

E. Co-organizer

1. The People's Government of Miaoqian town, Qingyang County
2. Anhui Jiarun Sports and Culture Communication Co., Ltd.
3. Jiuhua Health Club
4. Southern-Anhui-Style Village
5. Jiuhua Traditional Chinese Medical Center

F. Content

1. The 3rd China International Health Qigong Tournament and Exchange
2. On-site teaching by Health Qigong experts
3. International Health Qigong Duan Theoretical and Technical Exams
4. Enjoying Art of Huangmei Opera

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5. Tasting local specialty of Southern Anhui
6. Visiting Jiuhua Traditional Chinese Medical Center
7. Visiting Ancient Lingyang County

G. Costs

1. The application and admission fees are waived.
2. Accommodation package (room & board, transportation and Evening Gala):

Jiarun Gloria Grand Hotel (overseas):

Single Occupancy: USD\$145/person/day

Double Occupancy: USD\$120/person/day

Shuijie Holiday Hotel (overseas) :

Single Occupancy: USD\$100/person/day

Double Occupancy: USD\$70/person/day

Chaxi Town Resort (domestic):

Single Occupancy: 550RMB/person/day

Double Occupancy: 450RMB/person/day

3. Funds transfer/wiring destination:

Beneficiary's Bank: BANK OF CHINA ANHUI JIUHUA MOUNTAIN SUB-BRANCH

SWIFT CODE: BKCH CN BJ780

Beneficiary: Anhui Jiarun Sports and Culture Communication Co., Ltd.

Account No.: 1887 2576 7857

Beneficiary's Address: Jiarun Gloria Grand Hotel, Laotian Village, Jiuhua Mountain District, Chizhou, Anhui.

地址: 中国 北京市 东城区 天坛东里中区 甲 14 号

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Beneficiary's Telephone:18656669080

4. At registration, all team are required to provide a copy of the proof of funds transfer/wiring to the Organizing Committee.

H. Registration

1. Participating Teams of the 3rd China International Health Qigong Tournament and Exchange are requested to arrive on July 31, 2018.

2. IHQF Member Associations and other related organizations are requested to complete duly the Participants Entry Form as required and send it via e-mail, fax or post to the International Liaison Department of the Chinese Health Qigong Association.

3. July 3, 2018 is the deadline for submission of the Participants Entry Form for the 3rd China International Health Qigong Tournament and Exchange. Those with late submissions may participate in the tournament, exchanges and demonstrations, but will not be listed in the order book or the ranking. To facilitate organization of the Tournament, each Member Association may enter multiple teams for competition, with each team limited to ten (10) competitors.

4. All organizations are requested to submit before July 3, 2018 information on the arrival and departure flights or trains to and from Jiuhuashan Airport or Chizhou City Railway Station and on the related travellers. The Organizing Committee will provide transportation service between Jiuhuashan Airport and/or Chihzou Railway Station and the Hotel.

5. Traffic routes:

— You may fly to Chizhou City from large Chinese cities such as Beijing, Shanghai, Guangzhou, Shenzhen, Chengdu, Xiamen and Qingdao. A dedicated Reception Desk will be set up at Jiuhuashan Airport, Chizhou City.

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— You may also take a direct bullet train (known as Dongche) to Chizhou City, from such cities as Beijing, Shanghai, Nanjing or Hefei. There are also trains from Guangzhou, Nanchang, Nanjing, Ningbo, Yantai and Suzhou to Chizhou City. A Reception Desk will be set up at Chizhou Railway Station.

I. Other matters

1. At registration, all delegations are kindly requested to submit the ORIGINAL of the Participant Entry Form and one copy of Responsibility Declaration by each participant of the respective organization.

2. The Notice of the International Health Qigong Duan Exam will be released later.

3. All members of the participating organizations must buy their own life insurance and are liable for any illness or injury during the Tournament and Exchange.

4. Registration forms for various activities can be downloaded from the official website of the Chinese Health Qigong Association (<http://jsqg.sport.org.cn/>).

J. Contact Information:

1. Organizing Committee (Anhui Jiarun Sports and Culture Communication Co., Ltd).

Contacts: Mr. Yang Chuan (18656669236), Ke Sheng (18656669080)

Phone: 0566-3268877

E-mail: jiaruntyu@126.com

2. Chinese Health Qigong Association

(1) Technical Committee

Contacts: Mr. WANG Tao, Ms. ZHU Ying

Phones: 86-10-67051325 or 86-10-67051289

地址: 中国北京市东城区天坛东里中区甲14号

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Fax: 86-10-67051289

E-mail: guoneibu207@126.com

(2) International Liaison Department

Contacts: Mr. WANG Jianjun, Mr. ZHANG Deming, Ms. LU Min

Phones: 86-10-67051231 or 86-10-67052078

Fax: 86-10-67052078

E-mail: intelhqf@126.com

Attachments:

1. Competition Procedures and Regulations of the 3rd China International Health Qigong Tournament and Exchange
2. Schedule of the 3rd China International Health Qigong Tournament and Exchange
3. Application form of the 3rd China International Health Qigong Tournament and Exchange
4. Arrival & departure information table of the 3rd China International Health Qigong Tournament and Exchange
5. Responsibility Declaration of the 3rd China International Health Qigong Tournament and Exchange



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Attachment 1:

The 3rd China International Health Qigong Tournament and Exchange Competition Procedures and Regulations

A. Name of Event:

The 3rd China International Health Qigong Tournament and Exchange

B. Dates:

July 31 to August 6, 2018

C. Venue:

Chaxi Town Resort, Jiuhuashan, Chizhou City, Anhui Province, People's Republic of
China

D. Competition 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·Da Wu
6. Health Qigong·Taiji Yangshengzhang

E. Participation Methods & Rules:

All IHQF Member Associations and other related organizations may send multiple teams for the tournament with each team restricted to 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 health and under the age of 75; the team leader and coach who meet the age requirements may also compete as athletes. To facilitate organization of the tournament, no more than ten (10) competitors are allowed on the floor for a team.



