



国际健身气功联合会

INTERNATIONAL HEALTH QIGONG FEDERATION

INTERNATIONAL HEALTH QIGONG FEDERATION IN **EUROPE**

THE FIRST EUROPEAN HEALTH QIGONG GAMES

NOTIFICATION

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’Havré

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 Havré.

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VII. Event

1. "The 1st European Health Qigong Forum" organized at and with the University of Mons (Belgium)
2. 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 with the officials.
4. The 1st European Health Qigong Tournament
5. Health Qigong demonstrations (place: further notice)
6. Duan Examination on Health Qigong

VIII. Schedule

- July 9th Registration
Venue: Centre Sportif du Domaine Provincial du bois d'Havr 
- July 10th The 1st European Health Qigong Forum
Venue: University of Mons (at 5 km or 11 minutes from the sport Centre)
- July 11th
 1. The 1st European Health Qigong Referee Training Seminar
 2. Health Qigong initiation workshops in different locations of the town with local representatives and local people
 3. Technical meeting for the Tournament (in the evening)
Venue: further notice
- July 12th to 13th
 1. The 1st European Health Qigong Tournament
 2. Banquet (in the evening)
Venue: further notice
- July 14th Health Qigong demonstrations
Venue: further notice
- July 15th Duan examination
- July 16th Departure

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.

For the Transport facilities we will give you more details soon. We will help with the cars of our team members for the transport of those who come by plane.

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: 40 € 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.

X. Registration

1. European IHQF Members and invited Health Qigong organizations are kindly requested to fill in the attached forms as required and send it back to the BELGIAN HEALTH QIGONG FEDERATION and to the IHQF Secretariat via email.

2. The deadline of application is 10th, June 2014. Late applicants are allowed to participate in the "Games", but their names will not be included in the Program book and scores will be void.

3. The Registration date is 9th, July 2014.

The registration place is : Centre Sportif du Domaine Provincial du bois d'Havr 

Address: Rue Saint Antoine 1 7021 MONS (Havr )

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http://www.hainaut.be/sante/osh/template/template.asp?page=plan_acces&idg=3

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.

We will send you the phone numbers of our team members who take care of the registration.

XI. Other Issues

1. 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.
2. 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.
3. Duan examination for Duan 1, 2 and 3 shall be conducted during the event. Evaluation for higher Duan is postponed for the reason that new Duan Evaluation System is in the process of formulation.
4. Application forms can be downloaded from the official website of the Belgian Health Qigong Federation (http://www.healthqigongbelgium.be/activites_europe_en.html) and from the Chinese Health Qigong Association. (<http://jsqg.sport.org.cn/>)

XII. Contact Information

Belgian Health Qigong Federation
Contact Person : Clementine Lafeac
Tel : 003226496237
Email : clementine.lafeac@lifecarecentre.be

Secretariat of International Health Qigong Federation
Contact Person: Ms. He Xin
Tel: 00861067052078
E-mail: intelhqf@126.com

XIII. Matters not mentioned herein will be informed later.

XIV. The Organizing Committee of the 1st European Health Qigong Games reserves the right for final interpretation of this Notification.

Appendix 1: Recommendation List of Local Hotels

Appendix 2: Notification on “The 1st European Health Qigong Forum”

Appendix 3: Rules and Regulations of “The 1st European Health Qigong Tournament”

Appendix 4: Notification on “The 1st European Health Qigong Referee Training Seminar”

Appendix 5: Notification on Health Qigong Duan Examination

Appendix 6: Participant Declaration of “The 1st European Health Qigong Games”

Appendix 7: Application Forms

March 25, 2014

International Health Qigong Federation



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Appendix 1

RECOMMENDATION LIST OF LOCAL HOTELS (Part I)

