



## **Notice of the 5th European Health Qigong Games**

In order to build a friendly exchange platform for Health Qigong, promote the development of Health Qigong in Europe and the world in the post-pandemic period, and boost the confidence of Health Qigong practitioners, as Europe gradually restores the normal life order, based on the original schedule of the 4th European Health Qigong Games held in Italy in 2020 was cancelled due to the pandemic. The Executive Committee decided that the next event would be organized by the Italian Health Qigong Association. The International Health Qigong Federation will jointly organize the 5th European Health Qigong Association Qigong Games.

### **I. Date and Location**

Date: 28 October - 1 November 2022

Registration Date: October 27, 2022

Date of departure: November 2, 2022

Location: Anagni (medieval city), Italy

### **II. Organizer**

International Health Qigong Federation (IHQF)

### **III. Supporting Organizer**

China Health Qigong Association (CHQA)

### **IV. Host**

Italy Health Qigong Association (IHQA)

### **V. Contents of Activities**

The 5th European Health Qigong Games will include:

1. Health Qigong New Exercise Training and Master Class
2. Health Qigong Tournament
3. Referee training
4. Health Qigong Demonstration
5. Duan exam (to be determined)

### **VI. Activity schedule**

DATE	TIME	ACTIVITIES	SITE
<b>Thursday October 27</b>	Whole day	Arrivals for the participants of Training Course and Master Class(two buses for pick-up, the first shift is at 14:00, while waiting for the bus, each person has one bag of food including the main meal, and dinner is in the restaurant of Hotel; the second shift is at 20:00, while waiting for the bus, each person has a Dinner bag of food includes main meal)	Personnel from the organization await all arrivals for registration and distribute hotel keys at the check-in location (estimated number is 60/70 people)
<b>Friday October 28</b>	9:00-12:00	New Exercise Training – Eye-Brightening Exercise(MingMuGong) for the adults	The trainees will be picked up by the bus, passing through the ancient streets of the city centre, and arriving at the medieval Bernifacio Castle. The training hall has a large video screen, WIFI, projection, a speaker and video technical managers, and an interpreter. After class at noon 12:00, a Catering service in the backyard of the castle waiting for your gusto.
	14:00-18:00	1.New Exercise Training – Eye-Brightening Exercise(MingMuGong) for the adults	After class, participants will be back to the hotel by bus, and dinner will be served at the hotel
	All day	The referees arrivals and registration	Pick-up from the airport to Hotel for registration and distribute hotel keys at the check-in location
<b>Saturday October 29</b>	9:00-12:00	1.Master Class – Liu ZiJue(Six Sounds Approach to Qigong Breathing Exercises) 2.Referee Training Corso	Same as the 28th
	14:00-18:00	1.Master Class – Liu ZiJue(Six Sounds Approach to Qigong Breathing Exercises) 2.Referee Trial	Same as the 28th
	All day	Registration of the team	It is estimated that 100/150 people

			will arrive at Fiumicino Airport, including athletes, coaches, team leaders, and escorts. (Two buses to pick up the plane, the first shift is at 14:00, while waiting for the bus, each person has a bag of food including the main meal, Dinner is in the restaurant of Hotel; 2nd shift 19:30, while waiting for the shuttle bus, one bag of food per person. arrive at the reception, go through registration and pick up the room key, etc.), dinner with everyone at 21:00, end at 23:00
	19:00-21:00	Technical meeting and Draw-lots	At 19:30 in the evening, the Team Leaders and Coaches will have the technical meeting and draw-lots. The venue is the main hotel building where everyone has dinner. 21:15-23:00 Dinner
<b>Sunday October 30</b>	9:00-21:00	Opening Ceremony Tournament: Group Events and Individual Events	Anagni Gymnasium, the bus departs at 8:00, and the opening ceremony and games are on time. During the break from 12:30 to 14:00, we will have a meal together in Catering service, the number of people is about 200/220. Professional audio technicians and translation services are available, as well as a statutory ambulance service; coffee/juice/hot drinks and dessert per person during the 16:30 pm break. * at 17:00 International health qigong duan examination (to be determined) After the game, return to the hotel at 20:00, dinner at 21:00
<b>Monday October 31</b>	9:00-16:30	Tournament: Group Events and Individual Events. Closing ceremony and Awards.	Same as 30th (including coffee service at 16:30, etc.)
	18:00	Health Qigong Show	In the centre of Anagni, the guests included city government officials, journalists, etc.

