



国际健身气功联合会

INTERNATIONAL HEALTH QIGONG FEDERATION

The Eighth World Health Qigong Tournament & Exchange The Fourth World Health Qigong Scientific Symposium

DIRECTIVES

To provide a platform for international Health Qigong exchanges and friendly communications in order to promote and strengthen the rapid development of Health Qigong world-wide in a positive and healthy way, the International Health Qigong Federation will organize the 8th World Health Qigong Tournament and Exchange and 4th World Health Qigong Scientific Symposium.

I. Date and location

August 7th to 12th, 2019 – Melbourne, Australia

Participants Arrival and Registration Date: August 7th, 2019

Departure date: August 13th, 2019

IHQF delegates meetings: Arrival on August 6th 2019

II. Organizers

International Health Qigong Federation (IHQF)

Chinese Health Qigong Association (CHQA)

III. Host

Tai Chi Australia (TCA)

IV. Events

A. Meetings of IHQF Executive Board

B. the 8th World Health Qigong Tournament and Exchange

1. Exchange and competition
2. Health Qigong Training
3. IHQF Duan Examination
4. Health Qigong International Referee Skills Training Course
5. Health Qigong International Referee Upgrading Examination
6. Mass demonstration

C. the 4th World Health Qigong Scientific Symposium

V. Schedule

DATE		TIME	ACTIVITIES
6-Aug	Tuesday	All Day	Arrival of delegates for IHQF meetings
7-Aug	Wednesday	08.30-12.00	Meetings of IHQF Executive Board
		13.30-17.30	
		All Day	Arrival and registration of the participants
8-Aug	Thursday	08.30-12.00	Advanced classes in Wu Qin Xi and Dao Yin Yang Sheng Gong Shi Er Fa (Two classes will be run simultaneously) Referee Skills Training Course and Upgrading Examination
		13.30-17.30	
		19.00-21.00	
9-Aug	Friday	08.30-12.00	Advanced classes in Liu Zi Jue Referee Skills Training Course and Upgrading Examination
		13.30-16.00	
		18.00-21.30	IHQF Duan Technical Examination
10-Aug	Saturday	08.30-12.00	The 4th World Health Qigong Scientific Symposium Referee Skills Training Course and Upgrading Examination
		12.15-13.00	Mass demonstration of Health Qigong
		13.30-17.30	The 4th World Health Qigong Scientific Symposium Referee Skills Training Course and Upgrading Examination
		19.00-20.30	Technical meeting for the Competition and Lot-drawing
11-Aug	Sunday	08.30-09.45	Opening Ceremony for the 8th World Health Qigong Tournament and Exchange
		10.00-12.00	Competition and Award Ceremony
		13.30-18.00	
12-Aug	Monday	08.00-12.00	Competition and Award Ceremony
		13.30-17.00	
		19.00-21.30	Closing ceremony and farewell party
13-Aug	Tuesday	Before 12.00	Departure of all participants

VI. Fees

A. Accommodation is arranged in 3 or 4 Star hotels with restaurants and shops in walking distance. **This accommodation is compulsory for all participants** of the 8th World Health Qigong Tournament and Exchange and 4th World Health Qigong Scientific Symposium.

1. 4 Star hotel: Twin share: US\$105/day/person including tax and breakfast.
Single room: US\$185/day/person including tax and breakfast.
2. 3 Star hotel: Twin share: US\$85/day/person including tax and breakfast.
Single room: US\$165/day/person including tax and breakfast.
3. Method of payment: See appendix 6 Form 7

- B. Training fee
1. Health Qigong Advanced classes:
 US\$100/per person/per class for members of IHQF member organizations.
 US\$120/per person/per class for non-members of IHQF member organizations.
 2. The Health Qigong International Referee Skills Training Course:
 US\$200 / per person.
 3. The Health Qigong International Referee Upgrading Examination:
 US\$100 extra/per person for Grade B International Referee examination. This fee will be paid after you successfully pass the assessment of your eligibility.

- C. Competition fees
1. If application is received and fully prior to 00:00 on **June 1st, 2019** (Melbourne time), the following fee structure will apply:
 - 1) Group competition: US\$15/team/event/person for IHQF members.
 US\$20/team/event/person for non-members.
 - 2) Individual competition: US\$20/team/event/person for IHQF members.
 US\$25/team/event/person for non-members.
 2. If application is received and fully paid after 00:00 June 1st and before 24.00 on **July 15th, 2019** (Melbourne time), the following fee structure will apply:
 - 1) Group competition: US\$20/team/event/person for IHQF members.
 US\$25/team/event/person for non-members.
 - 2) Individual competition: US\$25/team/event/person for IHQF members.
 US\$30/team/event/person for non-members.

