

# THE 1<sup>st</sup> EUROPEAN HEALTH QIGONG GAMES

MONS (BELGIUM) : 10-15 July 2014



MONS



HEALTH QIGONG

MONS

UMONS



## THE FIRST EUROPEAN HEALTH QIGONG GAMES

MONS (Belgium)

next cultural capital of Europe (2015)

10-15 July 2014

## PROGRAM

International Health Qigong Federation  
Chinese Health Qigong Association  
Belgian Health Qigong Federation  
The Hainaut Province (Belgium)  
The City of Mons (Belgium)  
Hainaut Sport



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**





# CONTENTS

Page 2 :	the map of the sport hall
Page 3 :	contents
Page 4 :	the message from the Belgian Prime Minister Mister Elio Di Rupo
Page 5 :	the message from the President of the International Health Qigong Federation Misses Xiao Min
Page 6 :	the message from the President of the Chinese Health Qigong Association Mister Chang Jianping
Page 7 :	the message from the President of the Belgian Health Qigong Federation Mister Pierre De Keukelaere
Page 8 :	the Jury of the 1st European Health Qigong Games The Judge Panel of the 1st European Health Qigong Games
Page 9 :	Notification of the 1st European Health Qigong Games
Page 13 :	Rules and Regulations of the 1st European Health Qigong Games
Page 15 :	Notification of the 1st European Health Qigong Forum
Page 16 :	Notification of the 1st European Referee Training Seminar
Page 17 :	Notification of the Health Qigong Duan Examination
Page 18 :	Schedule of the 1st European Health Qigong Games
Page 19 :	Schedule of the 1st European Health Qigong Forum
Page 20 :	Curriculum of training seminar for European Referees
Page 21 :	Games Schedule
Page 22 :	List of the delegations
Page 30 :	The 1st European Health Qigong Games : Group Competition
Page 31 :	The 1st European Health Qigong Games : Individual Competition
Page 37 :	The Free Pullman Pick Up Service
Page 38 :	General Map
Page 39 :	The Symbolism of the International Health Qigong Federation Logo



## **The First European Health Qigong Games Mons (Belgium) : 10-15 July 2014**







## A Message from the Belgian Prime Minister

Mister Elio DI RUPO

« C'est un honneur et une grande chance pour la Ville de Mons que d'accueillir les premiers Jeux européens de Qigong de santé.

Un honneur parce que cet art millénaire fait véritablement l'objet d'un culte en Chine, et il n'est pas douteux que les responsables ont minutieusement choisi le lieu destiné à accueillir cette grande première. Mons, qui sera l'an prochain Capitale européenne de la Culture, représente évidemment un excellent choix. Je tiens à remercier les organisateurs pour leur grande confiance.

Une chance, aussi, car le Qigong reste peu connu des Européens malgré tous les bénéfices qu'il apporte en termes de santé physique et mentale. Durant une semaine, les Montois et les curieux venus de tout le pays vont pouvoir découvrir cette discipline extraordinairement populaire en Chine. Des vocations naîtront certainement et nous sommes peut-être au début d'un véritable engouement. A chacun maintenant d'aller à la découverte et de s'initier au Qigong en compagnie des meilleurs athlètes et des plus grands spécialistes !

Je souhaite à toutes et à tous, participants comme visiteurs, une semaine riche et intense. Bienvenue à Mons ! »

Elio Di Rupo

Bourgmestre en titre

Premier Ministre

It's an honour and a real opportunity for the City of Mons to welcome the first European Health Qigong Games

It's an honour because this ancient art is the subject of a real cult in China and no doubt the organizers have thoroughly chosen the place elected to welcome this important first event. Mons, which will be next year the European Capital of Culture is of course an excellent choice. I want to thank the organizers for their great confidence.

It is also an opportunity because Qigong is not well known in Europe although it is a benefit for the physical and mental health. During one week, the inhabitants of Mons and the interested people of the whole country will have the opportunity to discover this practice which is extremely popular in China. There will for sure be new vocations and we are perhaps at the beginning of a real new trend. Everyone has now the opportunity to discover Qigong and initiate himself under the guidance of the best athletes and the leading experts !

I wish you all, participants and visitors, a rich and intense Qigong week !

Welcome to MONS !

Elio Di Rupo

Mayor in Title

Prime Minister



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**





## A Message from the President of the International Health Qigong Federation

### Misses XIAO Min

On behalf of the International Health Qigong Federation, I would like to congratulate on the unveiling of the 1st European Health Qigong Games which is held in Mons, Belgium during the period of July 9th to 15th , 2014, and express my warmest welcome to all the friends attending the event.

Health Qigong, as the gem of time-honoured traditional Chinese culture, represents a typical eastern way of thinking and living characterized by the exploration into the relations between human and nature, between individual and society, and between psyche and body. With the efforts of all IHQF members, the health concept conceived by this sport gains growing recognition and popularity in the world. In 2011, the IOC awards Health Qigong with the 2011 IOC SPORT FOR ALL GRANT, which is a crowning glory in Health Qigong Career. Today, for the first time ever, Health Qigong tournament is celebrated by a whole continent outside China. I am delighted to see that Health Qigong bridges China and Europe, the birthplace of the Western civilization, as an envoyor of health and happiness in Mons, the future European Capital of Culture.

On behalf of International Health Qigong Federation, I would like to extend my sincere appreciation to the government of Belgium, the government of Hainaut Province, and the government of Mons for their strong support. I want to thank all the individuals who have been working so hard to make the it a reality. I wish each participant the best of luck in the competition and the best of mood in enjoying the friendship of Healh Qigong community.

May the 1st European Health Qigong Games a great success!

XIAO Min

President of the International Health Qigong Federation



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**





## A Message from the President of the Chinese Health Qigong Association Mister Chang Jianping

The 1<sup>st</sup> European Health Qigong Games is to be held from the 9<sup>th</sup> to 15<sup>th</sup>, July, 2014 in Mons, Belgium. On behalf of the Chinese Health Qigong Association, I would like to express my sincere greetings and warmest welcome to all the participants.

Health Qigong originates in China and it belongs to the world. To explore the cultural heritage of ancient China with all the European friends, the International Health Qigong Federation and Belgian Health Qigong Federation cofounded the first continental tournament and exchange, which is a new platform to study Health Qigong, promote health cultivation culture and enhance our friendship and cooperation. The 1<sup>st</sup> European Health Qigong Games follows the IHQF tradition of activities diversity while endows the ancient sport with new vigour and vitality by providing a variety of events, including forum, competitions, demonstrations, referee training and Duan examination.

I hope that each of the participants can make the most of the opportunity to enjoy the Games.

I wish the 1<sup>st</sup> European Health Qigong Games a great success! May the friendship between us everlasting!

Chang Jianping

Vice President of International Health Qigong Federation

President of Chinese Health Qigong Association



**The First European Health Qigong Games  
Mons (Belgium) : 10-15 July 2014**





## A Message from the President of the Belgian Health Qigong Federation Mister Pierre De Keukelaere

Thanks to the efforts of our fantastic team, thanks to the incredible kindness and enthusiasm of the Hainaut Province administration and the City of Mons administration, thanks to the encouragements and support of the International Health Qigong Federation and the Chinese Health Qigong Association we had the chance and the fantastic opportunity to organize the First European Health Qigong Games.

There are so many persons who deserve a special thank that the list of them is much too long for this short message.  
So I thank them all collectively and we will thank them all personally afterwards.

Dear Qigong Friends of Europe, it is an honour and a pleasure to have you here in this marvellous place of this ancient City of Mons which will be the next European Capital of Culture.

The Health Qigong practitioners in the world are a great family and a Health Qigong event is always a fantastic opportunity to share the Health Qigong passion with old and new friends.

The first Health Qigong Games are focused on three major items :

The Health Qigong forum to share the intellectual and human medical experience between east and west  
The initiation of the citizens to the Health Qigong benefits by workshops in eleven different places in the Town to develop the social dimension of Health Qigong

The Health Qigong Games where the athletes perform in the real spirit of the Olympic "Sport for All". The best is the one who participates, and you are therefore all the best !

I hope you will all enjoy this event and share your friendship and enthusiasm with others.  
Cultivate the friendship and make new friends. Take care of your body and of your own health. Quieten your mind and take benefit of your Health Qigong routines.

Take time for others, discover other cultures and share the universal human peace and understanding.

Sincerely and wholeheartedly,

Pierre DE KEUKELAERE  
President of the Belgian Health Qigong Federation  
Vice-President of the International Health Qigong Federation.



