

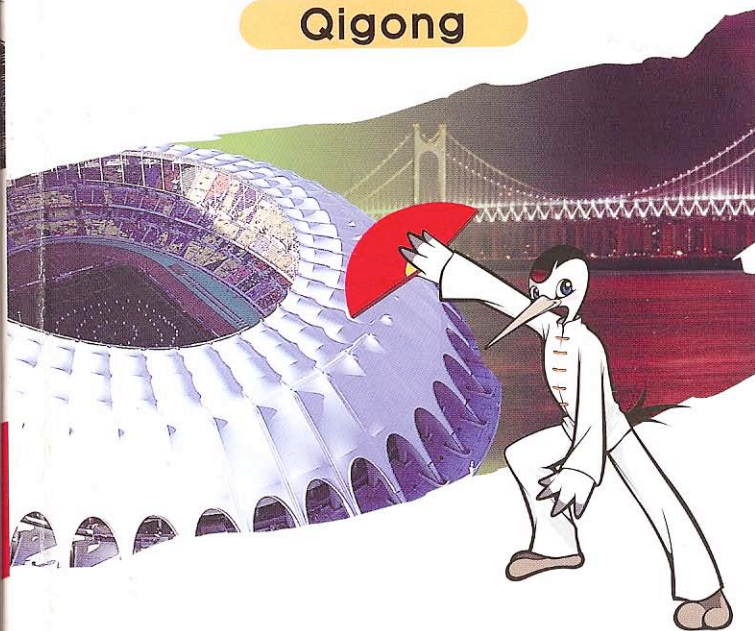


Under the patronage of IOC
Life Sports Olympic



2008 BUSAN World TreX-Games TECHNICAL HANDBOOK

Qigong



The 4th Busan TAFISA World Sport For All Games

주최 | Sponsored by



주관 | Organized by



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I. Organization

1. Trim & Fitness International Sport for All Association (TAFISA)

□ **Established Date** : March 8th, 1990

□ **Member Countries** : 110 Countries

※ Europe 39, Asia 28, America 21, Africa 17, Oceania 5

□ **Purpose**

Encourage the development of a variety of traditional sports from all over the world & enhance citizens' social welfare by promoting sports for all

□ **Office**: Frankfurt, Germany

□ **Main Officials**

- President: Rhee Shang Hi
(President of Sport For All Busan Association,
Elected September 20th, 2005)
- Secretary General: Wolfgang Baumann (Germany)

□ **Coordination Business**

- Activate National Sport for All
- To build up Ubiquitous of Sport for All
- Develop and promote children's physical stamina, intelligence quotient, mental capacity and sensibility
- Develop and promote (Mind Sports) for ageing societies
- Cooperate with IOC, WHO, UNESCO in improving world health
- Realize E-Learning Sport for All

□ **Global Organization**

- United Nations (UN)
- United Nations, Educational, Scientific, and Cultural Organization (UNESCO)
- International Olympic Committee (IOC)
- World Health Organization (WHO)
- International Council of Sport Science and Physical Education (ICSSPE)
- World Leisure Organization (WLO)
- International Sport and Culture Association (ISCA)

2. The 4th Busan TAFISA World Sport For All Games Organizing Committee

President Hur Nam-Sik

Senior Vice President Shin Jeong-Taek

Vice President & President of Executive Board President

Chang Ju-Ho

Vice President Je Jong-Mo Cho Yang-Hwan

Jo Hyeon-Jun Li Soo-Heung

Ryu Han-Won Feng Jian Zhong

Comfort Nwankwo

Member & Executive Board Member

Cheon Pan-Sang Park Jong-Soo Kim Hyung-Yang

Lee Jong-Soo Je Hoon-Ho Yoon Ju-Rak

Jeong Jong-Ryeol Kim Jeong-Ae Hyun Jong-Beom

Oh Dong-Seok Hong Wan-Shik Kim Sang-Woo

Shin Hyun-Goon

Member

Yoon Won-Ho Choi Sang-Hyun Kim Min-Soo

Kim Jae-Chul Jeon Yun-Ae Yoon Myung-Shik

Kim Ju-Tae Jeong Tae-Seok Bae Soo-Tae

Yang Gab-Seok Hong Sang-Pyo Park Hak-Bong

Jeong Chang-Shik Koo Woo-Young Kim Young-Shik

Park Jeong-Hyun Lee Woo-Bong Yang Jeom-Hong

Kim Yong-Jae Lee Jae-Hyung Cha Bo-Jeong

Kim Kwang-Seok Kang Jong-Gyu Park Seong-Kwon

Cho Han-Je Kim Soo-Byung Moon Hyuk-Joo

Choi Sang-Yoon Kim Hee-Ro Dong Ga-Shin

Kim Gil-Gu Cho Bong-Ja Sarjit Singh

Lim Seong-Jin Lee Geon-Chan

Auditor Kang Wan-Soo Seo Man-Seok



T-GOC Secretariat

Secretary General Hong Wan-Shik
 Vice Secretary General Kim Jong-Moon

<Director General>

Games Coordination Moon Hang-Joon
 Games Operation & International Relations Kim Yoon-Ki
 Games Support Lee Byung-Do
 Administrative Promotion Hur Jeom-Sang

