

**THE 3rd EUROPEAN HEALTH QIGONG GAMES &
THE 4th EUROPE HEALTH QIGONG SCIENTIFIC SYMPOSIUM**

DIRECTIVES

I. Date and Location

24th - 30th August 2018

Hertfordshire University(UH), London, UK

Registration date: 24th August 2018

Departure date: 30th August 2018

II. Organizer

Chinese Health Qigong Association (CHQA)

III. Host

British Health Qigong Association (BHQA)

IV. Events

The 3rd European Health Qigong Games will comprise of:

A. Health Qigong Training – Master Class and Basic Training

B. Scientific Symposium

C. Health Qigong Tournament

D. Judges Training

E. Duan Examination

V. Schedule

| DATE | TIME | EVENT DESCRIPTION | LOCATION |
|-----------------------|-------------|--|----------------------|
| Friday 24/8/2018 | Whole Day | Arrival & Registration | UH Students Union |
| Saturday 25/8/2018 | 9:00-12:00 | Health Qigong Training | Sports Village |
| | 14:00-18:00 | A. Yi Jin Jing Master Class – Part I B. Dao Yin Yang Sheng Gong 12 Fa (All levels) | |
| | Evening | Free Time | |
| Sunday 26/8/2018 | 9:00-12:00 | Health Qigong Training | Sports Village |
| | 14:00-18:00 | A. Yi Jin Jing Master Class – Part II B. Taiji Yang Sheng Stick (All levels) | |
| | Afternoon | Square demonstration | TBC |
| | 19:00-21:00 | Duan Examination – Technical Test | Sports Village |

| DATE | TIME | EVENT DESCRIPTION | LOCATION |
|------------------------|-------------------------|---|------------------------------|
| Monday 27/8/2018 | 9:00-17:00 | Scientific Symposium | Lecture Theatre |
| | 9:00-17:00 | Judges Training | Sports Village |
| | 18:00-21:00 | Technical Meeting (Draw Lots) | |
| | 19:30-21:00 | Duan Examination - Theory Test | |
| Tuesday 28/8/2018 | 9:00 – 21:00 | Tournament & Exchange 1. Opening Ceremony 2. Group & Individuals Competition | Sports Village |
| Wednesday 29/8/2018 | 9:00-18:00 | Tournament & Exchange 1. Group & Individuals Competition 2. Closing & Awarding Ceremony | Sports Village |
| | Evening 19:00 – late | Farewell Banquet | Sports Village Restaurant |
| Thursday 30/8/2018 | Whole day | Departures | Airports |

VI. Fees

A Accommodation

University of Hertfordshire (UH) located in the picturesque town of Hatfield, U.K. which has facilities such as restaurants, supermarket, bar, recreation and training areas. We recommend the nearby dwellings as following:

1. Super value Bed & Breakfast - Single room with en-suite: £55 per night per person
2. Ramada Hatfield Hotel (0.5miles)
3. Mercure Hatfield Oak Hotel (0.5 miles)
4. Travelodge Hatfield Central Hotel (0.8 miles)
5. Beales Hatfield Hotel (0.7 miles)
6. Holiday Inn Express St Albans (3 miles)

https://www.tripadvisor.co.uk/HotelsNear-g503867-d7889813-University_of_Hertfordshire-Hatfield_Hertfordshire_England.html

For full payment and booking details please refer to appendix 6 Form 7. You can find more information on the above website.

B Fees - (10% discount if full payment made by 30th April 2018)

1. Health Qigong Training. £200 per person (2 Days, refer to appendix 3)
2. Tournament: Group competition: £15 per team member per event
Individual competition: £20 per person per individual event

C Other Fees

1. Judges Training. £100 per person
2. Scientific Symposium: 0 - £50 per person (refer to appendix 1)
3. Farewell Banquet: £35 per person

D Duan Examination

Costs are to be charged as prescribed in related International Health Qigong Duan Regulations.

VII. Registration

A. European Health Qigong organizations and other interested organizations are kindly requested to fill in the attached forms as required and send via e-mail to **British Health Qigong Association**

B. Early bird booking discount. 10% on costs shown in section B above if full payment received by 30th April 2018.

C. From 15th July onward, a late booking charge of 10% will apply along with full payment.

D. Registration deadline is 15th July 2018. Participants registered after the deadline may take part in the events but shall not be listed in the Official European Health Qigong Games 2018 Program.

E. Advisory service on transportation to and from the airports to the Hertfordshire University Sports Village on request. More information will be provided on www.healthqigong.org.uk.

