



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

July 21, 2022

**Notice on the Implementation Programme of
the 10th Anniversary of the Founding of IHQF &
World Health Qigong Day 2022**

Dear all IHQF Member Organizations,

September 21, 2022 is the 10th anniversary of the founding of IHQF. Meanwhile, the 6th World Health Qigong Day will be held on September 10. After discussing, this year's World Health Qigong Day will be included in the series of activities of the 10th anniversary, together with other activities which Health Qigong teams and practitioners can widely participate, and can jointly create a harmonious situation for the vigorous development of international Health Qigong. The implementation programme is hereby sent to all member organizations.

Please follow the instructions to actively attend relevant activities.



The Secretariat, IHQF

Annex:

Implementation Programme of the 10th Anniversary of the Founding of IHQF & World Health Qigong Day 2022

September 21, 2022 is the 10th anniversary of the founding of IHQF. Meanwhile, the 6th World Health Qigong Day will be held on **September 10**. This year's World Health Qigong Day will be included in the series of activities of the 10th anniversary, together with other activities which Health Qigong teams and practitioners can widely participate, and can jointly create a harmonious situation for the vigorous development of international Health Qigong. The implementation programme is prepared as follows:

I. Theme of the event

The Book *Liji* (The Book of Rites, Han dynasty) said: "Ten years of life is called young, is learning." After ten years, IHQF is still in the stage of continuous learning and progress, and it also shows the dynamic future of strong growth. The 10th anniversary will highlight the process of the IHQF, which has been growing up together with its member organizations and Health Qigong enthusiasts, and present the efforts and achievements of IHQF and all members in promoting Health Qigong in the world.



The theme of World Health Qigong Day 2022 is **"Together under the Same Qi"** (in Chinese: 天下一气，健康友谊).

It is described as: Health Qigong, a practice that, in addition to being good for the health and spirit of every single person, unites us to something greater that sustains the whole universe, and shows great strength against the backdrop of many challenges such as the current global pandemic.



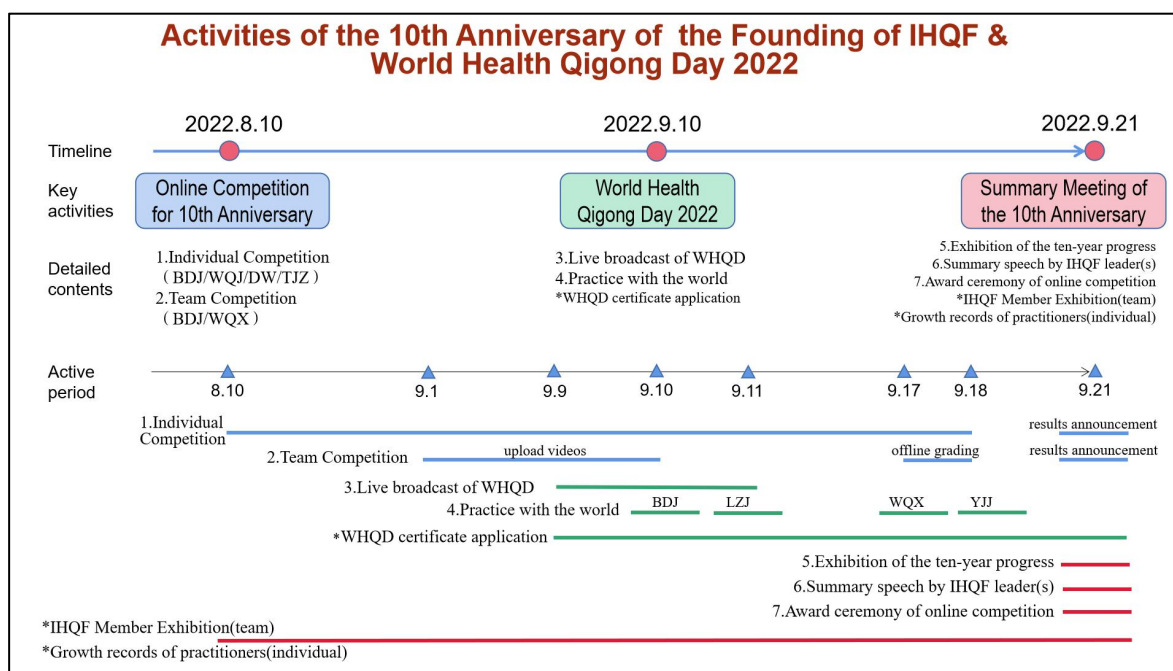
II. Institutional organization

IHQF is the host and will regulate and coordinate all the activities of the World Health Qigong Day. Each member organization carries out preparations and organization of the activities and strengthens communication and liaison with IHQF.