<Chief>

Planning & Financial Park Jin-Hee
 Cultural Festival & Event Kim Woo-Bae
 Protocol & Administration Kim Yong-Sam
 General Affairs Jeong Im-Soo
 Competitions Coordination I Lee Chang-Oh
 Competitions Coordination II Hwang Chang-Ho
 Competitions Coordination III Jang Jae-Gu
 International Cooperation Kim Hyo-Kyung
 Facilities Management Shim Guk-Tae
 Human Resources & Materials Jeong Tae-Kyo
 Promotion Park Si-Hwan
 Administrative Business Moon Chan-Shik
 Organizational Management Jeong Yong-Baek

Address : 123, World Cup Road, Asiad Main Stadium,
 (1299, Geoje 2 Dong) Yeonje Gu, Busan Metropolitan City
 Zip Code 611-809

T E L : 051-500-2800

F A X : 051-500-2809

3. Chinese Health Qigong Association

- Address : No. A 14, Zhongqu, Tiantan Dongli,
Chongwen District, Beijing 10061, China
- E-mail : intelhqf@yahoo.com.cn
- TEL : 86-10-6705 1503
- FAX : 86-10-6705 2078

4. Korea Health Qigong Association(KHQA)

- Address : (1127-37 Woo 2 dong) Haeundae-gu,
Busan Metropolitan City
- Zip Code : 138-151
- TEL : 051) 744-1181~3
- FAX : 051) 731-2215



II. Information

1. Date

The 4th Busan TAFISA World Sport for All Games Health Qigong Competition will be held September 30 ~ October 1, 2008

2. Venue

The Qigong Competition will be held at Geumjeong Gymnasium located in Geumjeong-gu, Busan Metropolitan City.

3. Competition Categories : 4 categories

(Yi Jin Jing, Wu Qin Xi, Liu Zi Jue, Ba Duan Jin)

- Participation : 1 person for each Male/Female competition, Group (co-ed group 5~20 persons)
- Competition Method : Male, Female Individual, and Group Competition and Demonstration
- Competition Duration : Individual (15 minutes), Group (15 minutes)

4. Schedule

Date	Time	Schedule	M/F	Note
9.30 (Tue)	06:10 - 10:00	Staff Meeting		
	09:00 - 09:30	Opening Ceremony		
	10:00 - 13:00	Individual /Group Competition	M/F	Preliminaries
	13:00 - 14:00	Individual Competition	M/F	Semi-finals
	14:00 - 15:00	Group Competition	M/F	
	15:00 - 15:30	Individual Competition	M/F	Finals
	15:30 - 16:00	Individual Competition	M/F	
	16:30 - 17:00	Individual Competition Awards	M/F	Awards
17:00 - 17:30	Group competition Awards	M/F		
10. 1 (Wed)	10:00 - 12:00	Individual Demonstration	M/F	Demonstration
	13:00 - 14:00	Individual Demonstration	M/F	
	14:00 - 16:00	Group Demonstration	M/F	
	16:00 - 17:00	Clean and pack up equipment	M/F	

5. Participants

- 5.1 Each country or region may send one team consisted of maximum 10 participants including one Chef de Mission (team leader), one coach and eight competitors under the age of 75 (coach and Chef de Mission can be one of the eight competitors)
- 5.2 Each team may compete in two disciplines with the entry in group competition whatever their sex or ages with at least 4 competitors.
- 5.3 Individuals may compete in one discipline with the entry in individual and group competition whatever their ages. Male and female cannot be mixed in competition
- 5.4 Group and individual competitions will be conducted at the Health Qigong Tournament

6. Registration

Member countries are required to submit a final registration to the Busan TAFISA World Sport for All Games Organizing Committee (T-GOC) by 24:00 (Korean Standard Time) 26th July 2008. The deadline refers to time of mail arrival to the Busan TAFISA World Sport for All Games Organizing Committee. Registrations or changes received after the deadline will not be accepted.

7. Rules and Regulations

- 1) The "Rules for International Health Qigong Competition" made by the Chinese Health Qigong Association shall be applied.
- 2) Athletes in group competitions may enter the



- arena in their own team order; while athletes in individual competitions enter the arena six at a time and play in a row.
- 3) Group and individual competitors should enter and exit the arena as requested and bow to the head of judge after calling, finishing the competition and scoring.
 - 4) Competitors shall bring their own dresses and sport shoes. The dresses of group competitors should be unified in style and color. All competitors should wear the competition number cloth provided by the organizing committee of the tournament.
 - 5) The movement standard will be conducted in accordance with the VCD of the teaching programme endorsed by CHQA.
 - 6) The Organizing Committee arranges the competition music of the four competition events with words saying the movements.