F. Registration date and time.

1. Health Qigong Training Participants – must register on 24th August

2. Judge training participant must register on 26th Aug

3. Competitors must register by 5pm on 27th Aug

G. Location for registration: Reception desk, sport village, Hertfordshire University

VIII. Other Matters

A. Each delegation must submit the original Entry Forms and 1 copy of the Participants' Responsibility Statement to the Organizing Committee

B. Participants must buy Life Insurance. The delegation or the individual undertakes the responsibility for illness or injuries occurring during the events.

C. Entry forms may be downloaded from the following websites.

BHQA official website. www.healthqigong.org.uk

IX. Contacts.

A. British Health Qigong Association

Contact person. Carol Gascoyne, Tary Yip

Tel: +44 7920080443, +44 7779582940

E-mail: info@healthqigong.org.uk

B. Chinese Health Qigong Association

Ms.He Xin

Tel: 86 10 67052078

E-mail: intelhqf@126.com

X. Matters not mentioned herein will be provided later.

XI. The Organizing Committee of the 3rd European Health Qigong Games reserves the right for interpretation of these Directives.

Chinese Health Qigong Association

January 18th, 2018

Appendix 1

THE 4th EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM

CIRCULAR

I. Date

27th August 2018

II. Location

Auditorium, Hertfordshire University, Hatfield, Hertfordshire, England

III. Theme

Exploring the Health Effect and Inner Essence of Health Qigong

IV. Contents

Renowned Health Qigong experts will present keynote speeches and lectures, introducing the latest research achievements in Health Qigong's culture-enriched care principles, and the effectiveness of the Health Qigong exercises from the psychological and scientific perspective. Attendants will be invited to explore the importance of Health Qigong development in Europe and make Health Qigong interactions with the experts.

V. Attendants

Health Qigong experts and masters, academic scholars worldwide

VI. Costs for participants

There are no entry costs for participants registered for Health Qigong Training. Participants registered for Health Qigong competition can pay the favorite price while participants only for the symposium will pay the full price.

Health Qigong Training participants: free entry

Competitors in the tournament: £ 20 per person

Symposium only Attendance: £ 50 per person

Appendix 2

THE 3rd EUROPEAN HEALTH QIGONG TOURNAMENT REGULATIONS

I. Date

August 28 to 29, 2018

II. Location

August 28th to 29th, 2018, Hertfordshire University

III. Competition Events

- A. Health Qigong – Yi Jin Jing
- B. Health Qigong – Wu Qin Xi
- C. Health Qigong – Liu Zi Jue
- D. Health Qigong – Ba Duan Jin
- E. Health Qigong – Tai Ji Yang Sheng Zhang
- F. Health Qigong – Da Wu
- G. Health Qigong – Dao Yin Yang Sheng Gong 12 Fa

IV. Participation

A. European Health Qigong organizations and other interested organizations may each send more than one team to the Games, each 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.

B. Competitors in a group competition may be of both genders. Each team may register for up to TWO (2) events with minimum 4 competitors for each event. Athletes must buy insurance to cover the cost of injuries and other incidents.

C. Competitors in individual events are divided by gender. Each individual may register for up to TWO (2) events only. Athletes must buy insurance to cover the cost of injuries and other incidents.

V. Competition Method

A. < The Rules for International Health Qigong Competition (Trial)> issued in 2017 by Chinese Health Qigong Association shall apply.

B. Each team in Group Competitions must stand in one or two lines.

C. Competitors in one individual event must stand in one or two lines.

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

VI. Ranking and Awards

A. European Athletes/teams and Non-European athletes/teams will compete together with

their score ranked separately. European Athletes/teams are ranked exclusively, while Non-European Athletes/teams are ranked among all participating athletes/teams.

B. 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.

C. Trophy and diploma are given to the awarded team in group competition, medal and diploma to the awarded athlete in individual competition.

VII. Jury and its members

Jury members and the Head Judge are appointed by the International Health Qigong Federation. Other judges at competition shall be those selected from the judges training course of this event. Auxiliary judges will be chosen by the host, BHQA.

VIII. Other matters

A. 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 color as well as health Qigong sports shoes. Competitors must wear the bib number at all times during the competition.

B. Sport Equipment utilized in Tai Ji Yang Sheng Zhang competition must designated by Chinese Health Qigong Association.

C. All team leaders and Coaches should attend the technical meeting held at 18:00, August 27, 2018 for lot-drawing. The absent teams shall be represented by organizing committee staff.

Appendix 3

THE 3rd EUROPEAN HEALTH QIGONG TRAINING CIRCULAR

II. HEALTH QIGONG TRAINING

A. Date: 25th– 26th August 2018

B. Location: Hertfordshire University, Hatfield, U.K.

C. Attendants

All Organizations are entitled to send attendees.