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



## **JURY OF THE 1<sup>ST</sup> EUROPEAN HEALTH QIGONG GAMES**

Chairman: Mr. Chang Jianping (China) IHQF Vice President

Vice Chairman : Dr. Neumann, Willi Ernst (Germany) Member of IHQF Executive Board

Member : Mr. Panagiotis Kongtaxakis(Greece) Member of the IHQF Technical Commission

## **JUDGE PANEL OF THE 1<sup>ST</sup> EUROPEAN HEALTH QIGONG GAMES**

Chairman: Mr. Shi Aiqiao(China)

Vice Chairman: Mr. Cao Kerun(China) Thesy De Keukelaere Vogliolo (Belgium)

Chief Referee: Ms. Zhang Yunya (China) Mr. Lei Bin(China)

Chief recording: Mr. Zhuang Yongchang (China)

Roll-Call: Ms. Ding Liling (China)

Referees : Ms. Wang Yan (China) Ten (10) other referees are to be selected from the trainees of TRAINING SEMINAR FOR INTERNATIONAL REFEREES



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**





## NOTIFICATION OF THE 1st EUROPEAN HEALTH QIGONG GAMES

To build a platform of continental exchange and friendly communication for Health Qigong and confirm its sustainable and steady promotion in Europe, the International Health Qigong Federation, the Belgian Health Qigong Federation and the Chinese Health Qigong Association will jointly organize the 1st **“EUROPEAN HEALTH QIGONG GAMES”**. We use the term “Games” instead of “Tournament & Exchange” in accordance to the spirit of the International Health Qigong Federation and the principles of “Sport for All”. The related matters are hereby notified as follows:

### I. Date

Event Period: July 10th to 15th, 2014

Registration Date: July 9th, 2014

Departure Date: July 16th, 2014

### II. Place

Mons Belgium

Centre Sportif du Domaine Provincial du bois d'Havr 

HAINAUT SPORT - Maison Provinciale des Sports

rue Saint Antoine

7021 MONS (Havr )

BELGIUM

Location:

The city of Mons is located near the highway and very easy to reach by car from France, Britain, Germany and the Netherlands. It is located at 50 km from the airport of Brussels South (Charleroi) and 80 km from the national airport of Brussels.

The Sport Centre is located in a beautiful natural area next to a small forest at about 5 km from the center of the city of Mons.

### III. Host

International Health Qigong Federation (IHQF)

### IV Organizer

Belgian Health Qigong Federation (BHQF)

### V. Partner

Chinese Health Qigong Association (CHQA)

### VI. Sponsors

The Province of Hainaut

The City of Mons

The University of Mons

The Hainaut Provincial Observatory for Health

The Hainaut Provincial Institute for Sport

The Sport Centre of Hainaut Province – Mons Havr .



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



## VII.Event

1. "The 1st European Health Qigong Forum" organized at and with the University of Mons (Belgium)
2. "The 1st European Health Qigong Referee Training Seminar"
3. "Health Qigong promotion in different locations in the Town with local representatives and the local people. Final demonstration on the central market (downtown) with the officials.
4. The 1st European Health Qigong Games
5. Training seminar for Duan examination
6. Health Qigong demonstrations (place: further notice)
7. Duan Examination on Health Qigong

## VIII. Schedule

July 9th :

- Registration :

Time : from 12.00

Venue : Centre Sportif du Domaine Provincial du bois d'Havr   
HAINAUT SPORT - Maison Provinciale des Sports  
rue Saint Antoine 1  
7021 MONS (Havr )  
BELGIUM

July 10th :

- The 1st European Health Qigong Forum

Time : 9.30 to 17.00

Venue : Universit  de Mons - Mons University  
Auditoire VAN GOGH - VAN GOGH Auditorium  
Champ de Mars - Plaine de Nimy  
7000 MONS

July 11th :

- The 1st European Health Qigong Referee Training Seminar

Time : 9.00-16.45

Venue : Cafeteria of the Centre Sportif du Domaine Provincial du bois d'Havr   
HAINAUT SPORT - Maison Provinciale des Sports  
rue Saint Antoine 1  
7021 MONS (Havr )  
BELGIUM

After the seminar the participants leave at 17.00 with a bus and go to the Central Market (Downtown) to join the others for the Health Qigong demonstration (at 17.30) and reception for the team leaders (18.30) at the Town House. After the reception the team leaders will have their technical meeting at 19.30.

July 11 th :  
second event

- Health Qigong initiation workshops in different locations of the Town with local representatives and local people.

Time : 9.00-18.30

Venue : Starting place : Centre Sportif du Domaine Provincial du bois d'Havr   
HAINAUT SPORT - Maison Provinciale des Sports  
rue Saint Antoine 1  
7021 MONS (Havr )  
BELGIUM

At the starting place 5 teams are ready to leave and go to different places in the Downtown for the workshops and exchange.

July 11 th

- Technical meeting for the games for the team leaders

Time : 19.30-22.00

Venue : Central Market : Grand Place n  11 :  
meeting room of the Tavern Copenhaeghe



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



- July 11<sup>th</sup> - Technical meeting for the games for the team leaders  
Time : 19.30  
Venue : Central Market : Grand Place n° 11 :  
meeting room of the Tavern Copenhaeghe
- July 12<sup>th</sup> to 13<sup>th</sup> - The 1st European Health Qigong Games  
Time : Saturday 12<sup>th</sup> 8.30-17.00  
Sunday 13<sup>th</sup> 8.30-18.30  
Venue : Centre Sportif du Domaine Provincial du bois d'Havr   
HAINAUT SPORT - Maison Provinciale des Sports  
rue Saint Antoine 1  
7021 MONS (Havr )  
BELGIUM
- July 13<sup>th</sup> in the evening - Banquet  
Time : 19.00  
Venue : Centre Sportif du Domaine Provincial du bois d'Havr   
HAINAUT SPORT - Maison Provinciale des Sports  
rue Saint Antoine 1  
7021 MONS (Havr )  
BELGIUM
- July 14<sup>th</sup> - Training Seminar to prepare the Duan Examination  
Time : 9.00-17.00  
Venue : Centre Sportif du Domaine Provincial du bois d'Havr   
HAINAUT SPORT - Maison Provinciale des Sports  
rue Saint Antoine 1  
7021 MONS (Havr )  
BELGIUM
- July 14<sup>th</sup> - Health Qigong Demonstration  
Time : Will be confirmed later  
Venue : Will be confirmed later
- July 15<sup>th</sup> - Duan Examination  
Time : 9.00-12.00  
Venue : Centre Sportif du Domaine Provincial du bois d'Havr   
HAINAUT SPORT - Maison Provinciale des Sports  
rue Saint Antoine 1  
7021 MONS (Havr )  
BELGIUM
- July 16<sup>th</sup> Departure



## The First European Health Qigong Games Mons (Belgium) : 10-15 July 2014



## IX. Fees

Participants have the choice to stay in different hotels according to their budget. We shall help in your choice and try to have the best prices. You can also stay in other places (family, friends etc.). In that case you take care of yourself. We have informed the Hotel managers about the “the 1st European Health Qigong Games”. The prices we indicate in the attached *Recommendation List of Local Hotels* are the normal prices. We will ask them to give better prices for the participants at the “the 1st European Health Qigong Games”.

You have to do the reservation directly to the Hotel and you ask for the best price by telling them you participate at “the 1st European Health Qigong Games”. We also want you to inform us of your choice and your final reservation.

The breakfast is to be taken in the hotel.

For the lunch: 12 € per person per lunch : vegetarian food on 10-11-12-13-14-15 July.

For the dinner: everyone has dinner in his location or in Town.

For the Banquet: 27,5 € per person: all included dinner in the evening of the 13th of July.

The meals and banquet have to be reserved and paid on the 9th of July at the registration desk in cash.

For the Transport facilities : we will help with the cars of our team members for the transport of those who come by plane.

During the event a special pick-up service from the different hotels has been organized with the support of the Hainaut Province. (details of the pick-up service page )

The Registration date is 9th , July 2014.

The registration place is : Centre Sportif du Domaine Provincial du bois d'Havré Address: Rue Saint Antoine 1 7021 MONS (Havré)

All participants are required to submit their signed applications, *Participant Declaration*, Duan Application materials and associate fees on the 9th of July at the registration desk in cash because there is neither terminal nor ticket machine.

## X. Other Issues

Athletes must have Health Certificate and Life Insurance Certificate. The delegation or the individual undertakes the responsibility for any illness or injuries sustained during the Games.

Some of the referees for the Tournament are to be selected from the graduates of the European Referee Training Seminar. Those who agreed to judge in the tournament shall give up their identities as athletes. 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.

Application forms can be downloaded from the official website of the Belgian Health Qigong Federation ([http://www.healthqigongbelgium.be/activites\\_europe\\_en.html](http://www.healthqigongbelgium.be/activites_europe_en.html)) and from the Chinese Health Qigong Association. (<http://jsqg.sport.org.cn/>)

## XI. Contact Information during the games

Clémentine Laféac : 0032491254272



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**





## **RULES AND REGULATIONS of the 1st EUROPEAN HEALTH QIGONG GAMES**

### **I. Date**

July 12th to 13th 2014

### **II. Place**

Centre Sportif du Domaine Provincial du bois d'Havr  Venue: Rue Saint Antoine 1 7021 MONS (Havr )

### **III. Games Content**

The following 7 Health Qigong forms compiled and published by CHQA will be competed at the European Health Qigong Games:

Health Qigong – Yi Jin Jing

Health Qigong – Wu Qin Xi

Health Qigong – Liu Zi Jue

Health Qigong – Ba Duan Jin

Health Qigong –Dawu Exercise

Health Qigong –Mawangdui Daoyin Exercises

Health Qigong – Daoyin Yang Sheng Gong Shi'er Fa (12 Step Daoyin Health Preservation Exercise)

Each of the seven (7) forms is open for one competition. The Organizing Committee will arrange the competition music of the Health qigong Forms WITHOUT any narrations on the movements in both group and individual competitions. The normal music will be used (not the reduced 6 minutes).

