THE 1ST CHINA INTERNATIONAL HEALTH QIGONG TOURNAMENT AND EXCHANGE

INVITATION

On behalf of the Chinese Health Qigong Association, I would like to extend my heartfelt appreciation to your persisting efforts and outstanding contribution to the development of Health Qigong.

To strengthen the sport and cultural exchange between China and abroad, further the Health Qigong promotion in the world, and build a new platform of demonstration and exchange for Chinese and foreign Health Qigong enthusiasts, the Chinese Health Qigong association (CHQA) is scheduled to hold the first CHINA INTERNATIONAL HEALTH QIGONG TOURNAMENT AND EXCHANGE in mid-August, 2014 in Mount. Jiuhua, Chizhou city, Anhui province, China. Versatile activities shall be provided during the event period including Health Qigong tournament, training seminar for international referees, experience exchange meeting, seminar and Duan examination. During the event, the International Health Qigong Federation (IHQF) shall organize a series of meetings including Federation Congress, Executive Committee Conference and functional Committee Meetings. Your active participation and strong support is highly appreciated.

We look forward to your presence!

Kind regards,

CHANG JIANPING, President of
CHINESE HEALTH QIGONG ASSOCIATION
I. Date
August 10th to 15th, 2014

II. Place
Mount Jiuhua, Chizhou city, Anhui province, China

III. Host
Chinese Health Qigong association (CHQA)
Sport Bureau of Anhui province
Municipal government of Chizhou city

IV. Organizer
Anhui Investment Group Holdings co.ltd
Sport-For-All Department of Anhui Sport Bureau
Sport Bureau of Chizhou City
Mt.Jiuhua Administrative Committee, Chizhou city

V. Event
1. IHQF Congress
2. The IHQF Executive Committee Conference and functional Committee Meetings
3. Training Seminar for referees of the 1st China International Health Qigong Tournament and exchange
4. The 1st China International Health Qigong Tournament
5. Duan Examination on Health Qigong

VI. Fees
1. Board and lodging in ★★★ Hotel, breakfast, lunch and dinner included.
   Package rate: Single Room: USD$90 /person/day
   Double room: USD$60/person/day
2. Fees for referee training: USD$100 /person
3. Duan evaluation fee: USD$ 50 / person for Duan 1, 2 and 3 applicants
4. Entrance fee for competitions is exempt.
5. Fee waiver: the IHQF executive board members shall have free board and lodging of two conference days

VII. Registration
1. Please fill in the forms as required and send it back to the International Liaison Department of Chinese Health Qigong Association via email, fax and post in due time.
2. The deadline of PRELIMINARY registration is 5th, May 2014. Applicants are required to fill in the registration forms for competitions, referee training seminar, Duan examination and IHQF congress. The deadline of FINAL registration is 10th, July 2014. Late applicants are allowed to participate in the competitions and demonstration. Their name will not be included in the brochure and their competition scores will be void. As required by the competition organizer, each organization can send multiple teams participating in the competition. For each team, a maximum of ten athletes are allowed to compete in one competition.
3. The registration date for the IHQF congress and training seminar for referees is 9th August 2014. The registration date for other events is 10th August 2014. Please registry in the designated hotel on time. Picking-up and seeing-off service between designated hotel the airports in Anhui city and Jiuhuashan city is provided for those who provide full flight information in due time.

VIII. Other Issues

1. Each organization can send one or two person(s) participating in the training seminar for referees. The top 10 students who pass the final examination can judge in the Health Qigong competition, on the premises of abandoning their roles of athletes voluntarily.

2. The Jury members, the Head Judge and main referees are to be selected by International Health Qigong Federation, while others will be chosen among trainees of the Training Seminar for International Referees of Health Qigong.

3. Duan examination for Duan 1, 2 and 3 shall be conducted during the event. Evaluation for higher Duan is postponed for the reason that new Duan Evaluation System is in the process of formulation.

4. Each delegation shall send five delegates to participate in Health qigong Taiji Yangsheng Stick demonstration in the opening ceremony, as a way to prepare Health qigong Taiji Yangsheng Stick to be a formal competition form.

5. Each delegate must submit the signed Application forms and Athlete Declaration during registration.

6. All participants must have Health Certificate and Life Insurance Certificate releasing sponsor and organizer of any and all liabilities for any illness or injuries during the tournament.

