



# 国际健身气功联合会

## INTERNATIONAL HEALTH QIGONG FEDERATION

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### THE THIRD HEALTH QIGONG SEMINAR FOR EUROPEAN INSTRUCTORS & THE EUROPEAN HEALTH QIGONG FRIENDLY PERFORMANCE

## CIRCULAR

#### I DATE

Seminar: July 14<sup>th</sup> to 19<sup>th</sup>, 2015

Registration: July 13<sup>th</sup>, 2015

Departure: July 20<sup>th</sup>, 2015

#### II PLACE

Brussels, Belgium

Venue : Hotel : Dolce La Hulpe Brussels

135 Chaussée de Bruxelles

La Hulpe, Brussels 1310, BE

#### III ORGANIZER

International Health Qigong Federation (hereinafter referred as "IHQF")

#### IV HOST

Belgium Health QI GONG Federation (hereinafter referred as "BHQF")

#### V PROGRAM

1. Lectures on Health Qigong and Chinese Health Cultivation Culture
2. Lectures and Training Workshop on Health Qigong Wu Qin Xi
3. Lectures and Training Workshop on Health Qigong Ba Duan Jin,
4. Duan Examination (Duan1, 2 and 3)

#### VI ENROLMENT

1. Each European Health Qigong organization is able to recommend unlimited number of participants to the seminar. Seminar participants should be professional European Health Qigong coaches with adequate Health Qigong experience for advanced training. IHQF will confirm the accredited participants.

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秘书处地址：北京市东城区天坛东里中区甲 14 号

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Secretariat: A No.14 Zhongqu Tiantandongli Dongcheng District Beijing, 100061 P.R.China

E-mail: [intelhqf@126.com](mailto:intelhqf@126.com) Tel: 0086-10-67051231;67052078 Fax: 0086-10-67052078

2. Seminar participants shall pay EURO €100 as entry fee (including one book, one CD, one DVD of Wu Qin Xi and Ba Duan Jin) in cash to BHQF. Seminar participants have to live in the recommended hotel (Dolce La Hulpe Hotel) during the seminar session for the convenience of training. The board and lodging, transportation will be borne by the participants.
3. All enrolled participants are welcomed to volunteer to perform Health Qigong in European Health Qigong Friendly Performance during the Seminar. Transportation and lunch between the recommended hotel and the exhibition square will be provided.
4. The Duan examination is optional. Duan application fee is USD\$50 or EURO€50 for Duan1, 2 and 3.
5. Health Qigong clothes and shoes are required during seminar.

## **VII HOTEL RATE AND OTHER FEES**

1. The rate of board and lodging for Dolce La Hulpe Hotel is as following:  
 Single room full board (three meals): EURO €120 a day/person +1.27 €city tax a day per person  
 Shared twin room (three meals): EURO €80 a day /person + 1.27 €city tax a day per person
2. The seminar banquet is scheduled to be held on July 19th, 2015 in Dolce La Hulpe Hotel. An additional amount of EURO €20 per person for the entrance ticket shall be paid during registration.

## **VIII ACCREDITATION AND REGISTRATION**

1. Participating organization shall send its Registration Form and Duan Application form of seminar participant(s) to BHQF and IHQF via email or fax before June 15, 2015.
2. The participants are kindly requested making the hotel booking on the following website before May 21,2015: <https://aws.passkey.com/event/13868900/owner/79160/landing>  
 This is the only way to book the room for this event.
3. The participants are kindly requested checking-in and finishing registration directly at Dolce La Hulpe Hotel on July 13,2015.
4. For Duan Applicants, the extra materials are required as following:  
 A printed copy of Application with signature;  
 Two identity photos for Duan Certificate;  
 A carbon copy of currently highest Duan certificate.

## **IX EXTRA INFORMATION**

1. The official languages of the seminar are both Chinese and English.
2. The organizer and host of the seminar cannot accept any liability for accidents, illness or injuries taking place during the seminar. Therefore, it is advisable for the participants to make an insurance policy for their travel and stay.
3. Seminar participants are required to submit *Insurance Declaration*, which will be sent with *Registration Form*, before registration.
4. Further information regarding Duan examination will be released otherwise.