### **IV. Competition Method**

1. All European IHQF members and invited Health Qigong organizations may send their entries for competition. Each organization may send one or more team(s). Each team shall have one (1) team leader, one (1) coach and a maximum of eight (8) participants. 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.

1. Group and individual competitions will be conducted at the Tournament. In group competition each team may compete in a maximum of 4 Health Qigong form(s) regardless of sex gender and age with a minimum of four (4) athletes. Individuals may compete in a maximum of 4 Health Qigong form(s) regardless of age in their own sex gender.

3. The "Rules for International Health Qigong Competition" made by the CHQA shall be applied.

4. Athletes in individual competitions stand in a row. Athletes of each team in group competition stand in two rows. The back row athlete shall stand in alignment with the middle of two adjacent front row athletes.

5. Athletes shall bring their own competition uniforms and sport shoes. Athletes of each team in group competitions shall dress in uniforms of the same color and style. All athletes should wear the competition identity number provided by the Organizing Committee.

6. The movement description written in the books of the seven Health Qigong forms compiled and published by CHQA will be taken as standard.

### **V. The Fees**

Group Competition : 15 € for one person of one group for one form. Individual Competition : 20 € for one person for one form.

The fees must be paid together on 9th July at the registration desk in cash.



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



## VI. Ranking and Awards

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 5;

the 2nd Place are to be presented to those ranking the next 8 below the top 5;

the 3rd Place are to be presented to those ranking the next 12 below the 2nd top 8;

In individual competition,

the 1st Place are to be presented to those ranking the top 5;

the 2nd Place are to be presented to those ranking the next 8 below the top 5;

the 3rd Place are to be presented to those ranking the next 12 below the 2nd top 8;

Performing award will be given to those who haven't won the 1st, 2nd and 3rd place in individual and group competitions.

Trophy and diploma will be conferred to athletes awarded in group competition; medal and diploma will be conferred to athletes awarded in individual competition; Certificate of Performance will be conferred to athletes with Performing Award in the group and individual competitions.

## VII. Technical Officials

The Jury and main referees above the Head Judge are to be selected by the organizing committee, others will be chosen from the graduates of the European Referee Training Seminar

## VIII. Technical Meetings

Date and Time : July 11th, 2014 at 19.30

Venue : The meeting room of Tavern COPENHAGHE Grand Place 11 MONS

Team leaders and coaches should attend the technical meeting. The competition order will be determined by drawing lots in the meeting. The Organizing Committee will appoint a substitute representative to draw lots for absent team.



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



# NOTIFICATION OF THE FIRST EUROPEAN HEALTH QIGONG FORUM

## I. Date

July 10th 2014 from 9.30 to 12:00 and from 13.30-17:00

## II. Place

University of Mons : Auditorium VAN GOHG Champ de Mars - Plaine de Nimy Mons

## III. Theme

Preserving Health By Health Qigong and By Movement

## IV. Contents

Doctors, physiotherapists, nurses will speak about their therapeutic experience with Health Qigong.

Most of the speakers are practicing or even teaching Health Qigong. The speakers will take questions from audiences and make interactions. Each speaker will speak 20 minutes followed by 10 minutes of question time. Powerpoint (PPT) presentations with the translation of the conferences will be projected during the conference.

## V. Participants

Health Qigong experts, scholars, principals of IHQF members and invited Health Qigong organizations, team leaders, coaches and athletes.

## VI. Transportation

A Pullman pick-up service is available : please be ready at your hotel : the bus will not wait !

For the details : see page : pick up service and transportation.

## VII. Lunch facility :

a pick nick is possible : 5 €

Reservation is needed and the price must be paid on the July 9th together with the registration.

A pasta service will be available ( 5 € for a pasta dish)

For more details about the forum and the speakers : consult the special forum program



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



## NOTIFICATION OF THE FIRST EUROPEAN REFEREE TRAINING SEMINAR

### I. Date

July 11th 2014

### II. Place

Centre Sportif du Domaine Provincial du bois d'Havr  Venue : Rue Saint Antoine 1 7021 MONS (Havr )

### III. Participants

Students from IHQF members and invited Health Qigong organizations may send entries for the training seminar.

### IV. Curriculum

Learn the rules for Health Qigong Competition

Explain the key points of movements and grading of Health Qigong

Internship for the referees

### V. Training fees

80   per person

### VI. Transportation

By private car or by Pullman pick up service at the hotel and back to Mons. For the details : see page 37 : pick up service and transportation.

## NOTIFICATION OF THE SPECIAL DUAN PREPARATION TRAINING SEMINAR

### I. Date and time :

July 14th : from 9.00-17.00

### II. Place :

Centre Sportif du Domaine Provincial du bois d'Havr 

HAINAUT SPORT - Maison Provinciale des Sports

Rue Saint Antoine 1

7021 MONS (Havr )

BELGIUM

### III. Participants :

Students who intend to pass the DUAN examination on the 15th of July

### IV. Curriculum :

- Special training of the different health qigong routines by Chinese Health Qigong Teachers
- Review the special key points by Chinese Health Qigong Teachers
- Practical proofs and corrections by Chinese Health Qigong Teachers

### VII. Training Fee :

30   per person



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**





# NOTIFICATION OF THE HEALTH QIGONG DUAN EXAMINATION

## I. Date and time

July 15th 2014 : from 9.00-12.00

## II. Place

Centre Sportif du Domaine Provincial du bois d'Havr   
Rue Saint Antoine 1  
7021 MONS (Havr )

## III. Candidates

The attendees who can meet the technical examination requirement

## IV. Duan Examination

Technical Examination for 1-3 Duan

## V. Assessment Standard

The Measures for Evaluating Chinese Health Qigong Technical Degrees Abroad and Process for Evaluating Chinese Health Qigong Technical Degrees Abroad should be applied.

## VI. Assessment Contents

Technical Examination for 1-3 Duan

## VII. Registration Fees

40 € per person for 1-3 Duan

## VIII. Requirements

Candidates should submit the following materials to the CHQA when register.

One(1) Application Form of Set and Duan Technique Degrees Abroad of Chinese Health Qigong

Two (2) copies of recent passport picture

One (1) copy of current Duan certificate

N.B. The Application Form of Set and Duan Technique Degrees Abroad of Chinese Health Qigong and the Measures for Evaluating Chinese Health Qigong Technical Degrees Abroad can be downloaded from the official website of CHQA(<http://jsqg.sport.org.cn/>).



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



## SCHEDULE OF THE 1ST EUROPEAN HEALTH QIGONG GAMES

DATE	TIME	PROGRAM	VENUE
July 9	12.00-18.00	Registration	Centre Sportif Domaine Provincial du Bois d'Havr� - 1 rue Saint Antoine 7021 MONS (Havr�)
July 10	9.00-17.00	Health Qigong Forum Preserving Health By Health Qigong and By Movement	MONS UNIVERSITY VAN GOGH AUDITORIUM Champ de Mars - Plaine de Nimy 7000 MONS
July 11	9.00-16.45	Training seminar for European Referees	Centre Sportif Domaine Provincial du Bois d'Havr� 1 rue Saint Antoine 7021 MONS (Havr�)
July 11	9.00-18.30	Workshops and health qigong demonstrations in the City	<b>Start :</b> Centre Sportif Domaine Provincial du Bois d'Havr� 1 rue Saint Antoine 7021 MONS (Havr�)
July 11	19.30-22.00	Technical meeting for the Games (Drawing Lot)	Meeting room Tavern Copenhaghe Grand Place 11 7000 MONS
July 12	8.30 9.00 10.00 18.00	Preparation Opening ceremony Start of the group competition End of the group competition	Centre Sportif Domaine Provincial du Bois d'Havr� 1 rue Saint Antoine 7021 MONS (Havr�)
July 13	8.30 9.00  17.00 19.00	Preparation Start of the individual competition Awarding ceremony Banquet	Centre Sportif Domaine Provincial du Bois d'Havr� 1 rue Saint Antoine 7021 MONS (Havr�)
July 14	9.00-17.00	Special duan preparation training seminar	Centre Sportif Domaine Provincial du Bois d'Havr� 1 rue Saint Antoine 7021 MONS (Havr�)
July 14	Time to be confirmed	Health Qigong Demonstration	Place to be confirmed
July 15	9.00-12.00	Duan examination	Centre Sportif Domaine Provincial du Bois d'Havr� 1 rue Saint Antoine 7021 MONS (Havr�)