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Competitions are divided into groups and individuals categories. In a group competition, there shall be no fewer than four (4) competitors for a team on the floor irrespective of gender and age; each team may apply for competing in no more than two (2) competition events. Individual events are classified according to gender and regardless of age. Each competitor may apply to compete in no more than two (2) events.

For judging purposes, the Health Qigong Competition Rules that were reviewed, adopted and published in 2017 shall be applied.

In group competitive events, each team shall line up in two staggered rows. In individual events, the competitors shall stand in a “saw-tooth” (serrated) formation.

In both group and individual competitions, the shortened CD-based music (6 minutes) WITHOUT command or narration published by the Chinese Health Qigong Association for the four routines shall be played as accompanying music.

The technical standards of the routines shall be based on the teaching materials on those routines as compiled by the Chinese Health Qigong Association.

F. Rankings and Awards

Rankings shall be given separately to the home teams and overseas teams.

First Place, Second Place and Third Place awards shall be given in each of the group and individual competitions, with the First Place awards given to 20% of the competing teams (individuals) in an event, the Second Place awards given to 30% of the competing teams (individuals) in an event and the Third Place awards given to 50% of the competing teams (individuals) in an event. All the rankings are calculated by rounding up the numbers.

A trophy and diploma shall be conferred upon each winner in all categories of group competitions; a medal and diploma shall be conferred upon each winner in all categories of individual competitions.

G. Application and On-site Registration



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Participating organizations are requested to complete duly the Participants Entry Form of the 3rd China International Health Qigong Tournament and Exchange and the Participants Arrival and Departure Schedule (Appendices 3 & 4) and send them via e-mail, fax or post to the International Liaison Department of Chinese Health Qigong Association by July 3, 2018.

H. Judges, Arbitrators and Supervisors

The Judges and Arbitrators/Supervisors for the Tournament and Exchange shall be appointed by the Technical Committee of the Chinese Health Qigong Association while the assistant judges shall be selected and sent by the organizers.

I. Other matters

The attire of the competitors shall be in keeping with Health Qigong characteristics. The style and colour of members of a team for group competition shall be uniform. The shoes shall be those fit for Health Qigong exercises. Competitors on the competing ground shall wear the bib distributed in unison by the Tournament and Exchange.

All team leaders and coaches are requested to be present and draw lots at the technical meeting scheduled on the evening of August 1, 2018. Designated persons of the Tournament and Exchange shall draw lots on behalf of the teams absent.

As accommodation and food subsidies are provided by the event organizers. Those arriving earlier or departing later shall stay at their own costs for the extra expenses incurred.



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Attachment 2:

Schedule of the 3rd China International Health Qigong Tournament and Exchange

DATE	TIME	ACTIVITIES	VENUE
Tuesday July 31 st	All Day	Registration of Judges	Air Drome Gymnasium, Chaxi Town Resort
Wednesday August 1 st	All Day	Registration of the teams and visiting the competition venue	Air Drome Gymnasium, Chaxi Town Resort
	08:30-09:00	Working Meeting of judges	Conference Room:V2 Chaxi Town Resort
	09:00-12:30	Group Study of judges	
	14:30-17:00	Venue open to the athletes Venue open to the judges	Air Drome Gymnasium, Chaxi Town Resort
	19:00-21:00	Joint Meeting of Team Leaders and Coaches; Lot-drawing	Conference Room:V8 Chaxi Town Resort
Thursday August 2 nd	08:30-09:00	Tournament Opening Ceremony	Air Drome Gymnasium, Chaxi Town Resort
	09:15-11:30	Competitions	
	14:30-16:30	Competitions	
	16:40-17:40	Tasting local specialty of Southern Anhui	Wannan 300cun
Friday August 3 rd	08:30-11:30	Competitions	Air Drome Gymnasium, Chaxi Town Resort
	14:30-15:30	Huangmei Opera show/International Health Qigong Duan Theoretical Exam	
	15:30-17:30	Lecture of traditional Chinese medicine's theory principle and experience method about human body life curing	Jiuhua Traditional Chinese Medical Center
Saturday August 4 th	08:30-11:30	Competitions	Air Drome Gymnasium, Chaxi Town Resort
	14:30-17:30	On-site Teaching by Health Qigong Experts	
Sunday August 5 th	08:30-12:00	Competitions and Awarding	Lingyang Ancient Town
	14:30-17:30	Tour of Lingyang Ancient Town/ International Health Qigong Duan Technical Exam	
	19:00	Evening Gala	Banqueting Hall, Jiarun Gloria Grand Hotel
Monday August 6 th	before 14:00	Departures	