Fees paid are non-refundable.

- D. Duan Examination fees
 To be charged as prescribed in the **International Duan Evaluation System for Health Qigong**:

Duan 1 / US\$40	Duan 2 / US\$50	Duan 3 / US\$60
Duan 4 / US\$80	Duan 5 / US\$100	Duan 6 / US\$120

- E. Farewell Party: US\$85/per person including Beer, Wine and Soft drinks.

VII. Registration and accreditation

- A. Member organizations of the International Health Qigong Federation and other non-member organizations are kindly requested to complete the attached forms as required and send by e-mail or Mail to **Tai Chi Australia**.
- B. Deadline for registration and full payment is 24:00 on July 15th 2019 (Melbourne time).

No late registration will be accepted. All participation fees must be paid when registering.

- C. The Organizing Committee shall provide transportation for participants between the airport and the accommodation on Registration Day (7th August) and Departure Day (13th August). More information will follow soon.

VIII. Other matters

- 1 Each delegation must submit the Original of the Entry Forms and 1 copy of the Participant's Statement of Personal Responsibility to the Organizing Committee.
- 2 Participants must purchase their own Life Insurance and provide evidence on registration. The delegation and/or the individual must undertake responsibility for any illness or injuries occurring during the events.
- 3 Entry forms of the events may be downloaded from the following websites:
IHQF official website: www.ihqfo.org
TCA official website: www.taichiaustralia.com.au

IX. Contacts:

A. International Health Qigong Federation Head Office and Chinese Health Qigong Association

Mr.Wang Jianjun, Mr. Wu Zhipeng and Ms. Lu Min

Tel: +86 10 6705 1231, +86 10 67052078

E-mail: intelhqf@126.com; headoffice@ihqfo.org

Post Address: 13 Guangming Road, Dongcheng Dist., Beijing,100061 China

B. Tai Chi Australia (the Organizing Committee)

Contact person: Ms Judy Maynard

Tel: +61 415 993399

E-mail: 2019@taichiaustralia.com.au

Postal Address: P O Box 59, Glen Iris, Victoria, 3146 Australia

X. Matters not mentioned herein will be advised later.

XI. The Organizing Committee of the 8th World Health Qigong Tournament and Exchange and the 4th World Health Qigong Scientific Symposium reserves the right for further interpretation of this Circular.

Appendix

1. Regulations of the 8th World Health Qigong Tournament and Exchange
2. Circular of the 4th World Health Qigong Scientific Symposium
3. Circular of training and instructions
4. Circular of Duan Examination
5. Participant's Statement of Personal Responsibility
6. Registration Forms

Appendix 1

THE 8TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE REGULATIONS

1. Date

August 11th to 12th, 2019

2. Location

Melbourne, Australia

3. Competition Disciplines

- (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·Dao Yin Yang Sheng Gong Shi Er Fa
- (7) Health Qigong·Taiji Yang Sheng Zhang

4. Participation Methods & Rules

- (1) All IHQF Member Associations and the relevant social organizations may send multiple teams to the tournament. Each team consists of 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 physical condition.
- (2) There will be Group and Individual Competitions. Group competition consists of a minimum of four (4) athletes regardless of gender and age. Each team may register for a maximum of two (2) disciplines. Individual competitions will be classified by gender and age. There will be two (2) age groups: 45 and under, and over 45. Each individual may register for a maximum of two (2) disciplines.

5. Competition Method

- (1) The < Rules for International Health Qigong Competition (trial version)> that were reviewed, adopted and published by the Chinese Health Qigong Association in 2017 shall be applied.
- (2) Competitors at Group competition march in triangular format and each team with more than 4 members is in 2 rows, forming a parallelogram.

- (3) Competitors at individual competitions march in a dash line, staggering in 2 rows.
- (4) Competing disciplines at group and individual competitions are the ABBREVIATED VERSION of the original exercise compiled by the Chinese Health Qigong Association. The ABBREVIATED VERSION MUSIC WITHOUT oral prompt applies in the competition. (Both of the competition music and practice music with oral prompt are available on the IHQF official website)

6. Ranking and Awards

- (1) 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 50% of Bronze are given to the athletes/teams in single discipline respectively. Places of all the awards are calculated per round-off principle.
- (2) Trophy and diploma are given to the awarded team in group competition, medal and diploma to the awarded athlete in individual competition.