Evaluating Provisions of the 2nd International Health Qigong Demonstration and Exchange

I. Evaluating methods

1. 10 points evaluating methods in each discipline shall be applied, namely, 5 for movements standards and 5 for demonstration levels.
2. A combined evaluating system shall be applied, namely, deduction by the Head Judge and Judges Group A while points given by Judges Group B.

II. Evaluating Criteria

1. The total scores deducted on movements standards is no more higher than 4(including 4). 0,1 points shall be deducted each time by Judges Group A at the following any mistakes. Total 0,4 points may be deducted when the same mistake at the single movement repeats a few times, or mistakes of different kinds at the single movements or mistakes made by a number of persons at the single movement.
 - (1) Movement: movements, the shape of mouth and pronunciations all not to their required standards;
 - (2) Balance: shifts of limbs and trunk or sway being not to the standardized movements;
 - (3) Breathing: obvious hard or oppressed breathing;
 - (4) Expression: shift of attention or absent-minded on concentration;
 - (5) Others: movements forgetting and movements not in pace to the rhythm of the music
2. Score value of demonstration level is classified into 3 grades and each of them consists of 3 ranks, totaling 9 score sections. The way of giving points is to decide the grade before



fixing the rank and then points given by times of 0,05 to the relating score section(0 or 5 being the second digit after the decimal).

(1) Points levels

Level	Category	Points
Excellent	1st	5,00 to 4,80
	2nd	4,75 to 4,50
	3rd	4,45 to 4,10
Good	1st	4,00 to 3,80
	2nd	3,75 to 3,50
	3rd	3,45 to 3,10
Fair	1st	3,00 to 2,80
	2nd	2,75 to 2,50
	3rd	2,45 to 2,10

(2) Criteria

Excellent: Being all-excellent at movements standardized, smooth breathing, mind concentrated, merging mind with the disciplines' standards and their characteristics in demonstration, movements and the team in good order, movements coordinating to the rhythm of the music.

Good: Being all-better at movements standardized, smooth breathing, mind concentration, merging mind with the disciplines' standards and their characteristics in demonstration, movements and team rather in order, movements quite coordinating to the rhythm of the music.

Fair: Being all-not-good at movements standardized, smooth breathing, mind concentration, merging mind with the disciplines' standards and their characteristics in demonstration, movements and team in bad order, movements not coordinating to the rhythm of the music.

3. Deduction by the Head Judge

(1) 1 point deducted from the competitor for

performing the second time due to his or her own reasons.

(2) 0,1 but not higher than total 0,3 points deducted if the competitor finishes demonstration 3 seconds in advance or delay.

III. Score calculations

- The average scores of movements standards and that of demonstration level and the final scores of the participating team (individual) are calculated respectively till the second digit after the decimal and the third digit is omitted if it is 4 or evaluated if it is 5.
- The average value of scores given by the 3 judges in Judge Group A are the team's (individual) movements scores.
- The average value of scores given by the 3 judges in Judge Group B are the team's (individual) demonstration level scores.
- The final scores of a team (individual) is: movements standards scores plus demonstration level scores minus the scores deducted by the Head Judge.

IV. Ranking

- The ranking is listed from the high scores downwards according to the results.
- The competitor with higher scores in demonstration level is listed first if his/her results are tied with the other.
The competitor with higher scores in movement's standards stands first if his/her results are tied for the second time with the other.
The competitor with highest scores before the calculation of the average value of movement's standards stands first if his/her results are tied for the third time with the other. However, they will stand abreast if the tie occurs again.



III. Operation

1. Competition Organization

The 4th Busan TAFISA World Sport for All Games Organizing Committee has responsibility for organizing and operating the Health Qigong Competition utilizing coaches authorized by the Chinese Health Qigong Association.

2. Protestation

Protests shall be handled in accordance with the CHQA International Competition Regulations.

3. Awards

3.1 Award Ceremony

Award Ceremony will be after the final competition

- 3.2-1) Awards of the front three will be given to the group events. If there are less than three teams in the game, the awards will be given according to the actual amount.
- 2) Awards of the front three will be given to the individual events; awards of the front three will be given when there are five or six competitors in a game; awards of the front two will be given when there are three or four competitors in a game awards of the first will be given when there are two competitors in a game; no awards will be granted when there are one competitor in the game.
- 3) Trophy and certificate will be conferred to the front three teams in group events;

certificate will be conferred to the fourth to sixth in group events; Medal and certificate will be conferred to the front three competitors in individual events; certificate will be conferred to the fourth to sixth in individual events.

IV. Conference

Conferences will be held as follows

14:00 28th(Sun) September 2008, Technique Conference

16:00 28th(Sun) September 2008, Representatives' meeting

V. Regulation Approval

These regulations were approved by the Chinese Health Qigong Association 2008.