



2016 Health Qigong International Forum

May 1- 6, 2016 Tokyo, Japan



Welcome to HQIF2016!

On behalf of the organizing committee, it is with great pleasure that we welcome you to the 2016 Health Qigong International Forum (HQIF2016), held in May 1-6, 2016 in the magnificent city of Tokyo, Japan's capital. HQIF2016 will be an excellent forum for Qigong practitioners and lovers to gather and to share knowledge, discuss ideas, get a deeper understanding on Health Qigong theory and practice as well as strengthen one's own Qigong skills through competition. This year, we offer two new events; Health Qigong performance show and public lectures, in addition to the traditional Health Qigong training courses, judge training courses and Health Qigong competitions. Through these technical program and events, we are certain that your understanding and skills of Qigong will be enriched. Along with attending the forum, participants are also encouraged to explore the vibrant city of Tokyo which has an endless source of attractions to see and enjoy. We look forward to welcoming you in Tokyo in May 2016!



May 1 - 3

The 4th All Japan Health Qigong Instructor Training Courses: Taichi Yang Sheng Zhang and Wu Qin Xi

Training Course Program:

- Day1: An advanced lecture on Health Qigong theory and revision of Qigong techniques
Day2: Wu Qin Xi Course (Lecture and Exercise)
Day3: Taichi Yang Sheng Zhang (Tachi Stick) Course (Lecture and Exercise)

Fees:

JPY35,000 per person (the fee includes a copy of course completion certificate and a banquet ticket)

Taichi Yang Sheng staff are also available for purchases, starting at JPY5,000/staff. Rental services are also provided at JPY300/staff.

For those who wish to apply for the Duan certification exam (1-3 Duan), please submit the application form along with a payment of USD50.

May 4

Judge Training Course for International Health Qigong, Japan Chapter

Course Content:

A lecture on regulations and scoring rules of Health Qigong competitions. An assessment will also be held after the lecture. Participants with a high score on the assessment will be selected as the judges for the Health Qigong competition held on May 6th.

Eligibility:

A recommendation from your organization. For those who are not part of any organization and wish to participate, you are required to have 2 Duan or above, or have more than 2 years of experience with Health Qigong practices, or are well versed with at least 2 Health Qigong techniques.

Participation Fee: JPY15,000 (includes a copy of course completion certificate issued by the organizing committee)



May 5

Public Lectures on Health Qigong

9:30 – 11:45

Topic: Health Qigong and its Medical Effects

Speakers: Prof. Zheng En LI, Prof. Chang CHEN (more TBA)

Fee: JPY2,000

14:00 – 16:30

Topic: Special Lecture on Ma Wang Dui Dao Yin Shu

Speakers: Prof. Zhen WANG (more TBA)

Fee: JPY4,000

Venue

National Olympic Memorial Youth Center, Tokyo, Japan

Registration

Deadline: March 30, 2016

Please complete the registration form "Entry Form (For English)" which can be found at <http://www.qigong-culture.jp>



Contact Us

Chao Liu

General Chair

NPO Qigong Cultural Center

Email: npo.q.c.c@outlook.jp

May 6

**The 1st International Health Qigong Performing Arts and Competition
Japan Chapter**

Performance Shows:

- ☼ Yi Jin Jing
- ☼ Tachi Yang Sheng Zhang
- ☼ Ba Duan Jin
- ☼ Wu Qin Xi
- ☼ Dao Yin Yang Sheng Shi Er Fa
- ☼ Da Wu
- ☼ Liu Zi Jue
- ☼ Ma Wang Dui Dao Yin Shu
- ☼ Shi Er Duan Jin

Individual and Team Competitions:

- ☼ Yi Jin Jing
- ☼ Ba Duan Jin
- ☼ Liu Zi Jue
- ☼ Wu Qin Xi

***Special performance of Ma Wang Dui Dao Yin Shu technique and Tachi Yang Sheng Zhang technique by first class instructors from the Chinese Health Qigong Association. To obtain a seat, participation in the performance show or competition is required.**

Eligibility:

Performance Show	No restrictions. Anyone can participate.
Individual Competition	Group 1: Under 65 years of age (children under 13 years must submit a signed guardian consent). Group 2: Over 65 years of age. Each individual may participate up to 2 individual competition events.
Team Competition	Must have at least 4 members. No separation of age group for team competition. Each team may enter up to 2 team competition events.

Prizes and Awards:

Performance Show: Participation medal

Individual Competition: Medal and certificate

Team Competition: Trophy and certificate

Fees:

Performance Show: JPY2,000/person/technique

Individual Competition: JPY3,000/person/technique

Team Competition: JPY10,000/team/technique + JPY3,000/person/technique