D. Training fees

£200 per person

E. Training contents

(A) Master class for senior students. Yi Jin Jing 25-26 August,

(B) Training Seminar open to all levels. Daoyin Yang Sheng Gong 12 Fa 25 August

Taiji Yang Sheng Zhang 26 August. **F.**

Options.

Master Class and Training seminar will run concurrently at the same time. Participants need to choose one of the options above (A or B) and stay with your choice. Certificate of participation will be awarded upon successful completion and observation of the course.

II. JUDGES' TRAINING

A. Date: August 27 , 2018

B. Location: Hertfordshire University, Hatfield, U.K.

C. Attendants

1. All organizations participating in the competition must send at least one attendee to participate the judge training.

2. All Organizations are entitled to send attendees with adequate health qigong background.

D. Training fees

£100 per person

E. Instruction contents

1. Study and detailed explanation of the Rules For Health Qigong Competition.

2. Explanation on the key points of Health Qigong movements and key points of the code of scoring points.

3. Practice on on-site evaluation

Appendix 4

THE 3rd EUROPEAN HEALTH QIGONG GAMES INTERNATIONAL HEALTH QIGONG DUAN EXAMINATION CIRCULAR

I. Date

26th August 2018

II. Location

Hertfordshire University, Hatfield, U.K.

III. Attendants

Those qualified to the International Health Qigong Duan examination requirements for technical grades may register for the examination to be held at the European Health Qigong Games London 2018.

IV. Duan Examinations

Technical grades evaluation. 1-5 Duan

V. Examination standards

The International Duan Evaluation System For Health Qigong and the Rules for the Implementation of Conversion to the international Duan System apply.

VI. Examination contents and fees

The International Duan Evaluation System for Health Qigong will apply.

VII. Requirements

A. Attendants are required to finish the online application process before the 15th July, 2018. No other ways of Duan application will be accepted.

B. The entrance of online application and other examination instructions are provided on the IHQF official website and further details can be requested from the IHQF.

www.ihqfo.org

Appendix 5

THE 3RD EUROPEAN HEALTH QIGONG GAMES & THE 4ND EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM

PARTICIPANTS' RESPONSIBILITY STATEMENT

Disclaimer/Waiver

On my own willingness, I would like to attend the 3rd 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 am aware of and fully understand the above statement.

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

Signature.

Parent / legal guardian signature.

Date. , , 2018

Appendix 6 – Form 1

**THE 3rd EUROPEAN HEALTH QIGONG GAMES &
THE 4th EUROPE HEALTH QIGONG SCIENTIFIC SYMPOSIUM**

REGISTRATION FORM

| | |
|--|--|
| Country/region | |
| Name of organization | |
| Number of participants to Scientific Conference | |
| Number of teams to Games | |
| Number of athletes to Games | |
| Number of participants to health qigong training | |
| Number of participants to judge instruction | |
| Accommodation requirement | |
| Name of the team leader | |
| Contact of team leader | |

N.B. Please send the form to the British Health Qigong Association

(info@healthqigong.org.uk) before **15th July 2018**

Applicant . _____ Tell. ____ . _____ E-mail: _____

Signature of Person-in Charge.

Date. . . 2018

Appendix 6 – Form 2

ENTRY FORM OF THE 3RD 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 | Liu Zi Jue | Ba Duan Jin | Da Wu | Tai Ji Yang Sheng Zhang | Dao Yin Yang Shang | |
| 1 | | | | | Team | | | | | | | | |
| | | | | | Individual | | | | | | | | |
| 2 | | | | | Team | | | | | | | | |
| | | | | | Individual | | | | | | | | |
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N.B.. 1.Please tick ✓ where applicable. 2. This form can be copied.

3. Please send the form to the British Health Qigong Association (infor@helthqigong.org.uk) before 15th July 2018

Contact person . _____ Tel. _____ Fax . _____ E-mail: _____

Signature of Person-in Charge.

Date. .