Attention : the prices are the actual prices per night. There may be additional city taxes																
<p>1. Student rooms located on the Games area : limited number of very cheap rooms : single to 12 persons rooms (showers and toilets on the corridor) Address : rue Saint Antoine 1 7021 MONS (Havr�) limited number of very cheap rooms : single to 12 persons rooms (showers and toilets on the corridor)</p>	<p>Price : Room : 11 �per person Breakfast : 3.5 �per person Parking : free : large parking on the area.</p>															
<p>2. Youth Hostel of Mons : Auberge de Jeunesse de Mons Address : Rampe du Ch�teau 2 7000 MONS 003265875570 Mons@lesaubergesdejeunesse.be http://www.lesaubergesdejeunesse.be</p>	<p>Price : per person : capacity : 110 rooms available</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Type</th> <th>-26 years</th> <th>+ 26 years</th> </tr> </thead> <tbody> <tr> <td>4 persons room</td> <td>21 �</td> <td>23 �</td> </tr> <tr> <td>2 persons room</td> <td>26 �</td> <td>28 �</td> </tr> <tr> <td>Single room</td> <td>36 �</td> <td>38 �</td> </tr> </tbody> </table> <p>Breakfast included Parking : - you have to park your car in the street.</p>	Type	-26 years	+ 26 years	4 persons room	21 �	23 �	2 persons room	26 �	28 �	Single room	36 �	38 �			
Type	-26 years	+ 26 years														
4 persons room	21 �	23 �														
2 persons room	26 �	28 �														
Single room	36 �	38 �														
<p>3. St James Hotel *** MONS Address : Place de Flandre 8 7000 MONS 003265724824 hotelsjames@hotmail.com http://www.hotelstjames.be</p>	<p>Price : per room : capacity 21 rooms available</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>Individual rooms</td> <td>73 �</td> </tr> <tr> <td>Double rooms</td> <td>83 �per room</td> </tr> </tbody> </table> <p>Breakfast not included : 12 �per person Parking : 7 places : 10 �per night</p>	Individual rooms	73 �	Double rooms	83 �per room											
Individual rooms	73 �															
Double rooms	83 �per room															
<p>4. IBIS MONS*** Address : Boulevard Charles Quint 27B 7000 MONS 003265847440 ibismons@cgmhotels.com http://www.ibismons.be/</p>	<p>Price : per room : capacity 72 rooms available</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Type</th> <th>Weekday</th> <th>Fri-Sat-Sunday</th> </tr> </thead> <tbody> <tr> <td>Single</td> <td>89</td> <td>78</td> </tr> <tr> <td>Double</td> <td>89</td> <td>78</td> </tr> </tbody> </table> <p>Breakfast not included : 14 �per person Parking 30 places : 9 � night</p>	Type	Weekday	Fri-Sat-Sunday	Single	89	78	Double	89	78						
Type	Weekday	Fri-Sat-Sunday														
Single	89	78														
Double	89	78														
<p>5. Infotel Mons*** Address : Rue d'Havr� 32 7000 Mons 003265401830 info@hotelinfotel.be http://www.hotelinfotel.be/en/index.php</p>	<p>Price : per room : capacity 34 rooms available</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Type</th> <th>Without breakfast</th> <th>With breakfast</th> </tr> </thead> <tbody> <tr> <td>Single</td> <td>79.25</td> <td>88.75</td> </tr> <tr> <td>Double kingsize</td> <td>79.25</td> <td>100</td> </tr> <tr> <td>Double 2 beds</td> <td>79.25</td> <td>100</td> </tr> <tr> <td>Double comfort with kingsize</td> <td>101</td> <td>121</td> </tr> </tbody> </table> <p>Parking : 10 places : free</p>	Type	Without breakfast	With breakfast	Single	79.25	88.75	Double kingsize	79.25	100	Double 2 beds	79.25	100	Double comfort with kingsize	101	121
Type	Without breakfast	With breakfast														
Single	79.25	88.75														
Double kingsize	79.25	100														
Double 2 beds	79.25	100														
Double comfort with kingsize	101	121														
<p>6. Hotel Monte Christo ***Nimy Route d'Ath 119 7020 Nimy 003265871101 info@monte-christo.eu http://www.monte-cristo.eu/</p>	<p>Price : per room : 7 rooms available</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Type</th> <th>Weekday</th> <th>Fri-Sat-Sunday</th> </tr> </thead> <tbody> <tr> <td>Double Kingsize</td> <td>89</td> <td>79</td> </tr> <tr> <td>Single</td> <td>79</td> <td>69</td> </tr> </tbody> </table> <p>Breakfast 12 � Parking : free</p>	Type	Weekday	Fri-Sat-Sunday	Double Kingsize	89	79	Single	79	69						
Type	Weekday	Fri-Sat-Sunday														
Double Kingsize	89	79														
Single	79	69														