III. Content and form of a series of activities

A series of Health Qigong activities, which Health Qigong teams and practitioners can widely participate, will be held from August 10 to September 21, including online competition, offline activity live broadcast, global Health Qigong practice, 10th anniversary summary conference, etc.

The activities are described as follows in chronological order:



1. Health Qigong Online Competition (from August to September)

(1) Individual Competition

Time: From August 10 to September 18.

The platform of this online competition is the APP of "运动吧名师堂(Master Hall of Sports Bar)". Each participant shall participate in the online personal competition of "运动吧名师堂" APP and upload data within the time specified.

It implements the electronic scoring method according to the "Network Ten Thousand Points System Scoring table".

2. Team Competition

Time:

September 1-10, all teams will upload their videos;

September 17-18, offline grading;

September 21, results announcement.

The competition is in accordance with the *Health Qigong Competition Rules and Judgment Law* approved and published by Chinese Health Qigong Association.

Detailed competition programme will be announced later.

2. "We/I grow up with Health Qigong" - Growth Celebration together with IHQF (from August to October)

(1) IHQF Member Exhibition

All IHQF members can show their contributions at Health Qigong promotion and IHQF activities through video on IHQF platform.

- A. Exhibition platform: IHQF APP(based on WeChat) and IHQF website
- B. Exhibition Time: from August to October
- C. Video submission time: from July to September
- D. Video content: Health Qigong promotion video of each member organization

(2) Growth records of Health Qigong practitioners

Centering on the theme of the 10th anniversary of the founding and growth of IHQF, each Health Qigong practitioner can review his or her practice history and select one photo of his or her Health Qigong practice every year. Through the IHQF APP, a meaningful poster will be generated to record his or her growth and accompanying history of Health Qigong. It means the growth of IHQF is closely related to the growth of every Health qigong enthusiast.

(1) Platform: IHQF APP

(2) Activity Time: from August to September

(3) Poster style:

See the example below. It records the name, nationality and practice year(s) of Health Qigong practitioner, and determine the number of photos to upload according to the number of year (those who have practiced for more than 9 years can upload 9 photos at most), and record their growth process.



3. Live broadcast of World Health Qigong Day team celebration (September 9-11)

(1) Content:

The activities of 2022 will mainly be displayed in the form of live network broadcast, which mainly include:

- A. The opening ceremony of the main venue on September 9 (Note: Chinese Mid-Autumn Festival falls on September 10)
- B. Exhibition of collective activities of members and teams from September 9 to 11.
- C. Invite some heads of the member organization and guests to talk about the development of Health Qigong, celebrate the 10th anniversary of IHQF and look into the future.

Each team please decide the activity time with IHQF in advance, and IHQF will coordinate

the live broadcast time. Each organization can combine local conditions, give full play to your creativity, and organize Health Qigong activities with your own characteristics and diversity.

(2) Live broadcast platform:

Voov Meeting (will be tested with all live broadcast units in advance)

(3) Viewing platform:

IHQF APP/ IHQF website and WeChat account

(4) Activity requirements:

- A. In accordance with local pandemic prevention requirements and ensuring the safety under pandemic control, select a local landmark location to organize collective activities to attract more participation and attention. The number of personnel has a certain scale;
- B. Performance routines: unlimited, any one or multiple combinations of Health Qigong routines can be chosen;
- C. Dress requirements: same attire and style.
- D. Photographing and videotaping are demanded.
- E. Local media coverages are recommended.
- F. Before the end of September, the activity materials shall be submitted to IHQF in the form of pictures, texts and multimedia.

(5) Award method

The 2022 World Health Qigong Day electronic Certificate of Honor will be awarded to organizations that actively participate in the World Health Qigong Day. Participants in the activities of each organization can upload own photo of the activities from IHQF APP or IHQF official website to obtain the electronic certificate of attendance issued by IHQF.



4. Practice with the world (September 10-18)

From September 10 to 18, four periods (Beijing time) are selected to call on global practitioners to practice four Health Qigong routines together at the same time. Arrange one routine at a time. Participants can apply for an e-commemorative certificate of World Health Qigong Day by uploading pictures after one of the practice.

- Baduanjin: 20:00, September 10 (Saturday)
- Liuzijue: 10:00, September 11 (Sunday)
- Wuqinxi: 14:00, September 17 (Saturday)
- Yijinjing: 16:00, September 18 (Sunday)

Platform: Global Health Qigong Time / IHQF APP

5. Summary Meeting of the 10th Anniversary of IHQF (September 21)

On September 21st (Wednesday), the 10th anniversary of the founding of IHQF will be held in the evening of Beijing time.

(1) Content:

- A. Exhibition of the ten-year progress of IHQF
- B. Summary speech by IHQF leader(s)
- C. Award ceremony of Health Qigong online competition

(2) Live broadcast platform:

Voov Meeting

(3) Viewing platform:

IHQF APP/ IHQF official website and WeChat account