7. Judges and Jury

The Jury members, Chief Judges and the Head Judges for the Competition shall be appointed by the Techniques and Promotion Committee of IHQF. The judges at competition shall be those selected from the Judges Instruction Course of this event while the assistant judges are from the host.

8. Application and Registration

Participating organizations are requested to complete the Participants Entry Form of the 8th World Health Qigong Tournament and Exchange, and the Participants Arrival and Departure Schedule (Appendices 6) and send them via e-mail or mail to the Organizing Committee by July 15th, 2019. Once entries to events are confirmed, no change or alteration is allowed.

9. Other matters

- (1) The attires of the competitors shall be in keeping with Health Qigong characteristics. The style and color of members of a team for group competition shall be uniform. The shoes shall be those suitable for Health Qigong exercises. Competitors on the competing floor shall wear the bib distributed by the organizing committee.
- (2) All team leaders and coaches are requested to be present for the technical meeting and lot drawing as scheduled at 19:00 August 10th, 2019. Designated persons of the organizing committee shall draw lots on behalf of the teams absent.

Appendix 2

THE 4TH WORLD HEALTH QIGONG SCIENTIFIC SYMPOSIUM CIRCULAR

I. Date

August 10th, 2019

2. Location

Melbourne, Australia

3. Contents

Renowned Health Qigong experts will be invited to present keynote speeches and featured speeches. They will introduce the latest research on Health Qigong culture connotation, discuss the health care mechanism, and the effect of exercise from philosophical and scientific viewpoints and explore the important role of Health Qigong in modern society. They will interact with the audience to discuss common issues, as well as answer questions. Professors, experts and the audience will practice together to experience the live connotation of the harmony of mind and body in Health Qigong.

4. Participants

Health Qigong experts, scholars, IHQF member organizations, non-member organizations, health professionals and other interested people are invited to attend.

5. Costs for participants

- (1) There are no entry costs for participants who register for the Tournament and Exchange.
- (2) Participants who only visit the World Health Qigong Scientific Symposium: More information will follow soon.

Appendix 3

THE 8th WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE TRAINING AND INSTRUCTIONS

CIRCULAR

A. Health Qigong Advanced Classes I

1. Dates

August 8th, 2019

2. Location

Melbourne, Australia

3. Attendees

All Participants are entitled to register for these classes.

4. Class contents

Wu Qin Xi or Daoyin Yang Sheng Gong Shi Er Fa (choose one ONLY)

5. Training fees

IHQF members: US\$100/per person/per form

Non-members: US\$120/per person/per form

B. Health Qigong Advanced Classes II

1. Dates

August 9th, 2019

2. Location

Melbourne, Australia

3. Attendees

All Participants are entitled to register for these classes.

4. Class contents

Liu Zi Jue

5. Training fees

IHQF members: US\$100/per person/per form

Non-members: US\$120/per person/per form

C. Health Qigong International Referee Skills Training Course/ Health Qigong International Referee Upgrading Examination

1. Dates

August 8th to 10th, 2019

2. Location

Melbourne, Australia

3. Attendees

All Participants are entitled to register for the Referee Skills Training Course.

4. Training fees

US\$200 /per person for Referee Skills Training Course.

US\$100 extra/per person for Grade B International Referee examination (only for those applicants who meet the eligibility criteria).

Appendix 4

THE 8TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE HEALTH QIGONG DUAN EXAMINATION

CIRCULAR

1. Date

August 8th (Theory) and 9th (Technical), 2019

2. Location

Melbourne, Australia

3. Attendees

Those qualified to examination requirements of technical grades may register for the exam after the approval by the belonging IHQF member organizations.

4. Duan Examinations

Technical grades evaluation: 1-6 Duan.

5. Examination standards

< International Duan Evaluation System for Health Qigong > and < Rules for the Implementation of Conversion to the IHQF Duan System > apply.

6. Examination contents and fees

International Duan Evaluation System for Health Qigong applies.

7. Requirements

- 1) Attendants are requested to complete online application before July 15th, 2019. Late application will not be accepted.
- 2) The method of online application and other examination instructions are provided on the IHQF official website.

Appendix 5

THE 8TH WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE AND THE 4TH WORLD HEALTH QIGONG SCIENTIFIC SYMPOSIUM

PARTICIPANT'S STATEMENT OF PERSONAL RESPONSIBILITY

The 8th World Health Qigong Tournament and Exchange and the 4th World Health Qigong Scientific Symposium ("the Event") are organized by the International Health Qigong Federation (IHQF) and the Chinese Health Qigong Association (CHQA) ("the Organizers"). Tai Chi Australia Pty Ltd (TCA) ("the Host") has agreed to hold the Event in accordance with the directives of the IHQF and rules of the CHQA.