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



## SCHEDULE OF THE 1ST EUROPEAN HEALTH QIGONG FORUM

TIME	SPEAKER	QUALITY	SUBJECT
09.30	Dominique-Paule Decoster, & Frédéric Renotte	Sociologist Mons University Physiotherapist Mons University	Social Inclusion put to practice : report on the action research : “run always”
09.50	Professor LEI Bin	Professor at the Sport University of Wuhan	How the practice of Health Qigong changes your body and mind
10.10	Professor Marc CLOES	<i>Prof.</i> Motricity Sciences at the University de Liège (Belgium)	(Wrong) representations of physical activity, from definition to recommendations
10.30	Jean Luc SIMONIS	Osteopathy and Qigong Professor	The therapeutic effects of the practice of Qigong : the testimony of a patient
10.50	QUESTION TIME		
11.10	INTERMISSION		
11.30	Dr. Christian MASSOT, & Ms Valérie Wathieu	Head of Health Information & Researcher, Health Service Information, Hainaut Health Observatory (Belgium)	Why promote regular physical activity for all?
11.50	Doctor Marie Paule GUILLAUME	Doctor in charge of the Hospitals in Brussels	Qi Gong and western medicine: two complementary practices to be associated.
12.10	QUESTION TIME		
12.30	LUNCH TIME		
13.30	Doctor Vladimir BUTRIMOV	Russian Doctor and Chinese Medicine Qigong Teacher	Therapeutic practice of Qigong in Russia.
13.50	Professor Willi NEUMANN	Professor in Psychology University of Neubrandenburg	Health Qigong : a significant intervention in Health System in Germany. The development of Health Qigong at the University of Neubrandenburg.
14.10	Professor ZHANG Yunya	Professor at the Shanghai University of Sport	Therapeutic practice of Qigong in China
14.30	Misses Sarah MAHIEU	Physiotherapist practices Qigong	A testimony on her practice of qigong incorporation
14.50	QUESTION TIME		
15.10	INTERMISSION		
15.30	Doctor Yves REQUENA	Doctor and Chinese Medicine	Review of international bibliography about therapeutic effects of Qigong
15.50	Véronique BORTOLON	Nurse in Hospital - heavy pathologies	Benefic effects of Qigong: a healer becomes a patient
16.10	QUESTION TIME		
17.00	END OF THE FORUM		



**The First European Health Qigong Games  
Mons (Belgium) : 10-15 July 2014**



## CURRICULUM OF TRAINING SEMINAR FOR EUROPEAN REFEREES

DATE	TIME	CONTENTS	VENUE
July 11	9.00-9.10	Opening Ceremony	Centre Sportif Domaine Provincial du Bois d'Havr�  1 rue Saint Antoine 7021 MONS (Havr�)
	9.10-12.00	Lecture on Health Qigong Competition Rules	
	12.00-13.00	Lunch	
	13.00-16.00	Common faults and penalty points of health qigong performance	
	16.00-16.30	Examination	
	16.30-16.45	Closing ceremony	

## CURRICULUM OF DUAN PREPARATION TRAINING SEMINAR

DATE	TIME	CONTENTS	VENUE
July 14	9.00-12.00	Training of the different qigong routines with special attention on the key	Centre Sportif Domaine Provincial du Bois d'Havr�  1 rue Saint Antoine 7021 MONS (Havr�)
	12.00-14.00	Lunch time	
	14.00-17.00	Individual correction during the practice of the different routines	

## SCHEDULE OF HEALTH QIGONG DUAN EXAMINATION

DATE	TIME	CONTENTS	VENUE
July 15	9.00-11.00	Technical Examination for 1-3 Duan	Centre Sportif Domaine Provincial du Bois d'Havr�  1 rue Saint Antoine 7021 MONS (Havr�)
	11.00-12.00	Duan Certificate Awarding Ceremony Group Photo	



**The First European Health Qigong Games  
Mons (Belgium) : 10-15 July 2014**





## GAMES SCHEDULE

DATE	TIME	CONTENTS	VENUE
July 12	8.30	Preparation	Centre Sportif Domaine  Provincial  du Bois d'Havré 1 rue Saint Antoine 7021 MONS (Havré)
	9.00-10.00	Opening Ceremony	
	10.05-12.00	1. Group competition Yi Jin Jing 2. Group competition Wu Qin Xi 3. Group competition Liu Zi Jue 4. Group competition Ba Duan Jin	
	12.00-13.00	LUNCH	
	13.00-14.50	1. Group competition Da Wu 2. Group competition Mawangdui 3. Group competition Shi Er Fa	
	15.00-17.30	1. Men's individual competition Yi Jin Jing 2. Women's individual competition Yi Jin Jing. 3. Men's individual competition Liu Zi Jue 4. Women's individual competition Liu Zi Jue	
July 13	8.30	Preparation	
	9.00-12.00	1. Men's individual competition Wu Xin Qi 2. Women's individual competition Wu Qin Xi. 3. Men's individual competition Ba Duan Jin 4. Women's individual competition Ba Duan Jin	
	12.00-13.00	LUNCH	
	13.00-16.30	1. Men's individual competition Da Wu 2. Women's individual competition Da Wu 3. Men's individual competition Mawangdui 4. Women's individual competition Mawangdui 5. Men's individual competition Shi Er Fa 6. Women's individual competition Shi Er Fa	
	16.30-17.00	Deliberation and in the meantime : DJ music performance, party and exchange	
	17.00-18.00	Closing ceremony : Speeches, Group Photo and Awarding Ceremony	
	19.00-22.00	Banquet	



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



# LIST OF THE DELEGATIONS

## DENMARK

### QIGONG & TAIJIYANGSHENG CENTER DENMARK

HEAD OF THE DELEGATION : WONG Lillian Cecilie

COACH : WONG Lillian Cecilie

MEMBERS OF THE DELEGATION :

176 Lillian Cecilie WONG

177 Woon-Ping Wong

## ESTONIA

### ESTONIAN HEALTH QIGONG ASSOCIATION

HEAD OF THE DELEGATION : KARIN SEPP

COACH : KARIN SEPP

MEMBERS OF THE DELEGATION

KARIN SEPP

## FINLAND

### FINNISH WUSHU FEDERATION HEALTH QIGONG BRANCH

HEAD OF THE DELEGATION : KORHONEN Aki

COACH : KORHONEN Aki

MEMBERS OF THE DELEGATION :

168 Fang Zhang

169 Satu Herno

170 Taina Pääkkönen

171 Minna Toikka

172 Jaana Meriläinen

173 Pasi Pirhonen

174 Heikki Pesu

175 Aki Korhonen

## FRANCE

### TEAM 1 SUNWU KONG BREST

HEAD OF THE DELEGATION : SU Renfeng

COACH : SU Renfeng

113 GOARZIN-SU Renping

114 DELACOU Annick

115 SU Renfeng

116 VELARD Yvan, Philippe, André

117 VONSY Herenui, Nathalie,

118 QUEMENEUR Marie-Thérèse

119 GAASBEEK Marianne

120 PENNEC Christine

121 PICOT Christian

122 LE ROUX Marie-Hélène,

123 PIRIOU Marie José

124 BROUSSE Sandrine Chantal

125 JEAN-BAPTISTE Josué Ismaël

126 RABOIS Willy Luderx



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



## **TEAM 2 CENTRE DE KUNGFU WUSHU ET TECHNIQUES DOUCES**

**HEAD OF THE DELEGATION : NGUYEN Philippe**

**COACH : NGUYEN Philippe**

**MEMBERS OF THE DELEGATION :**

127 NGUYEN Philippe

128 DEL MISTRO Jannick

129 GARBEZ Michel

130 GODFRYD Sylvie

131 NGUYEN Etienne

132 NGUYEN Rubis

133 WINCKELS Martine

## **TEAM 3 KUNMING ECOLE FRANCAISE DE ZHANG GUANG DE**

**HEAD OF THE DELEGATION : VADON Pascal**

**COACH : VADON Pascal**

134 VADON Pascal

135 LIVE MACHADO Odile

## **TEAM 4 LE SOUFFLE DU PRINTEMPS**

**HEAD OF THE DELEGATION : Pierre MAURY**

**COACH : Pierre MAURY**

**MEMBERS OF THE DELEGATION :**

136 MAURY Pierre

## **TEAM 5 ZHONG XING LILLE**

**HEAD OF THE DELEGATION : Daniel MILLECAMPS**

**COACH : Daniel MILLECAMPS**

**MEMBERS OF THE DELEGATION :**

137 DEBACKER Carole

138 DUPONT Maryse

139 DZIERZEK Sophie

140 MEURILLON Brigitte

141 STEINBACH Anne

142 CRETON Agnès

143 COURTES M. Hélène

144 LEGRAND Yannick

145 LEMAN David

## **TEAM 6 BAYARD Martine**

**HEAD OF THE DELEGATION : Martine BAYARD**

**COACH : Martine BAYARD**

**MEMBERS OF THE DELEGATION :**

146 BAYARD Martine



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



## **TEAM 7 ALTAIR PEKIN**

**HEAD OF THE DELEGATION :** Elisabeth GILLET

**COACH :** Elisabeth GILLET

**MEMBERS OF THE DELEGATION :**

147 GILLET Elisabeth

## **GERMANY**

### **TEAM 1 : GEZUNDHEIDSQIGONG ZENTRUM RENDSBRUG**

**HEAD OF THE DELEGATION :** LIMEI Sun

**COACH :** LIMEI Sun

**MEMBERS OF THE DELEGATION**

201 Limei Sun

202 Shiping Li

203 Gunter Kase

### **TEAM 2 : NEUBRANDENBURG UNIVERSITY**

**HEAD OF THE DELEGATION :** NEUMANN Willi

**COACH :** NEUMANN Willi

**MEMBERS OF THE DELEGATION**

NEUMANN Willi

PETIJEAN Judith

QING Lu

## **GREAT BRITAIN**

### **TEAM 1 HEALTH QIGONG FEDERATION UNITED KINGDOM**

**HEAD OF THE DELEGATION :** WANG Herman

**COACH :** WANG Herman

**MEMBERS OF THE DELEGATION :**

154 Tony Childs

### **TEAM 2 BRITISH HEALTH QIGONG ASSOCIATION**

**HEAD OF THE DELEGATION :** YIP Tary

**COACH :** YIP Tary

**MEMBERS OF THE DELEGATION :**

155 Carol Gascoyne

156 Jan Jackson

157 Reg Carter

158 John Collinson

159 Min Beeharry



**The First European Health Qigong Games  
Mons (Belgium) : 10-15 July 2014**





## GREECE

### HELLENIC HEALTH QIGONG ASSOCIATION

HEAD OF THE DELEGATION : KONTAXAKIS Panagiotis

COACH : KONTAXAKIS Panagiotis

MEMBERS OF THE DELEGATION :