7. Application forms can be downloaded from the official website of Chinese Health Qigong Association. (http://jsqg.sport.org.cn/)

IX. Contact Information

International Liaison Department of Chinese Health Qigong Association
Contact Person: Mr. Wang Jianjun, Ms. Lu Min, Mr. Zhang Deming, Ms. He Xin
Tel: 86-10-67051231, 86-10-67052078
Fax: 86-10-67052078
E-mail: intelhqf@126.com
Address: A No.14 Zhongqu, Tiantandongli, Dongcheng District, Beijing, 100061 China

Appendix: 1 Notification of the IHQF Congress, Executive Committee Conference and Functional Committee Meetings
2 Rules and Regulations of the 1st China International Health Qigong Tournament
3 Schedules
4 Preliminary Registration Form
5 Tournament Registration Form
6. Referee Training Registration Form
7. Duan Application Form
8. IHQF meetings Registration Form
9. Athlete Declaration
Appendix 1

INTERNATIONAL HEALTH QIGONG FEDERATION CONGRESS, EXECUTIVE COMMITTEE CONFERENCE AND FUNCTIONAL COMMITTEE MEETINGS

NOTIFICATION

To accelerate the process of internationalization, institutionalization and standardization of International Health Qigong Federation (IHQF), the IHQF Congress, Executive Committee Conference and Functional Committee Meetings shall be held on August 11, 2014 in Anhui, China. The related matters are hereby notified as follows:

I. Time
   August 11 AM: IHQF Congress
   August 11 PM: Executive Committee Conference
   August 12 AM: Functional Committee Meetings

II. Venue
    Mount Jiuhua, Chizhou city, Anhui province, China

III. Representatives
     Each IHQF member association can send two representatives attending the Congress. The Executive Committee Conference and Functional Committee Meetings shall be attended by members of corresponding committee without alternative.

IV. Content
    1. IHQF Congress
       a. Discuss and vote on the amendment to the IHQF Statute
       b. Discuss and vote on the annual work reports and financial report
       c. Bid presentations and vote on the host of the 6th WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE
    2. Functional Committee Meetings
       a. Review the work of the previous year
       b. Discuss the annual work plan of the next period
    3. Executive Committee Conference
       a. Vote on the Executive Vice President
       b. Vote on the Bureau of Executive Committee
       c. Discuss and vote on the International Duan Evaluation System and International Judge Grading Standard
       d. Discuss on the affiliation to SportAccord
       e. Decide on recruitment and elimination of IHQF members

V. Requirement
    The deadline of registration is 10th, June 2014. Representatives are required to submit the registration forms to the IHQF Secretariat via email or fax.

X. Contact Information
   IHQF Secretariat       Contact Person: Mr. Zhang Deming
   Tel: 86-10-67052078   Fax: 86-10-67052078   E-mail: intelhqf@126.com
Appendix 2

THE 1ST CHINA INTERNATIONAL HEALTH QIGONG TOURNAMENT

RULES AND REGULATIONS

I. Name of the event
The 1st China International Health Qigong Tournament

I. Date
August 12th to 13th, 2014

II. Venue
Mount Jiuhua, Chizhou city, Anhui province, China

III. Host
Chinese Health Qigong association (CHQA)
Sport Bureau of Anhui province
Municipal government of Chizhou city

IV. Organizer
Anhui Investment Group Holdings co.ltd
Sport-For-All Department of Anhui Sport Bureau
Sport Bureau of Chizhou City
Mt.Jiuhua Administrative Committee, Chizhou city

V. Tournament Content
1. Health Qigong – Yi Jin Jing
2. Health Qigong – Wu Qin Xi
3. Health Qigong – Liu Zi Jue
4. Health Qigong – Ba Duan Jin

VI. Competition Method
1. IHQF members and invited Health Qigong organizations from all countries and regions may send their entries for competition. Each organization may send one or more team(s). Each team may consist of a maximum of 10 participants including one (1) team leader, one (1) coach and a maximum of eight (8) athletes. The team leader and coach of one team can be the same person. Participants must be in good health and under the age of 75. The team leader and coach under the age limit can also compete as athlete/athletes.
2. Group and individual competitions will be conducted at the Tournament. In group competition each team may compete in one or two Health Qigong form(s) regardless of sex gender and age with a minimum of 4 athletes. Individuals may compete in one or two Health Qigong form(s) regardless of age in their own sex gender.
3. The “Rules for International Health Qigong Competition” formulated by the CHQA shall be applied.
4. Athletes of each team in group competitions may stand in two rows. The back row athlete shall stand in alignment with the middle of two adjacent front row athletes. Athletes in individual competitions stand in a row.
5. The Organizing Committee will arrange the competition music of the four Health Qigong forms WITHOUT any narrations on the movements in both group and
individual competitions.
6. The movement description written in the books of the four Health Qigong forms compiled and published by CHQA will be taken as standard.