The Participant acknowledges that participation in the 8th World Health Qigong Tournament and Exchange, and attendance at the 4th World Health Qigong Scientific Symposium is entirely of the Participant's own volition. By registering to attend this Event, the Participant undertakes to comply with all the Organizers' rules and regulations. Further, by attending this Event, the Participant agrees to be bound by all the Organizers' and Host's terms and conditions. The Participant agrees to bear sole responsibility for any personal injury or accident he or she incurs, and for the consequences of any omission howsoever arising, which may result in a dispute, including any legal action or court proceedings, any claim for damages to property or personal effects, or any special request by the Participant to the Organizers or the Host during the Event. The Organizers and its heirs, assigns, personal assistants, agents and representatives, including but not limited to the Host, shall not accept any liability whatsoever, for or on behalf of the Participant, either in the capacity of any relevant Executive Board or Specialized Committee, or in the capacity as an official Host of the Event. As such, the Participant agrees to indemnify the IHQF, the CHQA, and the Host, and to comply with all Tournament and Exchange regulations made or enforced by them in connection with this Event. The Participant further agrees to respect the determination of any relevant decision-maker on any disputed matter connected with this Event. Throughout the Event, the Participant agrees to be photographed, video recorded, or televised live. The Participant agrees that his or her name, address, voice, actions, image or figures may be used wholly or partially by the Organizers or the Host on TV coverage, radio broadcasting, video recording, or by media figures or associated with any other media equipment. The Participant shall not be entitled to any royalties, demand any payment, or be permitted to seek any compensation arising out of this usage.

The Participant acknowledges that he or she has been invited to seek independent legal advice and is aware of, and fully understands, this statement of personal responsibility and release.

The parent or a legal guardian is required to explain, complete, and sign this form, as well as provide an emergency contact number, if the Participant is a minor.

Participant's name and signature: _____

Parent or legal guardian name, mobile, and signature: _____

Date: ____ / ____ / 2019

Appendix 6 – Form 1

**The 8th World Health Qigong Tournament and Exchange
The 4th World Health Qigong Scientific Symposium**

FINAL REGISTRATION FORM

Country/region		
Name of organization		
Number of participants to Symposium		
Number of teams to tournament		
Number of athletes to tournament		
Number of participants to Health Qigong advance classes		
Number of participants attending IHQF Referee Skills Course		
Number of applicants applying for Referee Grade B		
Name of the team leader		
Contact of team leader		
Accommodation requirement	How many rooms?	
3 Star Hotel <input type="checkbox"/> Single <input type="checkbox"/> Twin-share (Limited Rooms available)		
4 Star Hotel <input type="checkbox"/> Single <input type="checkbox"/> Twin-share		

Please send it to the Organizing Committee (Tai Chi Australia) before 15th July, 2019.

The applicant organization (“You”) acknowledges that you have read through the 8th World Health Qigong Tournament & Exchange and the 4th World Health Qigong Scientific Symposium Directives (“the IHQF Directives”) in full and understands your obligations under them. By signing this registration form and accepting the IHQF Directives, you agree to be bound by the provisions thereof.

Your registration may be cancelled if you breach any obligation under the IHQF’s Directives. Your registration may also be cancelled if you breach an obligation that you do not fix within 7 days of our notice to you of the breach. If your Registration is cancelled, your organisation shall be liable for all fees incurred, which may include fees to recover costs expended on your behalf, loss or damage caused by your breach.

Whilst the Organizing Committee will use reasonable endeavours to give you notice, it reserves the right to vary any content and cancel or reschedule any classes and to make alterations to the Schedule due to unforeseen circumstances

Signature of Person-in Charge: _____

Tel: _____ E-mail: _____

Date: _____ 2019

Appendix – Form 2

Entry Form of the 8th World Health Qigong Tournament and Exchange

Country/Region:

Delegation:

Leader of the delegation:

Coach:

No.	Name	Gender	D.O.B (DD/MM/YY)	Passport No.	Individual competition								Team competition							
					Yi Jin Jing	Wu Qin Xi	Liu Zi Jue	Ba Duan Jin	Da Wu	Shi Er Fa	Yang Sheng Zhang	Yi Jin Jing	Wu Qin Xi	Liu Zi Jue	Ba Duan Jin	Da Wu	Shi Er Fa	Yang Sheng Zhang		
1																				
2																				
3																				
4																				
5																				
6																				
7																				
8																				
9																				
10																				