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RECOMMENDATION LIST OF LOCAL HOTELS (Part II)

<p>7. Abbeyfarm Le Roelx **** Chemin de l'abbaye de Saint Feuillien 10 7070 Le Roelx 003264677117 info@abbeyfarm.be http://www.abbeyfarm.be/</p>	<p>Price : per room 3 rooms available</p> <table border="1" data-bbox="774 293 1361 465"> <thead> <tr> <th>Type</th> <th></th> </tr> </thead> <tbody> <tr> <td>Double Kingsize 2 persons</td> <td>90</td> </tr> <tr> <td>Double 2 beds 2 persons</td> <td>65</td> </tr> <tr> <td>Double Kingsize 1 person</td> <td>85</td> </tr> <tr> <td>Double 2 beds 1 person</td> <td>60</td> </tr> </tbody> </table> <p>Breakfast included Parking : free</p>	Type		Double Kingsize 2 persons	90	Double 2 beds 2 persons	65	Double Kingsize 1 person	85	Double 2 beds 1 person	60		
Type													
Double Kingsize 2 persons	90												
Double 2 beds 2 persons	65												
Double Kingsize 1 person	85												
Double 2 beds 1 person	60												
<p>8. Dream****Mons Rue de la Grande Triperie 17 7000 Mons 003265629720 info@dream-mons.be http://www.dream-mons.be/en/</p>	<p>Price: per room: 43 rooms available</p> <table border="1" data-bbox="774 560 1361 663"> <thead> <tr> <th>Type</th> <th></th> </tr> </thead> <tbody> <tr> <td>Double 2 beds</td> <td>90</td> </tr> <tr> <td>Single 1 person</td> <td>75</td> </tr> </tbody> </table> <p>Breakfast: 12.50 € Parking 30 places : free</p>	Type		Double 2 beds	90	Single 1 person	75						
Type													
Double 2 beds	90												
Single 1 person	75												
<p>9. Best Western Plus Hotel Lido Mons **** Rue des Arbalestriers 112 7000 MONS 003265327800 info@lido.be http://www.lido.be/?lang=en#&panel1-2</p>	<p>Price: per room: 73 rooms available</p> <table border="1" data-bbox="774 784 1407 983"> <thead> <tr> <th>Type</th> <th>Monday and Thursday</th> <th>Tuesday and Wednesday</th> <th>Friday Saturday Sunday</th> </tr> </thead> <tbody> <tr> <td>Double(kingsize and twin)</td> <td>135</td> <td>145</td> <td>84</td> </tr> <tr> <td>Single</td> <td>119</td> <td>129</td> <td>84</td> </tr> </tbody> </table> <p>Breakfast included Parking 20 places : 10 €/ night</p>	Type	Monday and Thursday	Tuesday and Wednesday	Friday Saturday Sunday	Double(kingsize and twin)	135	145	84	Single	119	129	84
Type	Monday and Thursday	Tuesday and Wednesday	Friday Saturday Sunday										
Double(kingsize and twin)	135	145	84										
Single	119	129	84										
<p>10. Mercure Nimy **** Rue des Fusillés 12 7020 Nimy 003265723685 Mercuremons@cgmhotels.com http://www.mercure.com/gb/hotel-5635-hotel-mercure-mons/index.shtml</p>	<p>Price : per room : 53 rooms available</p> <table border="1" data-bbox="774 1081 1407 1218"> <thead> <tr> <th>Type</th> <th></th> </tr> </thead> <tbody> <tr> <td>Double</td> <td>99</td> </tr> <tr> <td>Individual</td> <td>99</td> </tr> <tr> <td>Double 3 persons</td> <td>114</td> </tr> </tbody> </table> <p>Breakfast : 17 Parking : 50 places : free</p>	Type		Double	99	Individual	99	Double 3 persons	114				
Type													
Double	99												
Individual	99												
Double 3 persons	114												