VII. Ranking and Awards
7. Awards will be given to athletes according to the ranking of their results: in group competition, the 1st Place are to be presented to those ranking the top three; the 2nd Place are to be presented to those ranking the next five below the top three; the 3rd Place are to be presented to those ranking the next seven below the 2nd top five; in individual competition, the 1st Place are to be presented to those ranking the top four; the 2nd Place are to be presented to those ranking the next eight below the top four; the 3rd Place are to be presented to those ranking the next twelve below the 2nd top eight.
8. Trophy and diploma will be conferred to teams awarded in group competition; medal and diploma will be conferred to athletes awarded in individual competition.

VIII. Technical Officials
The Jury and main referees above the Head Judge are to be selected by the Technical Committee of International Health Qigong Federation, others will be chosen from the students of the Training Seminar for International Referees of Health Qigong. Technical staff shall be selected by the organizers.

XI. Other Issues
1. Athletes shall bring their own competition uniforms and sport shoes that fit the need of Health Qigong Exercise. Athletes in group competitions shall dress uniforms of the same color and style. All athletes should wear the competition identity number provided by the Organizing Committee.
2. Team leaders and coaches should attend the technical meeting scheduled in the evening of August 10th, 2014. The competition order will be determined by drawing lots in the meeting. The IHQF Technical Committee will appoint a substitute representative to draw lots for absent team.
3. The organizers provide board and lodging at the favored package price during event days. Extended stay caused by early arrival or late departure shall be paid by corresponding teams at market price.
### Appendix 3

**THE 1ST CHINA INTERNATIONAL HEALTH QIGONG TOURNAMENT AND EXCHANGE**

**SCHEDULE**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>PROGRAM</th>
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<tbody>
<tr>
<td>August 9&lt;sup&gt;th&lt;/sup&gt; Saturday</td>
<td>All Day</td>
<td>Registration for IHQF meetings and referee training</td>
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<tr>
<td>August 10&lt;sup&gt;th&lt;/sup&gt; Sunday</td>
<td>Morning</td>
<td>IHQF Congress</td>
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<td></td>
<td>Afternoon</td>
<td>IHQF Functional Committee meetings</td>
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<tr>
<td></td>
<td>All Day</td>
<td>Training Seminar and Examination for International Referees Registration</td>
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<td></td>
<td>Evening</td>
<td>Health Qigong Lectures</td>
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<tr>
<td>August 11&lt;sup&gt;th&lt;/sup&gt; Monday</td>
<td>Morning</td>
<td>IHQF Executive Committee Conference</td>
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<td></td>
<td>All Day</td>
<td>Venue Opening Day for all athletes</td>
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<tr>
<td></td>
<td>Evening</td>
<td>Technical meeting for team leaders, drawing lots</td>
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<td>August 12&lt;sup&gt;th&lt;/sup&gt; Tuesday</td>
<td>Morning</td>
<td>International Health Qigong Tournament</td>
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<td>Afternoon</td>
<td>International Health Qigong Tournament</td>
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<tr>
<td></td>
<td>Evening</td>
<td>Meetings on International Health Qigong Promotion</td>
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<td>August 13&lt;sup&gt;th&lt;/sup&gt; Wednesday</td>
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<td>International Health Qigong Tournament</td>
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<td>Afternoon</td>
<td>International Health Qigong Tournament, Awarding Ceremony and Closing Ceremony</td>
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<td></td>
<td>Evening</td>
<td>Reception</td>
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<td>August 14&lt;sup&gt;th&lt;/sup&gt; Thursday</td>
<td>All Day</td>
<td>Duan Examination</td>
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<tr>
<td>August 15&lt;sup&gt;th&lt;/sup&gt; Friday</td>
<td>Before 14:00</td>
<td>Departure</td>
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