Appendix 6 – Form 3

ENTRY FORM OF THE 3RD EUROPEAN HEALTH QIGONG GAMES JUDGES TRAINING

| Country/Region. | | Delegation. | | | Working Experiences | | |
|-----------------|------|-------------|------------------|-----------------|---------------------|--------------------------|----------|
| No. | Name | Gender | D.O.B (D/M/Y) | Passport No. | Competition Name | Competition Venue & Time | Position |
| 1 | | | | | | | |
| | | | | | | | |
| 2 | | | | | | | |
| | | | | | | | |
| 3 | | | | | | | |
| | | | | | | | |

N.B.. 1.Please brief you at Working Experiences field. 2. The form can be copied.
 3. Please send the form to the British Health Qigong Association (info@healthqigong.org.uk) before 15th July 2018

Applicant . _____ Tell. _____ Fax . _____ E-mail: _____

Signature of Person-in Charge. _____ Date. . _____

Appendix 6 – Form 4

ENTRY FORM OF THE 3RD EUROPEAN HEALTH QIGONG GAMES HEALTH QIGONG TRAINING

| Country/Region. | | | | Delegation. | |
|-----------------|------|--------|------------------|---|---|
| No. | Name | Gender | D.O.B (D/M/Y) | Please choose one of the options below (A or B) and stay with your choice | |
| | | | | (A) Master class for senior students | (B) Training Seminar open to all levels |
| 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 the British Health Qigong Association (info@healthqigong.org.uk) before 15th July 2018

Applicant . _____ Tell. _____ Fax . _____ E-mail: _____

Signature of Person-in Charge. _____ Date. _____

Appendix 6 - Form 5

ENTRY FORM OF THE 4TH EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM

| Country/Region. | | Organization. | | | Team leader. | |
|-----------------|------|---------------|-----------|--------------|--------------|---------------|
| No. | Name | Gender | Education | Passport No. | Profession | For Symposium |
| 1. | | | | | | |
| 2. | | | | | | |
| 3. | | | | | | |
| 4. | | | | | | |
| 5. | | | | | | |
| 6. | | | | | | |
| 7. | | | | | | |

N.B.. Please send the form to the British Health Qigong Association (info@healthqigong.org.uk) before 15th July 2018

Applicant . _____ Tell. _____ Fax . _____ E-mail: _____

Signature of Person-in Charge.

Date. . . 2017

Appendix 6 - Form 6

**TRAVEL FORM OF THE 3RD EUROPEAN HEALTH QIGONG GAMES AND
THE 4TH EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM**

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 the British Health Qigong Association (info@healthqigong.org.uk) before 15th July 2018

Applicant . _____ Tell. _____ Fax . _____ E-mail: _____

Signature of Person-in Charge.

Date. . . 2018

Appendix 6 - Form 7

PAYMENT INFORMATION AND FORM OF THE 3RD EUROPEAN HEALTH QIGONG GAMES AND THE 4TH EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM

We wish to provide an optimal participant experience. Inclusive of an efficient and secure registration process at arrival. We kindly request you to promptly fulfill all of the requested payments before arrival via bank transfer. The pre-payments of accommodation, registration tournament, and Conference are as follows.

1. Member organizations of the International Health Qigong Federation and the relevant social organizations are responsible to collect all registration forms of their participants.
2. Member organizations of the International Health Qigong Federation and the relevant social organizations are responsible to collect all payments of their participants.
3. Member organizations of the International Health Qigong Federation and the relevant social organizations are responsible to fill in the Appendix 6 Form 7.
4. Bookings made with full payment before April 30th will enjoy a **10%** reduction on the training and competition fee. Payment should be made to British Health Qigong Association by bank transfer.
5. From 15th July, late bookings will incur additional 10% late booking charge
6. Final payment must reach the Health Qigong Games bank account prior to 15th August 2017.
7. Participants registered after 15th July may take part in the events but shall not be listed in the Program.
8. Bank information.

| | |
|-----------------------|-------------------------------|
| Account Name. | Health Qigong Games |
| IBAN. | GB29HBUK40445091811215 |
| BIC / SWIFT. | HBUKGB4159D |
| Bank Name | HSBC |
| Sort code | 404450 |
| Account Number | 91811215 |

Appendix 6 - Form 7

PAYMENT INFORMATION AND FORM OF THE 3RD EUROPEAN HEALTH QIGONG GAMES AND THE 4TH EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM

| No. | Name | Gender (M/F) | D.O.B (D/M/Y) | Passport No. | Individual competition (Prices in £) | Group competition (Prices in £) | Judges Training (Prices in £) | Health Qigong Training (Prices in £) | Scientific Forum (Prices in £) | Farewell Banquet (Price in £) | TOTAL £ |
|-----|------------------------|--------------|---------------|--------------|--------------------------------------|---------------------------------|-------------------------------|--------------------------------------|--------------------------------|-------------------------------|---------|
| 0 | example John Jones | M | 1-12-1965 | NL 123456 | £20.00 | £15.00 | £70.00 | £200.00 | £ 0.00 | £35.00 | |
| 0 | example Scientist Joan | M/F | 1-12-1965 | NL 987654 | | | | | | | |
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N.B. Please send the form to the British Health Qigong Association (info@healthqigong.org.co.uk) before 15th July 2018