

# Report on Preparations for the IHQF

Xiao Min, Director of the Preparatory Group of IHQF  
(September 21, 2012)

Dear representatives:

First of all, I would like to extend my warm welcome and sincere greetings to all the guests and representatives! Now I will make a report on preparations on behalf of the Preparatory Group of the International Health Qigong Federation.

**1. Purpose and significance of the foundation of the International Health Qigong Federation (IHQF in abbreviation).** Today, all of you put yourselves out of the way to come to Hangzhou, China and celebrate the inaugural conference and the first member congress of the International Health Qigong Federation (hereinafter referred to "IHQF" or "the Federation"). This is a big event in the development history of Health Qigong in the world, with a milestone significance. Preparation for the founding of the International Health Qigong Federation is mainly based on the following considerations.

We should see popularization and promotion of Health Qigong is a great cause for human health and wellbeing. As a traditional sport, Health Qigong has been loved and praised widely by world Health Qigong lovers and, as a unique fitness regimen, it has both the common characteristics of other sports and its own distinct characteristics. Ordinary sports emphasize people's physical exercises while Health Qigong emphasizes comprehensive exercises of consciousness, air and shape. In particular, Western sports advocate fierce, fast and large amount of exercises while Health Qigong advocates gentle, slow and both dynamic and static exercises. The World Health Organization defined health in its broader sense as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." At the 14th IOC World Conference on Sport for All held in September 2011, Health Qigong was conferred by IOC President Dr. Jacques Rogge in person with the "Award for Development and Promotion of Sport for All". IOC Sports Director Christophe Dubi commented: Health Qigong won such a special honor, because it is a sport that can be exercised by people of all ages and abilities, almost without any restriction. Health Qigong plays positive roles in promoting people's physical and mental health and harmonious development of the society, which is identical with the philosophy advocated by world sports for all. Health Qigong originated from China but belongs to the world. Founding the International Health Qigong Federation and integrating the forces of organizations in all countries to spread Health Qigong worldwide, doubtlessly expands the connotation and extension of world sports for all, and doubtlessly opens up a new approach for the benefit of human health and wellbeing.

Founding the International Health Qigong Federation It is an inevitable result of developing the promotional campaign these years. The Chinese Health Qigong Association started the promotional campaign of "Spreading Health Qigong Overseas" in 2006, which underwent the development stages from cooperation with individuals to cooperation with organizations, from a single country and region to many countries and regions and from single teaching and training pattern to holding a variety of activities. Up to now, Health Qigong has been promoted in 36 countries and regions; 56 Health Qigong organizations have been established in these countries and regions; more than 1,200 Health Qigong amateurs have acquired technical degrees; and 5 international Health Qigong Tournament & Exchange meetings have been held. Whether judging from the increasing number of Health Qigong organizations or from the level and size of the activities/events carried out, the conditions are already available and the time is already ripe for founding the International Health Qigong Federation today. The founding of the Federation will inevitably play key roles in internationalizing, standardizing and improving

authoritativeness of promotional campaign for Health Qigong.

During the promotional campaign these years, some friendly personages and organizations have repeatedly called for establishing an international Health Qigong organization in order to enhance cohesion and leadership of the promotional campaign. For instance, more than 90% of the teams participating in the 2nd International Health Qigong Tournament & Exchange in 2007 and the 4th TAFISA World Sport for All Games (Busan TreX-Games) in 2008 proposed to establish an international Health Qigong organization. At the preparatory conference for the International Health Qigong Federation held in Shanghai in 2009, 38 participating organizations signed the initiative for founding the International Health Qigong Federation. Today, the inaugural conference of the International Health Qigong Federation is held as scheduled, which reflects the wishes and wills of all of us, and it is a result of joint efforts of each and all member units. Hereby, I, on behalf of the Preparatory Group of the International Health Qigong Federation, would like to express my heartfelt thanks to all the organizations which have made contributions to the founding of the Federation!

**2. Preparations for the founding of the IHQF. China is the sponsor nation of the IHQF.** The Chinese Health Qigong Association has done the following major works during the course of preparations.

First, we finished the application procedures for approval. We set up the Preparatory Group of the IHQF at the beginning of 2008. The Preparatory Group submitted application reports to the General Administration of Sport of PRC, the Ministry of Foreign Affairs of PRC and the Ministry of Civil Affairs of PRC respectively in April 2009. The Ministry of Civil Affairs of PRC officially approved the founding of the IHQF in January 2011 after strict examination by the relevant administrative organs. The registered capital of the Federation is RMB 100,000 Yuan, which was raised by the Chinese Health Qigong Association.