	19:30	Back to the hotel	delivering with bus
	21:00	Banquet	Designated main hotel
Tuesday November 1	All day	Visit the Eternal City "Discover Rome"	08:30 Pick up at designated location 09:00 Depart to Rome 10:30 Estimated arrival in the central area of Rome: <ol style="list-style-type: none"> <li>1. Colosseum</li> <li>2. Empire State Plaza Boulevard</li> <li>3. Piazza Venezia</li> <li>4. Trevi Fountain</li> <li>5. Plaza de España</li> <li>6. Palazzo Montecitorio (Government Building)</li> <li>7. The Pantheon</li> <li>8. St. King Louis Church</li> <li>9. Palazzo Madame (Italian Senate)</li> <li>10. Piazza Navona</li> <li>11. Via Navona</li> <li>12. Castel Sant'Angelo</li> <li>13. St. Peter's Basilica, Vatican City</li> </ol> 17:00 Meet at the bus stop of St. Peter's Basilica 17:30 Take the bus back to the hotel 20:00 dinner
Tuesday November 2	All day	departure to their destinations	8:00 Breakfast 8:30 Farewell from the person in charge of OPES (Member of Italy Olympic Committee) 9:00 The bus will take all participants to Rome Fiumicino Airport

Note: Master Class and New Exercises Training are held online.

## I. Expenses

### II.

#### 1) Accommodation recommendation

##### a) Four-star (including breakfast, lunch and dinner in 4 stars Hotel):

Single room 125 euros/person/day;

Double room 111 euros/person/day;

Triple room 105 euros/person/day;

##### b) Three-star (including breakfast, lunch and dinner in 4 stars Hotel):

Single room 115 euros/person/day;

Double room 101 euros/person/day;

Triple room 95 euros/person/day

- c) B&B (including breakfast, lunch and dinner in 4 stars Hotel):  
92 euros per person/day

## 2) Activities' fees

A. Master Class and New Exercise Training Course (2 days):

- a) Master Class – Liu ZiJue(Six Sounds Approach to Qigong Breathing Exercises)  
b) New Exercise Training – Eye-Brightening Exercise(Ming-Mu-Gong) for the adults  
On-site personnel, 100 euros per training (one activity), 180 euros for both.  
Online personnel, 150 euros per training (one activity), 260 euros for both.

B. Tournament fee:

Group competition: 15 euros/person/item

Individual competition: 20 euros/person/item

**【Note】 Pay in full before August 31, 2022 to enjoy a 10% discount on training and competition fees.**

C. Other expenses(optional)

- a) Banquet: 20 € per person on the basis of the already included dinner  
b) Rome day trip: 50 €/person.  
c) Accident insurance : 10 €/per person

## III. Sign up and check in

- (1). Member organizations of the International Health Qigong Federation and other organizations are requested to fill in the attachments as required, and send them to the Italy Health Qigong Association via email.
- (2).Early bird booking discount 10% on costs of the activities' fee (shown in item 2)) if full payment received before August 31, 2022 (inclusive).
- (3).Participants registered after October 1, 2022 can participate in the tournament, but will not be included in the Order Book of the European Health Qigong Games 2022.
- (4).Provide to all the participants with local round-trip transportation services from the hotel designated by the Organizing Committee to the venues of competitions, Master Class and New Exercise Training, Health Qigong Show and other activities.
- (5).Registration date:  
a) Participants for the New Exercise Training and Master Class should arrive on October 27.  
b) Referees should be registered on October 28.

- c) Arrival and registration for the all the delegation on October 29.  
(6).Registration location: **Anagni City Hall**

**IX. Other matters**

- 1) At the time of registration, each participating organization shall submit a formal entry form and a statement of responsibility for its all the participants to the organizing committee in the name of the team.
- 2) Participants must purchase life insurance and travel insurance for themselves and their team, abide by the epidemic prevention regulations, and bear the responsibility for diseases or injuries that occur during the conference.
- 3) The entry form can be downloaded from the following website:  
IHQA official website: [www.ihqa.it](http://www.ihqa.it)

**X. Contact information**

- (1). Italian Health Qigong Association  
Contacts: Cinzia Sereni (English); Xu Hao (Chinese and English)  
Tel: +39 3400692295; +39 3391527437  
E-mail: [ihqa2016@gmail.com](mailto:ihqa2016@gmail.com)

- (2).International Health Qigong Federation  
Contact: Wu Zhipeng  
Tel: 0086 10 8718 7160  
Email: [headoffice@ihqfo.org](mailto:headoffice@ihqfo.org)

**XI. Matters not covered will be notified separately.**

The right to interpret this notice belongs to the 5th European Health Qigong Games Organizing Committee.