191 KONTAXAKIS PANAGIOTIS

192 TSOPOURIDOU MARKELLA

193 GIANNAKOPOULOU EIRINI

194 VAMVOURA PAVLINA

## ICELAND

### DREKINN ICELAND

HEAD OF THE DELEGATION : DONG QING GUAN

COACH : DONG QING GUAN

MEMBERS OF THE DELEGATION :

164 DONG QING GUAN

165 Herdís Ólína Hjörvarsdóttir

166 Hlynur Sævarsson

167 Mikael Viðar Ægisson

## ITALY

### FEDERAZIONE ITALIANA WUSHU KUNG FU

HEAD OF THE DELEGATION : VINCENZO Drago

COACH : SCHIAZZA Fabrizio

MEMBERS OF THE DELEGATION

206 FANELLI Biagio

207 SCHIAZZA Fabrizio

208 FAJRI Maria

209 GAVIANO Stefania

## LUXEMBURG

### LUXEMBURG HEALTH QIGONG

HEAD OF THE DELEGATION : Pascal GARIN

COACH : Pascal GARIN

MEMBERS OF THE DELEGATION :

148 RENARD Pascale

149 GARIN Pascal

## NETHERLANDS

### DUTCH HEALTH QIGONG ASSOCIATION

HEAD OF THE DELEGATION : RIOUX Jean Mario

COACH : RIOUX Jean Mario

MEMBERS OF THE DELEGATION

204 RIOUX Jean Mario

205 RIOUX Amber



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



## **RUSSIA**

### **TEAM 1 RUSSIAN DAOYIN ASSOCIATION**

**HEAD OF THE DELEGATION :** Vladimir BUTRIMOV

**COACH :** Vladimir BUTRIMOV

**MEMBERS OF THE DELEGATION :**

195 Butrimov Vladimir

197 Prokofeva Natalia

196 Prokofev Nikolai

198 Azem Anna

### **TEAM 2 RUSSIAN HEALTH QIGONG ASSOCIATION**

**HEAD OF THE DELEGATION :** Aman Atilov

**COACH :** Aman Atilov

**MEMBERS OF THE DELEGATION :**

199 Aman Atilov

200 Anastasia Sherbinina

## **SERBIA**

### **SERBIAN QIGONG ASSOCIATION**

**HEAD OF THE DELEGATION :** BALANESKOVIC Sasa

**COACH :** BALANESKOVIC Sasa

**MEMBERS OF THE DELEGATION :**

160 Ilinka Acimovic

162 Branislav Vajagic

161 Marta Koso

163 Sasa Balaneskovic

## **SLOVENIA**

### **SLOVENIAN HEALTH QIGONG ASSOCIATION**

**HEAD OF THE DELEGATION :**

**COACH :**

**MEMBERS OF THE DELEGATION :**

150 Chen Shi Ning

152 Chen Saša

151 Tina Hribar

153 Chen Sana

## **SPAIN**

### **INSTITUTO QIGONG BARCELONA**

**HEAD OF THE DELEGATION :** Nuria Leonelli Sellés

**COACH :** Nuria Leonelli Sellés

**MEMBERS OF THE DELEGATION :**

178 Núria Leonelli Sellés

185 Roger Antoni Catrisse Bonet

179 Idaira Moya Quintana

186 Isabel Finat Rey

180 Frederic Mateu Asens

187 Raquel María Ayres Ruiz

181 Rosa Marina Ela Santiago

188 María Isabel Jimenez Valenzuela

182 Manuel Balart Lucas

189 María Alejandra Martínez Martínez

183 Francisco Javier Pascual Puig

190 Misericordia Ferrús Domenech

184 María Giménez Luján



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



# BELGIUM

## BELGIAN HEALTH QIGONG FEDERATION

HEAD OF THE DELEGATION : Pierre DE KEUKELAERE

### BELGIUM TEAM 1 : LIFE CARE CENTRE BRUSSELS

HEAD OF THE DELEGATION : Theresa VOGLIOLO

COACH : Theresa VOGLIOLO

MEMBERS OF THE DELEGATION :

- |    |                            |    |                        |
|----|----------------------------|----|------------------------|
| 1  | ALBRECHT Josiane           | 28 | HOUBEN Pierre          |
| 2  | ANTOINE Manu               | 29 | JEANMART Ludovic       |
| 3  | BOURGOIS Gwenola           | 30 | JOURDE Olivier         |
| 4  | BRUGGEMAN Jacques          | 31 | LAFEAC Clémentine      |
| 5  | BURR-TILDEN                | 32 | LAHY Françoise         |
| 6  | CASPERS Catherine          | 33 | LECONTE Anicette       |
| 7  | CHARVIN Marie              | 34 | MALZACHER Susanna      |
| 8  | COUTURIAUX Fabian          | 35 | MEZIANI Karima         |
| 9  | CREPEL Marie               | 36 | NAPOLIONE Isabella     |
| 10 | DA CONCEICAO JOAQUIM Nyota | 37 | PEROI Elise            |
| 11 | DAMIT Francine             | 38 | PETEROLFF Christine    |
| 12 | d'ASPREMONT LYNDEN Anne    | 39 | PLASMAN Gladys         |
| 13 | DEBIE An                   | 40 | RENSON Paule           |
| 14 | DECAMP Michelle            | 41 | ROBYN Inge             |
| 15 | DELPIRE Béatrice           | 42 | SCHOTTEY Ruby          |
| 16 | DELSUPXHE Isabelle         | 43 | SZYNAL Maud            |
| 17 | DENAEYER Graciella         | 44 | TENREIRO Mario         |
| 18 | EGEA Carmen                | 45 | TEICHER Pierrette      |
| 19 | FAUVEL Stéphanie           | 46 | THIRY Geneviève        |
| 20 | GALLARDO Maria             | 47 | VAN CAILLIE Françoise  |
| 21 | GIULIANINI Michel          | 48 | VAN DE MAELE RAYMOND   |
| 22 | GODFRAIND Fabienne         | 49 | VAN DEN DORPEL Nicole  |
| 23 | GODIN Marie Agnès          | 50 | VAN HOMWEGEN Dominique |
| 24 | GONZALEZ Eva               | 51 | VAN WAESBERGE Evelynne |
| 25 | GORIS Maëlle               | 52 | VILLERS Christine      |
| 26 | GUILLAUME Marie Paule      | 53 | WEISSGERBER Ghislaine  |
| 27 | HEUZE Christiane           | 54 | WYNANTS Bénédicte      |



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



## **BELGIUM TEAM 2 : CHARLEROI HEALTH QIGONG**

**HEAD OF THE DELEGATION : Jacques BRUGGEMAN**

**COACH : Evelyne VAN WAESBERGHE**

**MEMBERS OF THE DELEGATION :**

04	BRUGGEMAN Jacques	60	DEROM Marie
51	VAN WAESBERGHE Evenlyne	61	GINGILLINO Sylviane
55	BOARETTO Nadia	62	LAMBRECHTS Jean Luc
56	BOURGEOIS Myriam	63	MOUYART Marie Anne
57	CHAPELLE Marie-Thérèse	64	PIERARD Pascal
58	DARDENNE Françoise	65	VAN DEN BRANDE Christa
59	DEFER Georgette		

## **BELGIUM TEAM 3 : CLUB WORKING AT THE COUNCIL OF THE EU**

**HEAD OF THE DELEGATION : Eva GONZALEZ**

**COACH : Eva GONZALEZ**

**MEMBERS OF THE DELEGATION :**

24	GONZALEZ EVA	68	TAPIAS I BADIA Margarita
66	DUFly Marc	47	Van Caillie Françoise
67	MANZANO Pascal		

## **BELGIUM TEAM 4 : ECOLE LA GRANDE VADROUILLE**

### **BRUSSELS**

**HEAD OF THE DELEGATION : Christiane HEUZE**

**COACH : Christiane HEUZE**

**MEMBERS OF THE DELEGATION :**

27	HEUZE Christiane	72	FROMONT Annie
69	CLEVEN Marie Thérèse	73	TAMBUYSER Claudine
70	DEMAREST Claude	74	TRINH TINH Nguon
71	DEREMIENS Claire	75	UYTTEBROECK Anne Marie

## **BELGIUM TEAM 5 : GUANYUAN GENT**

**HEAD OF THE DELEGATION : An DEBIE**

**COACH : An DEBIE**

**MEMBERS OF THE DELEGATION :**

13	DEBIE AN	78	VERMEIRE Maria
76	CALLENS Arnold	79	VERMEULEN Myriam
77	MERTENS Michelle		



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



## **BELGIUM TEAM 6 : LE SOUFFLE DU BAMBOU NAMUR**

**HEAD OF THE DELEGATION : Francine DAMIT**

**COACH : Francine DAMIT**

**MEMBERS OF THE DELEGATION :**

11	DAMIT Francine	84	DELLEUZE Sylvianne
80	CAILBAULT Fabienne	85	DENIS Chantal
81	COURTENS Bénédicte	86	PATIGNY Brigitte
82	DE COSTER Hilde	87	PETRE Maguy
83	DECHAMPS Juliana	88	WARTIQUE Annie