N.B.: 1. Please tick √ where applicable. 2. This form can be copied.
3. Please send the form to Tai Chi Australia (2019@taichiaustralia.com.au) before 15th, July, 2019

Contact Person: _____ Tel: _____
E-mail: _____

Signature of Person-in Charge: _____ Date: _____

Appendix – Form 3

Entry Form of the IHQF Referee Skills Training Course

Country/Region:

Delegation:

No.	Name	Gender	D.O.B (DD/MM/YY)	Refereeing Experiences			Duan Level	Apply Referee Grade (Y/N)
				Competition Name	Competition Venue & Time	Position		
1								
2								
3								

1. The form can be copied. 2. Please send the form to Tai Chi Australia (2019@taichiaustralia.com.au) before 15th, July, 2019

Contact Person: _____ Tel: _____

E-mail: _____

Signature of Person-in Charge:

Date:

Appendix – Form 4

Entry Form of the Health Qigong Advanced Training

Country/Region:

Delegation:

No.	Name	Gender	D.O.B (DD/MM/YY)	Passport No.	Health Qigong Forms			Current Duan Level
					Wu Qin Xi	Shi Er Fa	Liu Zi Jue	
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

1. Please select your preference.
2. The form can be copied.
3. Please send the form to Tai Chi Australia (2019@taichiaustralia.com.au) before 15th, July, 2019

Contact Person: _____ Tel: _____

E-mail: _____

Signature of Person-in Charge:

Date:

Appendix - Form 5

Entry Form for attending the 4th World Health Qigong Scientific Symposium

Country/Region:		Organization:			Team leader:	
No.	Name	Gender	Education	Passport No.	Profession	Experience of attending previous Symposium
1.						
2.						
3.						
4.						
5.						
6.						
7.						

Please send the form to Tai Chi Australia (2019@taichiaustralia.com.au) before 15th July, 2019

Contact Person: _____ Tel: _____

E-mail: _____

Signature of Person-in Charge:

Date:

Appendix - Form 6

TRAVEL INFORMATION FORM

Country/Region:

Delegation:

No.	Arrival				Departure			
	Flight No.	Arrival Time	Arrival Date	Number of persons	Flight No.	Departure Time	Departure Date	Number of persons
1								
2								
3								
4								
5								
6								

1. the form can be copied. 2. Please send the form to Tai Chi Australia (2019@taichiaustralia.com.au) before 15th, July, 2019

Contact Person: _____ Tel: _____

E-mail: _____

Signature of Person-in Charge:

Date:

Appendix - Form 7

Payment Information and Form of the 8th World Health Qigong Tournament and Exchange and the 4th World Health Qigong Scientific Symposium

We wish to provide an optimal participant experience, meaning an efficient registration process on arrival. Please note that all payment **must** be made via bank transfer by July 15, 2019.

Participating organizations are responsible for the following:

1. Collection of all registration information from their participants.
2. Collection of all payments from their participants.
3. Completion of and forwarding all Forms.
4. Payment of all fees and costs via bank transfer to the following account. Please provide evidence of your payment after transfer is completed.
5. Bank information of Tai Chi Australia:

U\$ Account Details:

Bank Name:	Commonwealth Bank of Australia
BIC/SWIFT Code	CTBAAU2S
Account Name	Tai Chi Australia
BSB	063113
Account Number	11229142
Bank Address	737 Burke Road, Camberwell, Victoria 3124, Australia

A\$ Account Details:

Bank Name:	Commonwealth Bank of Australia
BIC/SWIFT Code	CTBAAU2S
Account Name	Tai Chi Australia
BSB	063113
Account Number	11229134
Bank Address	737 Burke Road, Camberwell, Victoria 3124, Australia

Appendix - Form 8

**Payment Information and Form of the 8th World Health Qigong Tournament and Exchange and
the 4th World Health Qigong Scientific Symposium**

No.	Name	Gender (M/F)	D.O.B (DD/MM/YY)	Passport No.	Individual competition (Prices in US\$)	Group competition (Prices in US\$)	Referee training (Prices in US\$)	Advanced class (Prices in US\$)	Farewell Party (Prices in US\$)	Accommodation (Prices in US\$)	TOTAL (Prices in US\$)
0	Example John Jones	M	01-12-1965	NL 123456	25.00/30.00	20.00/25.00	200	100.00/120.00	85	? x? nights = ?	?
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
16											
17											
18											

Please send the form to Tai Chi Australia (2019@taichiaustralia.com.au) before July 15th, 2019.

A special discount of US\$ 5 per competition event applies if you pay before June 1st, 2019.