International Health Qigong Federat  
August 1st, 2022

## **Appendix 1**

### **The 5th European Health Qigong Tournament Regulations**

#### **1. Date**

30-31 October 2022

#### **2. Location**

Anagni, Italy

#### **3. Competition items**

Health Qigong - Yi Jin Jing

Health Qigong - WuQinXi

Health Qigong - BaDuanJin

Health Qigong - Tai Chi Yang Sheng Zhang;

Health Qigong – DaWu

Health Qigong - DaoYin YangSheng Gong 12 Fa

Health Qigong - MaWangDui DaoYin Shu

#### **4. Participation**

- (1). European Member Organization of the International Health Qigong Federation, other European promotion organizations and other organizations in the world may each send more than one team to the Tournament. Each team consisting of a maximum TEN (10) participants with ONE (1) team leader, ONE (1) coach (who may also be the team leader) and EIGHT (8) members. Participants must be in good health. The team leader and coach may compete as well.
- (2). Group events are not divided into gender and age, each team is limited up to TWO (2) events with minimum 4 competitors for each event.
- (3). Individual competitions are divided into groups by gender, regardless of age, and each person is limited to 2 entries.

#### **5. Tournament method**

- (1) The "Health Qigong Competition Rules" issued by the China Health Qigong Association will be used for the judgment.
- (2) Teams participating in group events shall stand in a "one" line or in two rows of staggered positions.
- (3) Teams for individual events will be arranged as follows: "One" line or two rows of staggered standing.

- (4) For group and individual competitions, the ABBREVIATED VERSION of the original exercise, compiled by the Chinese Health Qigong Association, and the music WITHOUT oral prompt shall be used. (both of the competition music and practice music with/without oral prompts are available on the IHQF official website.

## **6. Admission ranking and awards**

- (1). Athletes/teams of European Member organization of IHQF and athletes/teams of European promotion organizations and other organizations Non-European will compete together with their score ranked separately. European Member Organizations Athletes/teams are ranked exclusively, while European promotion organizations and Non-European Athletes/teams are ranked among all participating athletes/teams.
- (2). Awards of Gold, Silver and Bronze are set up in each discipline in group and individual competitions. For each ranking, 20% of awards of Gold, 30% of Silver, and 30% of Bronze are given to the athletes/teams in single discipline respectively, and all awards will be admitted according to the rounding method.
- (3). Trophy and diploma are given to the awarded team in group competition, medal and diploma to the awarded athlete in individual competition.

## **7. Jury and its members**

The chief referee and the referees of this conference are appointed by the International Health Qigong Federation, and Jury members and auxiliary referees are selected by the Host -Italy Health Qigong Association.

## **8. Other matters**

- (1). Attire is required to be in accordance with the stated Health Qigong uniform/clothing characteristics. In any group competition, the team members must wear identical attire of the same type and colour as well as health Qigong sports shoes. Competitors must wear the bib number at all times during the competition.
- (2). Apparatus utilized in Tai Ji Yang Sheng Zhang competition must have designated by Chinese Health Qigong Association.
- (3). All team leaders and coaches should attend the technical meeting held at 19:00 on October 29, 2022 for lot-drawing. The absent teams shall be represented by organizing committee staff.
- (4). Athletes need to purchase insurance by themselves and bear the responsibility for accidents such as injuries and diseases that occur during the tournament. The Organizing Committee offers Opes Sports Association Accident Insurance for the entire duration of the event (including a day trip to Rome) for EUR 10 per person, which will be handled by dedicated staff for each purchaser on the day of arrival at the hotel.



## **The 5th European Health Qigong Games Training CIRCULAR**

### **I. New Exercise Training Class – Eye-Brightening Exercise(MingMuGong) for Adults and Master Class – Liu ZiJue(Six Sounds Approach to Qigong Breathing Exercises) Intensive Lecture**

**(1) Date:**

October 28-29, 2022

**(2) Location:**

Medieval Bonifacio Castle of Anagni

**(3) Participants:**

Enthusiasts from all over the world can sign up to participate.