## **BELGIUM TEAM 7 : ENTRE CIEL ET TERRE BRUSSELS**

**HEAD OF THE DELEGATION : Nicole VANDEN DORPEL**

**COACH : Nicole VANDEN DORPEL**

**MEMBERS OF THE DELEGATION :**

49	VANDEN DORPEL Nicole	92	HURBIN Viviane
89	CARPENTIER Michel	93	JODOGNE Arlette
90	DEROO Elisabeth	94	LHEUREUX Benoit
91	DEWITTE Marie Thérèse	95	SOTTIAUX Nadine

## **BELGIUM TEAM 8 : MONS HEALTH QIGONG**

**HEAD OF THE DELEGATION : Michel LOMBEAU**

**COACH : Pascale RUELLES**

**MEMBERS OF THE DELEGATION :**

96	VERHAS Patricia	100	JAUMONTTE Katty
97	BRIEGLER Sophie	101	KONZAK Birgitte
98	FACCIOLINI Patricia	102	LOMBEAU Michel
99	HABETS Isabelle	103	MAHIEU Sarah

## **BELGIUM TEAM 9 : BADEMA HEALTH QIGONG BRUSSELS**

**HEAD OF THE DELEGATION : BA DEMA**

**COACH : BA DEMA**

**MEMBERS OF THE DELEGATION :**

106	AMELLA Concetta	110	ORMANCEY Emmanuelle
107	BA DEMA	111	URIAN De SOUSA Monica
108	CALFA Roxana	112	VANDENDRIESSCHE Bernadette
109	IACONO Angela		



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**





# The first European Health Qigong Games

## GROUP COMPETITION :

### Game 1.1 : Yi Jin Jing group competition

- Teams :
1. Belgian Health Qigong Team 9 BADEMA Health Qigong
  2. British Health Qigong Association
  3. Serbian Qigong Association
  4. Instituto Qigong Barcelona
  5. Russia : Russian Daoyin Association

### Game 1.2 : Wu Qin Xi group competition

- Teams :
1. Belgian Health Qigong Life Care Centre team Jacques
  2. Belgian Health Qigong Life Care Centre Team An
  3. British Health Qigong Association
  4. Finnish Wushu Federation Health Qigong Branch
  5. Instituto Qigong Barcelona

### Game 1.3 : Liu Zi Jue group competition

- Teams :
1. Belgian Health Qigong Life Care Centre team Josiane
  2. Belgian Health Qigong Charleroi Health Qigong Team Jacques
  3. Belgian Health Qigong Charleroi Health Qigong Team Evelyne
  4. Greece : Hellenic Health Qigong Association
  5. Instituto Qigong Barcelona

### Game 1.4 : Ba Duan Jin

- Teams :
1. Belgian Health Qigong Life Care Centre team Suzanna
  2. Belgian Health Qigong Life Care Centre team Manu
  3. Belgian Health Qigong Life Care Centre team Fabian
  4. Belgian Health Qigong Ecole la Grande Vadrouille
  5. Belgian Health Qigong Entre Ciel et Terre
  6. Belgian Health Qigong Mons Health Qigong
  7. France : Sun Wu Kong
  8. France : Centre de Kungfu Wushu et techniques douces
  9. Russia : Russian Daoyin Association
  10. Spain : Instituto Qigong Barcelona

### Game 1.5 : Da Wu

- Teams :
1. Belgian Health Qigong Life Care Centre team Christiane
  2. Belgian Health Qigong Le Souffle du Bambou Namur
  3. France : Zhong Xing LILLE

### Game 1.6 : Mawangdui Daoyin Shu

- Teams :
1. Belgian Health Qigong Life Care Centre team Christiane
  2. France : Sun Wu Kong
  3. France : Centre de Kungfu Wushu et techniques douces
  4. France : Zhong Xing Lille
  5. Finland : Finnish Wushu Federation Health Qigong Branch
  6. Spain : Instituto Qigong Barcelona



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



### Game 1.7 : Shi Er Fa

- Teams :
1. Belgian Health Qigong Life Care Centre team Clémentine
  2. Belgian Health Qigong Life Care Centre team Manu
  3. Belgian Health Qigong Charleroi Health Qigong team Jacques
  4. Belgian Health Qigong Charleroi Health Qigong team Evelyne
  5. Belgian Health Qigong Club working at the council of the Eu
  6. Belgian Health Qigong Guan Yuan Ghent
  7. British Health Qigong

## INDIVIDUAL COMPETITION

### Game 2.1. : Yi Jin Jing : Men's competition

048 VAN DE MAELE Raymond	Belgain health Qigong Life Care Centre
127 NGUYEN Philippe	Centre de Kungfu Wushu et techniques douces
132 NGUYEN Etienne	Centre de Kungfu Wushu et techniques douces
133 NGUYEN Rubis	Centre de Kungfu Wushu et techniques douces
136 MAURY Pierre	Le souffle du Printemps
154 CHILDS Tony	HQFUK Great Britain
157 REG Carter	BHQA Great Britain
158 COLLINSON John	BHQA Great Britain
162 VAJAGIC Branislav	Serbian Qigong Association
163 BALANESKOVIC Sasa	Serbian Qigong Associaton
174 PESU Heikki	Finnish Wushu Federation Health qigong Branch
175 KORHONEN Aki	Finnish Wushu Federation Health qigong Branch
180 MATEU ASENS Frederic	Instituto Qigong Barcelona
182 BALART LUCAS Manuel	Instituto Qigong Barcelona
183 PASCUAL PUIG Francisco Javier	Instituto Qigong Barcelona
195 BUTRIMOV Vladimir	Russian Daoyin Association

### Game 3.1. : Yi Jin Jing : Women's competition

106 AMELLA Concetta	Belgian health Qigong Badema
108 CALFA Roxana	Belgian health Qigong Badema
111 URIAN de SOUSA Monica	Belgian health Qigong Badema
146 BAYARD Martine	Group Bayard France
151 HRIBAR Tina	Slovenian Health Qigong Association
155 GASCOYNE Carol	BHQA Great Britain
156 JACKSON Jan	BHQA Great Britain
159 BEEHARRY Min	BHQA Great Britain
160 ACIMOVIC Ilinka	Serbian Qigong Association
161 KOSO Marta	Serbian Qigong Association
170 PAAKKONEN Taina	Finnish Wushu Federation Health qigong Branch
172 MERILAINEN Jaana	Finnish Wushu Federation Health qigong Branch
178 LEONELLI SELLES Nuria	Instituto Qigong Barcelona
179 MOYA QUINTANA Indaira	Instituto Qigong Barcelona
181 ELA SANTIAGO Rosa Maria	Instituto Qigong Barcelona
194 VAMOURA Pavlina	Hellenic Health Qigong Association
197 PROKOFIEVA Natalia	Russian Daoyin Association
198 AZEM Anna	Russian Daoyin Association
201 LIMEI Sun	Gesundheits Qigong Zentrum Rendsburg



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



## Game 2.2. : Wu Qin Xi : Men's competition

002 ANTOINE Manu	Belgian Health Qigong Life Care Centre
008 COUTURIAUX Fabian	Belgian Health Qigong Life Care Centre
028 HOUBEN Pierre	Belgian Health Qigong Life Care Centre
125 JEAN BAPTISTE Josué Ismaël	Sun Wu Kong
127 NGUYEN Philippe	Centre de Kungfu Wushu et Techniques Douces
131 NGUYEN Etienne	Centre de Kungfu Wushu et Techniques Douces
132 NGUYEN Rubis	Centre de Kungfu Wushu et Techniques Douces
163 BALANESKOVIC Sasa	Serbian Qigong Association
166 HLYNUR Saevarsson	Drekinn Iceland
167 AEGISSON Vioar MIKAEL	Drekinn Iceland
173 PIRHONEN Pasi	Finnish Wushu Federation Health Qigong Branch
174 HEIKKI Pesy	Finnish Wushu Federation Health Qigong Branch
175 KORHONEN Aki	Finnish Wushu Federation Health Qigong Branch
177 WOON PING Wong	Qigong & Taiji Yangsheng CeL nter Denmark
180 MATEU ASENS Frederico	Instituto Qigong Barcelona
182 BALART LUCAS Manuel	Instituto Qigong Barcelona
183 PASCUAL PUIG Francesco Javier	Instituto Qigong Barcelona
185 CATRISSE BONET Roger Antoni	Instituto Qigong Barcelona
195 BUTRIMOV Vladimir	Russian Daoyin Association
199 ANTILOV Aman	Russian Health Qigong Association
203 KASE Gunter	Gesundheits Qigong Zentrum Rendsburg
204 RIOUX Jean Mario	Dutch Health Qigong Association
206 FANELLI Biagio	Federazione Italiana Wushu Kung Fu
207 SCHIAZZA Fabrizio	Federazione Italiana Wushu Kung Fu

