



国际健身气功联合会
INTERNATIONAL HEALTH QIGONG FEDERATION

Notice on Adjusting the Training Schedule for the 7th European Health Qigong Games

Dear all Health Qigong organizations:

Due to scheduling conflicts, the Health Qigong · Dawu training course originally scheduled to be held during the 7th European Health Qigong Games will have its content changed. After discussion by the organizing committee, Professor MA Yongzhi from Tsinghua University will conduct the Health Qigong · Taiji Yangshengzhang training on November 6th. Other contents remain unchanged. We apologize for any inconvenience this may cause.

Should you have any queries, please do not hesitate to contact the Organizing Committee at ihqa2016@gmail.com.

Issued by the Organizing Committee

August 14, 2026

Annex: Introduction of Health Qigong • Taiji Yangshengzhang and Speaker

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Introduction of Health Qigong • Taiji Yangshengzhang and Speaker

Health Qigong: Taiji Yangshengzhang

Date: November 6, 2026



Mace is a type of apparatus in traditional Chinese regimen, and it has long been an apparatus for physical exercise.

Health Qigong • Taiji Yangshengzhang is based on the ideas of “Taiji” -unity of Yin and Yang • Having inherited the essence of traditional mace exercises, it is an exercise with apparatus-guided limb movements and the supporting respiration and mind regulations as the major approaches.

Health Qigong • Taiji Yangshengzhang can be either practiced as a whole or divided into individual routines or combinations of multiple routines. The movements of the entire exercise are gentle, slow, well balanced between motion and quiescence, graceful, well coordinated with mind and Qi, and suitable for people of different physical conditions.

By long-term exercise, it can improve body flexibility and balance ability, the cardiovascular system, and the psychological state.

Speaker: Prof. MA Yongzhi

An associate professor at Tsinghua University, holder of 8-level of Chinese Health Qigong Duan, and a national-level referee. The main creator and demonstrator of Health Qigong • Taiji Yangshengzhang. Has repeatedly served as the instructor and trainer for Health Qigong techniques in both international and domestic settings, and has also held the positions of Deputy Head Referee and Head Referee in Health Qigong competitions both domestically and internationally. In recent years, he has represented the country to visit more than twenty countries and regions for the promotion and publicity of Health Qigong.