**(4) Training costs:**

On-site personnel, 100 euros per training course (one event), 180 euros for both.

Online personnel, 150 euros per training course (one event), 260 euros for both.

**(5) Training content and arrangement**

A. Technical Training: Health Qigong·Mingmu Gong for Adults

Speaker: Prof. LEI Bin

B. Master Class: Health Qigong·Liu Zi Jue Intensive Lecture

Speaker: Prof. ZHANG Caiqin

**(6) How to participate**

The training courses A and B series courses were held at the staggered time. When registering, participants can choose both or choose one of the two courses in the Technical Training of A and the Master Class of B. Participants of the course receive a training certificate.

## **II. REFEREES' TRAINING**

**(1) Date:**

October 29, 2022

**(2) Location:**

Bonifacio Castle of Anagni

**(3) Participants**

- A. The chief referee and on-court referees appointed by the International Health Qigong Federation.
- B. Arbitrators and auxiliary referees appointed by the Italy Health Qigong Association.

**(4) Training content**

- A. "Health Qigong Competition Rules" explained in detail.
- B. Health Qigong referee requirements.
- C. Field practice.

## The 5th European Health Qigong Games

### PARTICIPANTS' RESPONSIBILITY STATEMENT

#### Disclaimer/Waiver

On my own willingness, I would like to attend the 4th European Health Qigong Games and 4th European Health Qigong Scientific Symposium and promise to all consequences of any accidents or legal disputes, including any claim damages, actions and requests during the event. Meanwhile, I myself, my heir, personal assistant, agent and representative shall not sue either the organizer or the host. I hereby agree and comply with all the Tournament regulations made by the host. I shall respect the Jury's decisions on any of the disputed matters. During the event, I agree to be photographed, video recorded or televised live. Also, I shall agree my name, address, voice, actions, image or figures to be used on a whole or partial by the organizer and the host on TV coverage, radio broadcasting, video recording, media figure or any other media equipment and shall not demand any payment or compensation. I consciously abide by the epidemic prevention policy where the event is located, and promise that any situation related to the new crown epidemic during the event has nothing to do with the organizing committee and the organizer.

I am aware of and fully understand the above statement.

(Parents or the legal guardians are requested to sign if the participants are minors.)

My Signature:

Parent or Legal Guardian Signature:

Date: day-month-2022

## Appendix 4 – Form 1

### THE 5TH EUROPEAN HEALTH QIGONG GAMES

#### REGISTRATION FORM

Country/region	
Name of organization	
Number of teams to Games	
Number of athletes to Games	
Number of participants to Health Qigong Training	
Total number of persons	
Accommodation requirement	
Name of the team leader	
Contact of team leader	

N.B. Please send the form to Italy Health Qigong Association (ihqa2016@gmail.com) before **1st October 2022**

Applicant. \_\_\_\_\_ Tel.

E-mail:

Signature of Person-in Charge.

Date: / /2022

## Appendix 4 – Form 2

# ENTRY FORM OF THE 5TH EUROPEAN HEALTH QIGONG GAMES

Country/Region.

Delegation.

Leader of the delegation.

Coach.

No.	Name	Gender	D.O.B (D/M/Y)	Passport No.	Events							
					Event	Yi Jin Jing	Wu Qin Xi	Ba Duan Jin	Tai Ji Yang Sheng Zhang	Da Wu	Ma Wang Dui	Dao Yin Yang Shang
1					Team							
					Individual							
2					Team							
					Individual							

N.B. 1. Please tick ✓ where applicable. 2. This form can be copied.

3. Please send the form to Italy Health Qigong Association (ihqa2016@gmail.com) before 1st October 2022

Contact person. \_\_\_\_\_ Tel. \_\_\_\_\_ Fax. \_\_\_\_\_ E-mail: \_\_\_\_\_

Signature of Person-in Charge.

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

#### Appendix 4 – Form 3

### ENTRY FORM OF THE 5TH EUROPEAN HEALTH QIGONG GAMES HEALTH QIGONG TRAINING

Country/Region.		Delegation.		Please choose the options below (A or B)		What routines have you learned
No.	Name	Gender	D.O.B (D/M/Y)	(A) Technical Training: Health Qigong· Mingmu Gong	(B) Master Class: Health Qigong·Liu Zi Jue Intensive Lecture	
1						
2						
3						

N.B.. 1.Please brief you at Health Qigong practice field. 2. The form can be copied.