## Game 3.2. : Wu Qin Xi : Women's competition

005 BURR TILDEN Tatiana	Belgian Health Qigong Life Care Centre
027 HEUZE Christiane	Belgian Health Qigong Life Care Centre
151 HRIBAR Tina	Slovenian Health Qigong Association
165 HERDIS Olinda Hjorvarsdottir	Drekinn Iceland
169 SATU Herno	Finnish Wushu Federation Health Qigong Branch
171 MINNA Toikka	Finnish Wushu Federation Health Qigong Branch
176 WONG Lilian Cecilie	Qigong & Taiji Yangsheng Center Denmark
178 LIONELLI SELLES Nuria	Instituto Qigong Barcelona
179 MOYA QUINTANA Indaira	Instituto Qigong Barcelona
181 ELIA SANTIAGO Rosa Maria	Instituto Qigong Barcelona
184 GIMENIEZ LUJAN Maria	Instituto Qigong Barcelona
186 FINAT REY Isabel	Instituto Qigong Barcelona
187 AYRES RUIS Raquel Maria	Instituto Qigong Barcelona
188 JIMENIZ VALENZUELA Maria Isabel	Instituto Qigong Barcelona
189 MARTINEZ MARTINEZ Maria Alej.	Instituto Qigong Barcelona
197 PROKOFEVA Natalia	Russian Daoyin Association
200 ANASTASIA Shcherbinina	Russian Health Qigong Association
201 LIMEI Sun	Gesundheits Qigong Zentrum Rendsburg
205 RIOUX Amber	Dutch Health Qigong Association



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



### Game 2.3. : Liu Zi Jue : Men's competition

004	BRUGGEMAN Jacques	Belgian Health Qigong Life Care Centre
162	VAJAGIC Branislav	Serbian Qigong Association
163	BALANESKOVIC Sasa	Serbian Qigong Association
180	MATEU ASENS Frederic	Instituto Qigong Barcelona
182	BALART LUCAS Manuel	Instituto Qigong Barcelona
185	CATRISSE BONET Roger Antoni	Instituto Qigong Barcelona
195	BUTRIMOV Vladimir	Russian Daoyin Association
203	KASE Gunter	Gesundheits Qigong Zentrum Rendsburg

### Game 3.3. : Liu Zi Jue : Women's competition

001	ALBRECHT Josiane	Belgian Health Qigong Life Care Centre
017	DENAEYER Graciella	Belgian Health Qigong Life Care Centre
022	GODFRAIND Fabienne	Belgian Health Qigong Life Care Centre
026	GUILLAUME Marie Paule	Belgian Health Qigong Life Care Centre
032	LAHY Françoise	Belgian Health Qigong Life Care Centre
041	ROBYN Inge	Belgian Health Qigong Life Care Centre
057	CHAPELLE Marie Thérèse	Belgian Health Qigong Charleroi Health Qigong
059	DEFER Georgette	Belgian Health Qigong Charleroi Health Qigong
063	MOUYART Marie Anne	Belgian Health Qigong Charleroi Health Qigong
147	GILLET Elisabeht	Altair Beijing
152	CHEN Sasa	Slovenian Health Qigong Association
153	CHEN Sana	Slovenian Health Qigong Association
155	GASCOYNE Carol	British Health Qigong Association
160	ACIMOVIC Ilinka	Serbian Health Qigong Association
165	HJORVARSDOTTIR Herdis Olina	Drekinn Iceland
178	LEONELLI SELLES Nuria	Instituto Qigong Barcelona
181	ELIA SANTIAGO Rosa Maria	Instituto Qigong Barcelona
184	GIMENIEZ LUJAN Maria	Instituto Qigong Barcelona
186	FINAT REY Isabel	Instituto Qigong Barcelona
187	AYRES RUIS Raquel Maria	Instituto Qigong Barcelona
188	JIMENIZ VALENZUELA Maria Isabel	Instituto Qigong Barcelona
189	MARTINEZ MARTINEZ Maria Alej.	Instituto Qigong Barcelona
201	LIMEI Sun	Gesundheits Qigong Zentrum Rendsburg

### Game 2.4. : Ba Duan Jin : Men's competition

002	ANTOINE Manu	Belgian Health Qigong Life Care Centre
008	COUTURIAUX Fabian	Belgian Health Qigong Life Care Centre
029	JEANMART Ludovic	Belgian Health Qigong Life Care Centre
042	SCHOTTEY Ruby	Belgian Health Qigong Life Care Centre
044	TENREIRO Mario	Belgian Health Qigong Life Care Centre
127	NGUYEN Philippe	Centre de Kungfu Wushu et Techniques Douces
131	NGUYEN Etienne	Centre de Kungfu Wushu et Techniques Douces
132	NGUYEN Rubis	Centre de Kungfu Wushu et Techniques Douces
136	MAURY Pierre	Le Souffle du Printemps
149	GARIN Pascal	Luxembourg Health Qigong
154	CHILDS Tony	Health Qigong Federation United Kingdom



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**





180	MATEU ASENS Frederic	Instituto Qigong Barcelona
182	BALART LUCAS Manuel	Instituto Qigong Barcelona
183	PASCUAL PUIG Francesco Javier	Instituto Qigong Barcelona
185	CATRISSE BONET Roger Antoni	Instituto Qigong Barcelona
195	BUTRIMOV Vladimir	Russian Daoyin Association
196	PROKOFEV Nikolai	Russian Daoyin Association
199	ANTILOV Aman	Russian Health Qigong Association
204	RIOUX Amber	Dutch Health Qigong Association
206	FANELLI Biagio	Federazione Italiana Wushu Kung Fu
207	SCHIAZZA Fabrizio	Federazione Italiana Wushu Kung Fu

### Game 3.4.: Ba Duan Jin :Women's competition

006	CASPERS Catherine	Belgian Health Qigong Life Care Centre
009	CRESPEL Marie	Belgian Health Qigong Life Care Centre
012	d'ASPREMONT LYNDEN Anne	Belgian Health Qigong Life Care Centre
020	GALLARDO Maria	Belgian Health Qigong Life Care Centre
026	GUILLAUME Marie Paule	Belgian Health Qigong Life Care Centre
031	LAFEAC Clémentine	Belgian Health Qigong Life Care Centre
035	MEZIANI Karim a	Belgian Health Qigong Life Care Centre
036	NAPOLIONE Isabella	Belgian Health Qigong Life Care Centre
052	VILLERS Christine	Belgian Health Qigong Life Care Centre
054	WYNANTS Bénédicte	Belgian Health Qigong Life Care Centre
081	COURTENS Bénédicte	Belgian Health Qigong Le Souffle du Bambou
128	DEL MISTRO Jannick	Centre de Kungfu Wushu et Techniques douces
148	RENARD Pascale	Luxembourg Health Qigong
151	HRIBAR Tina	Slovenian Health Qigong Association
153	CHEN Sana	Slovenian Health Qigong Association
181	ELIA SANTIAGO Rosa Maria	Instituto Qigong Barcelona
184	GIMENIEZ LUJAN Maria	Instituto Qigong Barcelona
186	FINAT REY Isabel	Instituto Qigong Barcelona
187	AYRES RUIS Raquel Maria	Instituto Qigong Barcelona
188	JIMENIZ VALENZUELA Maria Isabel	Instituto Qigong Barcelona
189	MARTINEZ MARTINEZ Maria Alej.	Instituto Qigong Barcelona
193	GIANNAKOPOULOU Eirini	Hellenic Health Qigong Association
197	PROKOFEVA Natalia	Russian Daoyin Association
198	AZEM Anna	Russian Daoyin Association
200	SHCHERBININA Anastasia	Russian Health Qigong Association
201	LIMEI Sun	GesundheitsQigong Zentrum Rendsburg
208	FAJRI Maria	Federazione Italiana Wushu Kung Fu
209	GAVIANO Stefania	Federazione Italiana Wushu Kung Fu

### Game 2.5.: Da Wu : Men' competition

136	MAURY Pierre	Le Souffle du Temps
175	KORHONEN Aki	Finnish Wushu Federation Health Qigong Branch



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**



### Game 3.5.: Da Wu :Women's competition

011 DAMIT Francine	Belgian Health Qigong Life Care Centre
027 HEUZE Christiane	Belgian Health Qigong Life Care Centre
031 LAFEAC Clémentine	Belgian Health Qigong Life Care Centre
054 WYNANTS Bénédicte	Belgian Health Qigong Life Care Centre
085 DENIS Chantal	Belgian Health Qigong Le souffle du Bambou
105 RUELLE Pascale	Belgian Health Qigong Mons Health Qigong
108 CALFA Roxana	Belgian health Qigong Badema
109 IACONO Angela	Belgian Health Qigong Badema
110 ORMANCEY Emmanuelle	Belgian health Qigong Badema
165 HJORVARSDOTTIR Olina Herdis	Drekinn-Iceland
170 PAAKKONEN Taina	Finnish Wushu Federation Health Qigong Branch
172 MERILAINEN Jaana	Finnish Wushu Federation Health Qigong Branch
179 MOYA QUINTANA Indaira	Intituto Qigong Barcelona

### Game 2.6.: Mawangdui :Men's competition

002 ANTOINE Manu	Belgian Health Qigong Life Care Centre
044 TENREIRO Mario	Belgian Health Qigong Life Care Centre
136 MAURY Pierre	Le Souffle du Printemps
154 CHILDS Tony	HQFUK
173 PIRHONEN Pasi	Finnish Wushu Federation Health Qigong Branch
174 HEIKKI Pesy	Finnish Wushu Federation Health Qigong Branch
175 KORHONEN Aki	Finnish Wushu Federation Health Qigong Branch
183 PASCUAL PUIG Francesco Javier	Instituto Qigong Barcelona
185 CATRISSE BONET Roger Antoni	Instituto Qigong Barcelona
204 RIOUX Jean Mario	Dutch Health Qigong Association