Second, we carried out member developing efforts. After it was established, the Preparatory Group did massive work for setup of local Health Qigong organizations, which resulted in that some individual partners registered Health Qigong organizations, and some organizational partners separately established Health Qigong organizations, thus gradually expanding the organizational forces of Health Qigong organizations, which laid an organizational foundation for the founding of the IHQF. Meanwhile, it solicited opinions on admission to the IHQF through many channels such as phone calls, faxes, letters and visits, and formulated the application and registration form. The current member units of the Federation were determined by the Preparatory Group after repeated considerations and deliberations. Judging from the current situation understood, the current member units are those that have a certain influences in their places and have made good contributions to promotion of Health Qigong.

Third, we laid down the rules and established the system. In this respect, we mainly drafted the Articles of the International Health Qigong Federation (hereinafter referred to as "IHQF Articles"), the Measure for Financial Management of the International Health Qigong Federation and the Measure for Electing the First Executive Committee of the International Health Qigong Federation. Therein, opinions on the IHQF Articles (draft) were solicited from the participants to the Preparatory Conference for the IHQF held in 2009. The Preparatory Group made further amendments, supplements and improvements to the Articles according to these opinions.

Fourth, we carried out organizational setup. Since the beginning of this year, the Preparatory Group started to plan the organizational setup and the scheme for specific candidates of the IHQF. According to the IHQF Articles (draft), the IHQF consists of a Committee, an Executive Committee and a Special Committee. Whereas the IHQF is in its stage of initial development, the IHQF Committee is mainly composed of the principals of all member associations, and there are 69 nominated candidates for the IHQF Committee. As for the composition of the IHQF Executive Committee, the factor of China as the sponsor nation, the factor of representatives from the five continents, as well as the factor of outstanding contributors to the promotional campaign have been taken into consideration, and there are 21 nominated candidates for the Executive Committee. The Special Committee has

five (5) divisions, i.e. the Technical Division, the Scientific Research Division, the Promotion Division, the Industry Division and the Secretariat, each of which is composed of one (1) director, two (2) deputy directors and several members. The IHQF has one (1) President, five (5) Vice Presidents and one (1) Secretary-General.

Moreover, I also need to report to you that the International Health Qigong Federation (IHQF) is headquartered in Beijing, China, and the IHQF's headquarter address is: A14, Tiantandongli Zhongqu, Dongcheng District, Beijing 100061 P.R.China.

### **3. Thinking on future development of the IHQF.**

The IHQF is a non-profit international organization formed voluntarily and jointly by Health Qigong organizations in various countries and regions. The IHQF aims to unite and give play to the strength of member Health Qigong associations, advance and develop exchanges and cooperation among member Health Qigong associations, and promote and improve the world people's physical and mental health. The business scope of the Federation covers: organizing international Health Qigong competitions and activities/events; formulating the international technical standards for Health Qigong; formulating the administrative regulations for training and management of Health Qigong athletes, coaches and referees; organizing and carrying out Health Qigong-related scientific research and publicity activities; and promoting and advancing the industrial development of the IHQF.

The tasks of the Federation in the near future: In terms of organizational building, with the Federation as a platform, efforts should be made to consolidate existing achievements and develop new fields, in an effort to increase the total number of member associations to about 100 by 2020. In terms of promotion approach, the Federation will lay stress on large and medium-sized cities, on stable member associations, on training backbones, and on entering the mainstream society, spreading Health Qigong from points/stations/orgnizations to whole areas/regions/countries while giving consideration to other issues/matters/factors, and try to form a relatively mature network and structure of Health Qigong popularization internationally by 2020.

In terms of teaching methodology, we will integrate short-term training with long-term teaching, developing gradually towards long-term teaching; integrate foundation teaching with leveled teaching, developing gradually towards leveled teaching; integrate public training with backbone training, developing gradually towards backbone training; integrate scattered teaching with teaching in bases, developing gradually towards teaching in bases; integrate the IHQF-assisted teaching with independent teaching, developing gradually towards independent teaching, and try to increase the total number of Health Qigong practitioners in the world to about one million by 2020, with more than 10,000 of them receiving technical degrees.

In terms of the activities/events to be carried out, we will hold an international Health Qigong Tournament & Exchange meeting every two years and hold at least one intercontinental international Health Qigong Tournament & Exchange meeting every year, at least one international training class for Health Qigong coaches or referees every year, and one intercontinental training class for Health Qigong coaches in each continent every year. Among member associations, at least ten (10) large-sized Health Qigong exchange and demonstration activities will be held every year.

Dear representatives, the founding of the International Health Qigong Federation marks that Health Qigong will enter the big arena of world sports, and also marks that international Health Qigong exchange and cooperation will enter a new stage of development. I hope this conference will become an event of exchange and friendship, a gathering of seeking common development, and a meeting of abundant achievements through active efforts of each and all representatives.

Your criticism and comments are warmly welcome and highly appreciated if there is anything improper in the above report on preparatory work. Thank you all!