3. Please send the form to Italy Health Qigong Association (ihqa2016@gmail.com) before 1st October 2022

Applicant. \_\_\_\_\_ Tel. \_\_\_\_\_ Fax. \_\_\_\_\_ E-mail: \_\_\_\_\_

Signature of Person-in Charge.

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

#### Appendix 4 - Form 4

### TRAVEL FORM OF THE 5TH EUROPEAN HEALTH QIGONG GAMES

Country/Region.

Delegation.

No.	Arrival				Departure			
	Flight No.	Arrival Time	Arrival Date	Number of persons	Flight No.	Departure Time	Departure Date	Number of persons

N.B. 1. the form can be copied.2. Please send the form to Italy Health Qigong Association (ihqa2016@gmail.com) before 15st October 2022

Applicant. \_\_\_\_\_ Tel. \_\_\_\_\_ Fax. \_\_\_\_\_ E-mail: \_\_\_\_\_

Signature of Person-in Charge.

Date:    /    /2022

## THE 5TH EUROPEAN HEALTH QIGONG GAMES

## PAYMENT INFORMATION AND FORM

We are committed to providing the best attendee experience and ensuring an efficient and secure registration process. Please pay all participation fees by bank transfer before participating. The prepayment process for accommodation fees, entry fees and other related expenses is as follows:

1. The registration unit is responsible for submitting the registration information of all participants of the unit uniformly.
2. The registration unit is responsible for submitting the fees for all participants of the unit in a unified manner.
3. The registration unit is responsible for filling out and submitting this form (Appendix 5, Form 6).
4. Full payment received before August 31, 2022 will be entitled to a 10% discount on training and competition fees per person.
5. From October 1, 2022, late bookings will be charged an additional 10% of training and competition fees per person.
6. The final payment must reach the Italy Health Qigong Association bank account before October 15, 2022.
7. Participants registered after October 1, 2022 can participate in this event, but are not included in the program.
8. Bank information of Italy Health Qigong Association:

**1. PAYMENT FOR THE COMPETITION/COURSE/BANQUET/TRIP**

Account Name:	IHQA – ITALY HEALTH QIGONG ASSOCIATION
HOLDER ADDRESS	VIA LIDICE 12/4, 41012 CARPI(MO), ITALY
IBAN:	<b>IT72 S 05034 23302 000000014257</b>
BIC / SWIFT:	BAPPIT21406
Bank Name	BANCO BPM
BANK ADDRESS	Via Carlo Marx, 64, 41012 Carpi(MO), ITALY

**2. PAYMENT FOR THE HOTELS AND THE MEALS (INVOICE CAN BE PROCESSED IF NECESSARY)**

Account Name:	BRUNI PAOLA
HOLDER ADDRESS	Via della Stazione 7°/A, 00042 Anzio (Rm). ITALY
IBAN:	<b>IT65 P 03058 01604100572089960</b>
BIC / SWIFT: EUROPEAN COUNTRIES	MICSITM1XXX
BIC / SWIFT: EXTRA EUROPEAN COUNTRIES	MICSITM3XXX
Bank Name	CHEBANCA
BANK ADDRESS	Viale BODIO 37 - EDIFICIO 4 - 20158 Milano(MI), ITALY
Causal payment	European 2022 n. quote.....

\*If your bank's SWIFT CODE is 8 digits, just remove the suffix three XXX



## Appendix 4 - Form 6

### PAYMENT INFORMATION AND FORM OF THE 5TH EUROPEAN HEALTH QIGONG GAMES

Prices in €												
No.	Name	Gender (M/F)	D.O.B (D/M/Y)	Passport No.	Individual competition	Group competition	On-site Training	Online Training	Farewell Banquet	Rome day trip	Accident Insurance	TOTAL €
0	example John Jones	M	1-12-1965	NL 123456	€20.00	€15.00	€100.00		€ 20.00	€50.00	€ 10.00	€215.00
0	example Scientist Joan	F	1-12-1965	NL 987654		€30.00	€180.00			€50.00	€ 10.00	€270.00
0	example Jane	F	1-12-1965	NL 987604				€260.00				€260.00
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N.B. Please send the form to Italy Health Qigong Association (ihqa2016@gmail.com) before 15st October 2022