### Game 3.6.: Mawangdui :Women's competition

006 CASPERS Catherine	Belgian Health Qigong Life Care Centre
024 GONZALEZ Eva	Belgian Health Qigong Life Care Centre
027 HEUZE Christiane	Belgian Health Qigong Life Care Centre
032 LAHY Françoise	Belgian Health Qigong Life Care Centre
033 LECONTE Anicette	Belgian Health Qigong Life Care Centre
035 MEZIANI Karima	Belgian Health Qigong Life Care Centre
106 AMELLA Concetta	Belgian Health Qigong Badema
107 BA DE MA	Belgian Health Qigong Badema
128 DEL MISTRO Jannick	Centre de Kungfu wushu et techniques douces
139 DZIERZEK Sophie	Zhong Xing Lille
146 BAYARD Martine	Group Bayard Martine
151 HRIBAR Tina	Slovenian Health qigong Association
169 HERNO Satu	Finnish Wushu Federation Health Qigong branch
171 TOIKKA Minna	Finnish Wushu Federation Health Qigong branch
179 MOYA QUINTANA Indaira	Instituto Qigong Barcelona
184 GIMENIEZ LUJAN Maria	Instituto Qigong Barcelona
186 FINAT REY Isabel	Instituto Qigong Barcelona
187 AYRES RUIS Raquel Maria	Instituto Qigong Barcelona



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**





- 188 JIMENIZ VALENZUELA Maria Isabel Instituto Qigong Barcelona  
 189 MARTINEZ MARTINEZ Maria Alej. Instituto Qigong Barcelona

### Game 2.7.: Shi Er Fa : Men's competition

- |                         |   |
|-------------------------|---|
| 002 ANTOINE Manu        | Belgian Health Qigong Life Care Centre                  |
| 008 COUTURIAUX Fabian   | Belgian Health Qigong Life Care Centre                  |
| 042 SCHOTTEY Ruby       | Belgian Health Qigong Life Care Centre                  |
| 044 TENREIRO Mario      | Belgian Health Qigong Life Care Centre                  |
| 062 LAMBRECHTS Jean Luc | Belgian Health Qigong Charleroi Health Qigong           |
| 067 MANZNO Pascal       | Club Working and Health Qigong at the Council of the EU |
| 134 VADON Pascal        | Kunming Ecole Française de Zhang Guang De               |
| 154 CHILDS Tony         | Health Qigong Federation United Kingdom                 |
| 157 REG Carter          | British Health Qigong Association                       |
| 158 COLLINSON John      | British Health Qigong Association                       |
| 177 WONG Woon-Ping      | Qigong & Taiji Yangsheng Center Denmark                 |
| 195 BUTRIMOV Vladimir   | Russian Daoyin Association                              |
| 199 AMAN Atilov         | Russian Health Qigong Association                       |
| 202 LI Shiping          | Gesundheits Qigong Zentrum Rendsburg                    |
| 204 RIOUX Jean Mario    | Dutch Health Qigong Association                         |

### Game 3.7.: Shi Er Fa : Women's competition

- |                                 |   |
|---------------------------------|---|
| 003 BOURGOIS Gwenola            | Belgian Health Qigong Life Care Centre        |
| 007 CHARVIN Marie               | Belgian Health Qigong Life Care Centre        |
| 010 DA CONCEICAO JOAQUIM Nyota  | Belgian Health Qigong Life Care Centre        |
| 013 DEBIE An                    | Belgian Health Qigong Life Care Centre        |
| 015 DELPIRE Béatrice            | Belgian Health Qigong Life Care Centre        |
| 023 GODIN Marie Agnès           | Belgian Health Qigong Life Care Centre        |
| 031 LAFEAC Clémentine           | Belgian Health Qigong Life Care Centre        |
| 034 MALZACHER Susanna           | Belgian Health Qigong Life Care Centre        |
| 037 PEROI Elise                 | Belgian Health Qigong Life Care Centre        |
| 039 PLASMAN Gladys              | Belgian Health Qigong Life Care Centre        |
| 045 TEICHER Pierrette           | Belgian Health Qigong Life Care Centre        |
| 051 VAN WAESBERGE Evelyne       | Belgian Health Qigong Life Care Centre        |
| 053 WEISSGERBER Ghislaine       | Belgian Health Qigong Life Care Centre        |
| 055 BOARETTO Nadia              | Belgian Health Qigong Charleroi Health Qigong |
| 058 DARDENNE Françoise          | Belgian Health Qigong Charleroi Health Qigong |
| 135 LIVE MACHADO Odile          | Kunming école française de Zhang Guang De     |
| 155 GASCOYNE Carol              | British Health Qigong Association             |
| 156 JAN Jackson                 | British Health Qigong Association             |
| 159 BEEHARRY Min                | British Health Qigong Association             |
| 165 HJORVARSDOTTIR Herdis Olina | Drekinn-Iceland                               |
| 176 WONG Lilian Cecilie         | Qigong & Taiji Yangsheng Center Denmark       |
| 178 LEONELLI SELLES Nuria       | Instituto Qigong Barcelona                    |
| 200 SHCHERBININA Anastasia      | Russian Health Qigong Association             |
| 208 FAJRI Maria                 | Federazione Italiana Wushu Kung Fu            |
| 209 GAVIANO Stefania            | Federazione Italiana Wushu Kung Fu            |



## The First European Health Qigong Games Mons (Belgium) : 10-15 July 2014



## THE FREE PULLMAN PICK UP SERVICE

10 JULY 2014	08.00	Sport Centre Mons Havré : Rue Saint Antoine 1
	08.20	Hotel Lido Arret TEC
	08.25	Youth Hotel Parking Car Rue Houssière Mons
	08.30	Hotel Ibis Bd Charles Quint 27 B
	08.35	Dream Hotel Rue des Charetriers
	08.40	Hotel St Joseph Infotel
	08.45	St James Hotel Avenue Reine Astrid
	08.50	Avenue du Champ de Mars : University
	17.30	Back to those hotels
11 July 2014	08.05	Hotel Lido Arret TEC
	08.10	Youth Hotel Parking Car Rue Houssière Mons
	08.15	Hotel Ibis Bd Charles Quint 27 B
	08.20	Dream Hotel Rue des Charetriers
	08.25	Hotel St Joseph Infotel
	08.30	St James Hotel Avenue Reine Astrid
	08.50	Sport Centre Mons Havré : Rue Saint Antoine 1
	17.00	Transfert to the "Grand Place" of Mons After the workshop on the Grand Place and the reception for the head of the delegations walk to your hotel or take the local free shuttle bus
12 July 2014	07.30	Hotel Lido Arret TEC
	07.35	Youth Hotel Parking Car Rue Houssière Mons
	07.40	Hotel Ibis Bd Charles Quint 27 B
	07.45	Dream Hotel Rue des Charetriers
	07.50	Hotel St Joseph Infotel
	07.55	St James Hotel Avenue Reine Astrid
	08.15	Sport Centre Mons Havré : Rue Saint Antoine 1
	18.00	Back to those Hotels
13 July 2014	07.45	Hotel Lido Arret TEC
	07.50	Youth Hotel Parking Car Rue Houssière Mons
	07.55	Hotel Ibis Bd Charles Quint 27 B
	08.00	Dream Hotel Rue des Charetriers
	08.05	Hotel St Joseph Infotel
	08.10	St James Hotel Avenue Reine Astrid
	08.30	Sport Centre Mons Havré : Rue Saint Antoine 1
	23.00	Back to those Hotels after the Banquet
14 July 2014	06.45	Hotel Lido Arret TEC
	06.50	Youth Hotel Parking Car Rue Houssière Mons
	06.55	Hotel Ibis Bd Charles Quint 27 B
	07.00	Dream Hotel Rue des Charetriers
	07.05	Hotel St Joseph Infotel
	07.10	St James Hotel Avenue Reine Astrid
	07.30	Sport Centre Mons Havré : Rue Saint Antoine 1
	17.30	Back to the hotels



**The First European Health Qigong Games**  
**Mons (Belgium) : 10-15 July 2014**







## The First European Health Qigong Games Mons (Belgium) : 10-15 July 2014







## The Symbolism of the International Health Qigong Federation Logo

The design of the Olive branches holding the earth symbolise the theme of the International Health Qigong Federation: friendship, harmony, mutual inclusiveness and common development.

The dragon implies Yang and the phoenix implies Yin. Prosperity brought by the dragon and phoenix in extremely good fortune symbolise the traditional cultural philosophy of the balance between Yin and Yang as well as improvement of the physical and mental condition in Health Qigong. The integration of the dragon's power and the phoenix's gentle beauty symbolise Health Qigong's unique idea of cultivation and well being, which is a combined quality of dynamic and static, firmness and flexibility.

The alphabets in the design are the abbreviations of the English name of the International Health Qigong Federation.

The green colour expresses the good vision of Health Qigong: the pursuit of the nature, value of life and the harmony of heaven, earth and human being.



**The First European Health Qigong Games  
Mons (Belgium) : 10-15 July 2014**

