Appendix 1

THE 3rd WORLD HEALTH QIGONG SCIENTIFIC SYMPOSIUM AND INSTRUCTION

CIRCULAR

1. Date
   September 9th to 10th, 2017

2. Location
   The Hague area, Holland

3. Theme
   To be decided by IHQF Science and Health Cultivation Committee

4. Contents
   Renowned Health Qigong experts will be invited to present keynote speeches and featured speeches, introduce the latest research achievements on Health Qigong culture connotation health care mechanism, and effect of ways of exercise from psychological, and scientific view, explore the importance of Health Qigong development in western and modern society, and have interactions with audiences as well as answer questions.

5. Attendants
   Health Qigong experts, scholars, IHQF members and the people of the relevant social organizations will be present.

6. Costs for participants
   1. Participants tournament: There are no entry costs for participants who join the exchange tournament.
   2. Participants who only visit the World Health Qigong Scientific Symposium: More information will follow soon.
Appendix 2

THE 7th WORLD HEALTH QIGONG TOURNAMENT

REGULATIONS

1. Event name
   THE 7th WORLD HEALTH QIGONG TOURNAMENT

2. Date and location
   September 13th to 14th, 2017, The Hague area, Holland

3. Competition Disciplines
   --Group competition
   (1) Health Qigong – Yi Jin Jing
   (2) Health Qigong – Wu Qin Xi
   (3) Health Qigong – Liu Zi Jue
   (4) Health Qigong – Ba Duan Jin
   --Individual competition
   (1) Health Qigong – Yi Jin Jing
   (2) Health Qigong – Wu Qin Xi
   (3) Health Qigong – Liu Zi Jue
   (4) Health Qigong – Ba Duan Jin

4. Participation
   (1) IHQF members and the relevant social organizations may send a few teams to the Tournament; of them each consists of maximum TEN (10) participants with ONE (1) team leader and ONE (1) coach who also may be the team leader and EIGHT (8) members. Participants being under the age of 75 must be in good physical condition. The team leader and coach with the correct age may compete as well being a competitor.
   (2) Competitors at Group competition may be of both genders and at different ages. Each team may register ONE (1) discipline and on competition there are no less than 4 competitors.
   (3) Competitors at Individual competitions may be at different ages but classified by genders. Each individual may register TWO (2) disciplines only.

5. Competition Method
   (1) The <Rules for International Health Qigong Competition> made by the Chinese Health Qigong Association apply.
   (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 SIX-MINUTE ABBREVIATED VERSION of the original exercise compiled by the Chinese Health Qigong Association. The SIX-MINUTE 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) Athletes/teams from Chinese Mainland and athletes/teams from other countries and regions will compete together with their score ranked separately. Athletes/teams from Chinese Mainland are ranked among all participating athletes/teams; while athletes/teams from other countries and regions are ranked exclusively.
(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. Places of all the awards are calculated per round-off principle.
(3) Trophy and diploma are given to the awarded team in group competition, medal and diploma to the awarded athlete in individual competition, and participation certificate to those without award.

7. Jury and its members
Jury members and the Head Judge are appointed by the International Health Qigong Federation and the judges at competition shall be those selected from the judge instruction course of this event while the auxiliary judges are from the host.

8. Other matters
(1) Attires are required in accordance with the health Qigong characteristics. In group competition, the team members must wear the unified attires with identical type and color and health Qigong sports shoes. Competitors must wear the bib number.
(2) Team leaders and coaches are requested to be present at 19:00 hours September 12, 2017 for the technical meeting and draw lots. The Organizing Committee shall appoint someone to draw lots for those absent.
Appendix 3

THE 7th WORLD HEALTH QIGONG TOURNAMENT AND EXCHANGE
TRAINING AND INSTRUCTIONS

CIRCULAR

A, HEALTH QIGONG TRAINING

1. Date
   September 11th, 2017

2. Location
   The Hague area, Holland

3. Attendants
   All Participants are entitled to send their attendants.

4. Instruction contents
   (1) lectures on Health Qigong: Details to be informed later
   (2) Experience Exchange: Details to be informed later

5. Training fees
   Euro100. / per person per Health Qigong training session

B, JUDGES’ INSTRUCTIONS

1. Date
   September 12th, 2017

2. Location
   The Hague area, Holland

3. Attendants
   The IHQF members and the relevant social organizations are entitled to send their attendants.

4. Instruction contents
   (1) Study and learn on  <Rules For Health Qigong Competition>
   (2) Explanation on the key points of Health Qigong movements and key point of <Code of points>.
   (3) Practice on on-site evaluation

5. Training fees
   Euro70. / per person
Appendix 4

THE 7TH WORLD HEALTH QIGONG EXCHANGE AND TOURNAMENT
HEALTH QIGONG DUAN EXAMINATION

CIRCULAR

1. Date
   September 12th, 2017

2. Location
   The Hague area, Holland

3. Attendants
   Those qualified to examination requirements of technical grades may register for the exam.

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 > apply.

8. Requirements
   1. Attendants are requested to finish online application before the date of August 18, 2017. Other ways of application will not be accepted.
   2. the entrance of online application and other examination instructions are provided on the IHQF official website.
PARTICIPANTS’ RESPONSIBILITY STATEMENT

On my own willingness, I would like to attend the 7th World Health Qigong Tournament and Exchange and 3rd World 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 Organizing Committee or the host. I hereby agree and comply with all the Tournament regulations made by the International Health Qigong Federation. 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 International Health Qigong Federation on TV coverage, radio broadcasting, video recording, media figure or any other media equipment and shall not demand any payment or compensation.

I am aware of and fully understand the above statement.

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

________________________

Signature: Parent / legal guardian signature:

Date: , , 2017
Health Qigong village
Stay and Lodging

On behalf of the International Health Qigong Federation we are proud to announce that the Dutch Health Qigong Association will host the 7th World Health Qigong Exchange Tournament & 3rd World Scientific Health Qigong Symposium in the Netherlands from 8-15 September.

Your stay is located in Wassenaar, a green oasis in the West of the Netherlands. Nature, woods, dunes, beach, an attraction park, a swimming paradise and chalets are found together in a high-end family park. This all is in the context of Health, Leisure and Friendship.

Our Health Qigong village contains restaurants, a supermarket, a pub, with a bowling alley, laundry facilities and training areas. The tournament area and the symposium are all at walking distance. Cities like Amsterdam, Rotterdam, The Hague and Utrecht are easy to visit by car or public transport.
Accommodation

The chalets are situated in a green quiet area within the park with a personal parking space nearby. Each chalet has a living room, a kitchen (cutlery, plates, glasses, stove, dishwasher, coffee machine, water cooker, micro-wave), a bathroom (shower, sink, toilet) and two bedrooms. A room with one large bed and a room with twin beds. Please notice that the towels and the kitchen towels are not provided. Each chalet has a terrace that offers the possibility to practice Health Qigong in front of your chalets alone or with friends all over the World.

Options

Room type A
Total 1 person in chalet
€ 175,-*

Room type B
Total 2 persons in chalet
€ 125,-*

Room type C
Total 3 persons in chalet
1 person has a single room
€100,-*
2 persons share a double room
€75,-*

* Prices are per person per night.

Transportation and safety

Transportation from Schiphol airport to the Health Qigong village and back will be provided for all the contestants. Due to safety regulations from the accommodation provider participants need to reside in the accommodation in the Health Qigong village. More information will follow soon.

IHQF Secretariat and CHQA
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