## **X CONTACT INFORMATION**

1. Belgian Health Qigong Federation ASBL  
Contact Person : Clementine Lafeac  
Tel: 003226496237  
Email: pierre@advocaat-dekeukelaere.be
2. International Health Qigong Federation  
Tel: 0086-10-67051231/2078  
Fax: 0086-10-6705 2078  
Email: intelhqf@126.com

## **XI IHQF RESERVES THE RIGHT FOR FINAL INTERPRETATION OF THIS ANNOUNCEMENT.**

**Appendix 1:** Seminar Program Outline

**Appendix 2:** Registration form

**Appendix 3:** Duan Application form

**Appendix 4:** Insurance Declaration



International Health Qigong Federation  
April 15, 2015

## Appendix 1

### THE THIRD HEALTH QIGONG SEMINAR FOR EUROPEAN INSTRUCTORS & THE EUROPEAN HEALTH QIGONG FRIENDLY PERFORMANCE

#### PROGRAM OUTLINE

DATE	TIME	PROGRAM
July 13	Whole Day	1.Check-in and Registration, 2. Training Room Setting, 3. Training Preparation
	14:00	Preparatory Work Meeting for Trainers
July 14	08:30-11:00	Lectures and Colloquia on Health Qigong
	11:00-12:00	Opening Ceremony
	12:00-12:15	Group Photographing
	14:00-18:00	<b>Training: Health Qigong Wu Qin Xi</b> 1.Introduction: characteristics, history 2. Training of movements (Text Book Version) 3.Illustration of how movements activates the breath, mentality, channels and collaterals, and acupuncture points of Exercisers 4. Illustration of how to teach students with different levels 5. Examination and Q&A
July 15	08:00-11:30	The European Health Qigong Friendly Performance Celebrating the 40 <sup>th</sup> Anniversary of China-EU Relations
	14:00-18:00	
July 16	08:30-12:00	<b>Training: Health Qigong Ba Duan Jin</b> 1.Introduction: characteristics, history 2. Training of movements (Text Book Version) 3.Illustration of how movements activates the breath, mentality, channels and collaterals, and acupuncture points of Exercisers 4. Illustration of how to teach students with different levels 5. Examination and Q&A
	14:00-18:00	
July 17	08:30-12:00	Lectures on Health Qigong and Chinese Health Cultivation Culture
	14:00-18:00	
July 18	08:30-12:00	Duan Examination and Closing Ceremony
	14:00-18:00	
July 19	19:00	Banquet
	19:00	Banquet
July 20	Morning	Check-out



# 国际健身气功联合会

INTERNATIONAL HEALTH QIGONG FEDERATION

第三期欧洲健身气功教练员培训班暨“中欧建交 40 周年”

欧洲健身气功友好交流展示大会

## 通 知

### 一、日期

2015 年 7 月 14 日至 19 日，13 日报到，20 日离会。

### 二、地点

比利时布鲁塞尔 Dolce La Hulpe Brussels 酒店

地点：135 Chaussée de Bruxelles

La Hulpe, Brussels 1310, BE

### 三、主办单位

国际健身气功联合会。

### 四、承办单位

比利时健身气功联合会。

### 五、培训内容

(一) 理论讲座—健身气功与中国养生文化。

(二) 健身气功·五禽戏功理讲座与功法技术教学。

(三) 健身气功·八段锦功理讲座与功法技术教学。

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(四) 健身气功技术等级考试(1-3段)。

## 六、参加办法

(一) 欧洲地区的各健身气功社团组织均可推荐骨干教练员报名,经国际健身气功联合会审查合格后,准予参加培训班。

(二) 参加培训人员缴纳 100 欧元/人的报名费(含培训五禽戏和八段锦功法教材/CD/DVD 各一套),须入住培训班指定酒店,食宿、交通等费用自理。

(三) 培训班学员可自愿参加庆祝“中欧建交 40 周年”欧洲健身气功友好交流展示大会。活动组织者将提供往返住宿酒店至交流展示大会场地之间的交通和午餐。

(四) 健身气功技术等级考试评审费为: 50 美元/人或 50 欧元/人。

(五) 培训班期间学员需自备练功服和练功鞋。

## 七、经费条件

(一) 食宿费(包含住宿,早、中、晚三餐):

