



国际健身气功联合会
INTERNATIONAL HEALTH QIGONG FEDERATION

Notice on the Implementation Programme of World Health Qigong Day 2021

Dear all IHQF Member Organizations and relevant groups,

The previous four “World Health Qigong Day” since 2017 were successfully held with the support and participation of all relevant organizations. The World Health Qigong Day 2021 will be held globally on September 11. The implementation programme is hereby sent to all organizations. Please follow the instructions.

Please start the preparation work as soon as possible to organize a great World Health Qigong Day 2021.

Annex:

Implementation Programme of World Health Qigong Day 2021

International Health Qigong Federation

April 2, 2021



Annex:

Implementation Programme of World Health Qigong Day 2021

The 5th World Health Qigong Day will be launched on **September 11, 2021** on a global scale. To ensure the success of the event, the Implementation Programme of World Health Qigong Day 2021 is prepared as follows:

I. Theme of the Event

The theme of World Health Qigong Day 2021 is "**Liuzijue — Life Between Breaths**".

Health Qigong • Liuzijue is the only regimen that is mainly based on breathing (*tu'na*) among Health Qigong routines, and it is a specific application and embodiment of the Five *Zangs* Doctrine of TCM and the *Wuxing* (Five Elements) Doctrine of traditional Chinese culture. By way of nasal inhalation and oral exhalation as well as exhalation while uttering different sounds, it regulates the physiological functions of the Five *Zangs*, Six *Fu's* and the whole body, and affects pathological symptoms and genesis so as to achieve the purpose of body fitness, health preservation, illness removal and life extension. The practice of Health Qigong • Liuzijue can also play a positive role in preventing Covid-19, which is closely related to breathing.

At the same time, the Chinese idiom "*Xi Xi Xiang Guan* 息息相关" (Life Between Breaths) not only expresses the breathing characteristic of Health Qigong • Liuzijue, but also metaphors the close relationship between people and people, people and nature through its Chinese meaning. It reflects the positive role of Health Qigong in health of body and mental, harmonious social relations.

II. Time and Venue

1. Time: September 11, 2021 (Saturday)
2. Venue: the location of each organization. Under the condition of meeting the local

pandemic prevention requirements and ensuring the safety of pandemic prevention and control, if the local collective activities can be organized, some local landmark locations are advised to select to attract more participation and attention. For individual, people can follow the "Global Health Qigong Time" program.

III. Organization

The host of the World Health Qigong Day is the IHQF. The IHQF is responsible for the overall scheduling of the World Health Qigong Day. Each organization please carries out preparations and organization of World Health Qigong Day activities and strengthens communication and liaison with IHQF.

IV. Forms and Scale

1. Forms of the event

Under the guidance and coordination of IHQF, based on local conditions, all organizations will organize Health Qigong enthusiasts to hold a series of activities at the same time at 10:00AM local time on September 11, 2021. The activities shall include:

(1) Health Qigong • Liuzijue Show/Performance (required); IHQF will prepare a special "Global Health Qigong Time" program for the World Health Qigong Day, which will be will be broadcast 24 hours a day at each hour. All organizations can organize the team to participate in the "Global Health Qigong Time" as part of the activity.

(2) Health Qigong Scientific Forum or Scientific Lecture (optional);

(3) Health Qigong Exchange & Competition (optional);

(4) Health Qigong routines training or public teaching (optional);

(5) Other activities. In addition to putting on a good demonstration show, each organization may leverage its creativity by organizing various Health Qigong activities with its own features.

2. Supplementary activities

(1) With the "Global Health Qigong Time" program, the organizations organize members to exercise every day throughout the year as a warm-up for the 2021 World Health Qigong Day.

(2) With the “Belt and Road, Heart to Heart” — Health Qigong Lecture Hall activity from March to November, and "Health Qigong and I" — Solicitation and Display of Literary,

Video & Photographic Works activity organized by the IHQF and the CHQA in 2021, the introduction and demonstration of organizations, Health Qigong displays, and the sharing of Health Qigong stories, especially the propaganda of touching examples of Health Qigong in fighting the pandemic, will be continuously carried out.

3. Suggestions of the Event

In order to achieve better promotional effect, the suggestions are as follows:

(1) Under the condition that it meets the requirements of local pandemic prevention and control, organize people of a certain scale to participate.

(2) Performance forms: **Liuzijue** is a required routine. And any other routine(s) or combination(s) of multiple routines among the current nine Health Qigong routines under promotion;

(3) Dress requirements: same attire and style, those that reflecting local characteristics are encouraged.

(4) Photographing and videotaping are demanded.

(5) Local media coverages are recommended.

V. Visual Identity Sign

The Visual Identity Sign of World Health Qigong Day released in 2017 will continue to be used in 2021.

VI. Steps of Implementation

1. Formulation of a detailed implementation plan

Each organization shall work out before the end of June a detailed implementation plan for participating in the World Health Qigong Day based on the theme of the event and the local characteristics as well as the style of each organization. The plan shall cover the forms, scale, implementation steps, publicity and promotion. IHQF will collect the plans of all the member organizations and provide guidance, based on which, co-ordinate the global programme.

2. Local advocacy and promotion

The IHQF official website launched the "Countdown" activity on April 1. From June, each organization shall launch the local promotion and announcement. The following means can be considered:

- (1) The official website of each member organization;
- (2) Traditional media: newspapers, magazines, television, radio, etc.;
- (3) New media: webcast, WeChat, etc.;
- (4) Posters, brochures and promotion film/video;
- (5) Large-screen advertising;
- (6) Press conference.

3. Local market development

Each organization may actively explore financial sources locally and beyond, based on which, to seek financial support for the organization of the World Health Qigong Day activities.

4. Event preparations and implementation

Each organization shall gradually complete the specific preparations for the World Health Qigong Day. IHQF will enhance communication with all organizations to keep abreast of the progress and ensure that the preparations are ready by the end of August.

5. Global celebrations of World Health Qigong Day

On September 11, 2021, each organization shall organize World Health Qigong Day activities in succession according to its time zone and its own plan. Make sure to take pictures and video records and transmit reports real-time to the IHQF. IHQF headquarters will overall command of the event and send rolling coverage through the official website. The media will focus on the event.

6. Conclusion of the World Health Qigong Day event

Before the end of September, each member organization shall have sorted out coverage of the activities and reported through graphics and multimedia to IHQF.

7. Subsequent promotion

IHQF and Member Organizations will produce a promotional graphic video of the 2021 World Health Qigong Day after editing highlights of the event for continuous review and report, to extend the impact of the event and further expand the influence of World Health Qigong Day.

VII. Award Method

IHQF will give corresponding awards to those organizations who have actively participated in the 2021 World Health Qigong Day activities. For those who participate in the Event of each organization, IHQF will issue the electronic commemorative certificates.