Appendix 2

THE FIRST EUROPEAN HEALTH QIGONG FORUM

NOTIFICATION

I. Date

July 10th 2014 from 10:00 to 12:00 and from 14:00-17:00

I. Place

University of Mons

II. 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.

After every two speakers there will be a health qigong demonstration.

V. Participants

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

VI. Transportation

By car or by Pullman. Details will be given.

Lunch facility : a lunch will be served at the price of 12 €

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

Appendix 3

THE FIRST EUROPEAN HEALTH QIGONG TOURNAMENT

RULES AND REGULATIONS

I. Date

July 12th to 13th 2014

II. Place

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

III. Content

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

1. Health Qigong – Yi Jin Jing
2. Health Qigong – Wu Qin Xi
3. Health Qigong – Liu Zi Jue
4. Health Qigong – Ba Duan Jin
5. Health Qigong – Dawu Exercise
6. Health Qigong – Mawangdui Daoyin Exercises
7. 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.
2. 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.

VI. Ranking and Awards

1. Awards will be given to athletes according to the ranking of their results:

1.1. 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;

1.2. 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 top5;
- 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.

2. 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

Team leaders and coaches should attend the technical meeting scheduled in the evening of July 11th, 2014. 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 venue is to be further noticed.

Appendix 4

THE FIRST EUROPEAN REFEREE TRAINING SEMINAR

NOTIFICATION

I. Date

July 11th 2014

II. Place

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

III. Participants

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

IV. Curriculum

- i. Learn the rules for Health Qigong Competition
- ii. Explain the key points of movements and grading of Health Qigong
- iii. Internship for the referees

V. Training fees

80 €per person

Appendix 5

HEALTH QIGONG DUAN EXAMINATION

NOTIFICATION

I. Date

July 15th 2014

II. Place

Centre Sportif du Domaine Provincial du bois d'Havré

Address: Rue Saint Antoine 1 7021 MONS (Havré)

http://www.hainaut.be/sante/osh/template/template.asp?page=plan_acces&idg=3

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.

1. One(1) Application Form of Set and Duan Technique Degrees Abroad of Chinese Health Qigong
2. Two (2) copies of recent passport picture
3. 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/>).

Appendix 6

THE FIRST EUROPEAN HEALTH QIGONG GAMES

PARTICIPANT DECLARATION

I hereby voluntarily attend the 1st European Health Qigong Games and commit to bear all consequences of any accident or legal disputes, including any claim action requests during the event. Meanwhile, myself, my heir, my personal assistant, my agent and personal deputy shall not sue either the organizing committee or the organizer. I hereby agree and comply with all the Games regulations made by the organizing committee. I shall comply with the arbitral results if I had any objection. I agree that all the footages which include my activities in the event can be used in the live and broadcast. I also give the permission that International Health Qigong Federation, Belgian Health Qigong Federation and the Chinese Health Qigong Association can use my personal name, address, audio, actions and images in whole or in part without any compensation or recovers.

I have been aware of and fully understand declaration above.

(Participants under the age of 18 need the parent or legal guardian to sign.)

Signature:

Parent / legal guardian signature:

Date(D/M/Y): . . . 2014