单人间—120 欧元+1.27 欧元城市税/人/天。

双人间—80 欧元+1.27 欧元城市税/人/天。

(二) 闭幕晚宴

将于 2015 年 7 月 19 日在 Dolce La Hulpe 酒店举办培训班闭幕晚会,欢迎全体学员报名参加。晚会收费标准为 20 欧元/人。

## 八、报名报到

(一) 各国家和地区的健身气功社团组织需将报名表和段位考试

申请表于 2015 年 6 月 15 日前通过电子邮件或传发送至国际健身气功联合会。

(二) 参加培训班学员须于 2015 年 5 月 21 日前通过下列网站预订酒店：<https://aws.passkey.com/event/13868900/owner/79160/landing>  
其他预订方式恕不支持。

(三) 参加培训班学员须于 2015 年 7 月 13 日自行前往培训班指定酒店（Dolce La Hulpe Hotel）报到注册。

(四) 参加段位考核人员需提供如下信息：

1. 填写段位申请表（打印件，并签名）。
2. 两张证件照。
3. 曾经获得过最高段位的证书复印件。

## 九、其他事宜

(一) 培训班授课语言为中文，同时备有英文翻译。

(二) 参加培训班人员须自行办理人身意外伤害保险，如培训期间出现伤病等问题，由个人负责。

(三) 参加培训班人员报到时须递交责任声明书。

(四) 段位考试有关事宜将另行通知。

## 十、联系方式

(一) 比利时健身气功联合会

联系人：Clementine Lafec

电话：003226496237

电子邮箱：[pierre@advocaat-dekelaere.be](mailto:pierre@advocaat-dekelaere.be)

(二) 国际健身气功联合会

联系人：王建军 何 昕

联系电话：86-10-67052078/67051231

传 真：86-10-67052078

电子邮箱：[intelhqf@126.com](mailto:intelhqf@126.com)

十一、本办班通知解释权归属国际健身气功联合会。

附件：1.活动日程表

2.报名表

3.段位申请表

4.责任声明书





## 附件 1

## 第三期健身气功欧洲教练员培训班日程安排

日期	时间	培训班活动
7月13日	全天	学员报到；布置场地；教学准备
	14:00	授课教师教学准备会
7月14日	08:30-11:00	理论讲座与交流座谈
	11:00-12:00	开班仪式
	12:00-12:15	合影留念
	14:00-18:00	<b>健身气功五禽戏培训</b>
7月15日	08:30-12:00	1.讲授功理功效；2.教授功法套路，规范技术动作（以教材为准）；3.解析技术动作，讲授呼吸、意念、经络、穴位与动作的关系 4.讲授层次教学方法；5.功法辅导，答疑解惑，功法考核
	14:00-18:00	
7月16日	全天	<b>“中欧建交40周年” 欧洲健身气功友好交流展示大会</b>
7月17日	08:30-12:00	<b>健身气功八段锦培训</b>
	14:00-18:00	1. 讲授功理功效；2.教授功法套路，规范技术动作（以教材为准）；3.解析技术动作，讲授呼吸、意念、经络、穴位与动作的关系；4.讲授层次教学方法；5.功法辅导，答疑解惑，功法考核
7月18日	08:30-12:00	<b>理论讲座：《健身气功与中国养生文化》</b>
	14:00-18:00	
7月19日	08:30-12:00	段位考试与结业仪式
	14:00-18:00	
	19:00	
7月20日	上午	离会