

## 国际健身气功联合会 2022 年会员活动分享集锦（1-6 月） Sharing Collection of IHQF Members in 2022 (Jan. - Jun.)

（以下内容由国际气联会员提供 Provided by IHQF members）

### \* 2022.6.25-26, 圣马力诺武术体育协会 San Marino Wushu Sport Association

举办太极拳及气功进修班，教授健身气功大舞。

Taijiquan and Qigong training classes, teaching Health Qigong Da Wu.



### \* 2022.6.25, 马来西亚健身气功总会 Malaysia Health Qigong Association

马来西亚健身气功总会于 6 月 25 日圆满召开 2022 年会员大会。大会同时推介了主题为“天下一气，健康友谊”的 2022 年第六届世界健身气功日活动。

Malaysia Health Qigong Association successfully held 2022 General Meeting on June

25th. At the same time, the 6th World Health Qigong Day 2022 with the theme of "Together under the Same Qi" was promoted.







李金友（站者左六）向全国健身气功站长赠送印有总会徽章的制服和健身气功宣传横幅后，与出席者合影。（图由马来西亚健身气功总会提供）

（八打灵再也26日讯）马来西亚健身气功总会2022年常年会员代表大会昨日圆满落幕，来自全国各地的理事及会员欢聚一堂，体现健康友谊的健身气功正能量。

该总会发文告说，大马健身气功总会创办人兼总会长丹斯里李金友主持会议，并颁发委任状给数名负责推广2022至2023年健身气功工作的州属代表。

### 李金友：系统化传承

来自森美兰州的吕俊强、马六甲州的锺经辉、雪隆地区的何文金、檳城的陈炳昌、柔佛州林明芳、东马地区的官天旺、翻译组陈国强、苏彩连老师及巫裔气功

## 頒各州委任狀 健身氣功總會加快設站點

教学辅导员官天旺，从李金友手中接过委任状。

李金友指出，上述委任目的是协助总会加快设立全国各个站点、积极推动国际气功专业设立的段位考试、培训更多德才并重的辅导员和教练员、录取更多健身气功会员、系统化传承与发扬优秀中华传统体育和健身文化的使命。

“此外，恢复气功导引乃中医六术中原有的价值，团结各族会员科学练功，让人人都有机会认识和习练健身气功，重拾健康，从此拥

有更强的自信与生命力！”

他希望各方能以总会契合中华文化大复兴的步伐，跟随一带一路与人类命运共同体的倡议，让健身气功普及化、本土化、体医融合及和谐发展。

文告指出，全体成员也在李金友的带领下推介2022年第6届全球世界健身气功日，今年主题为“天下一气，健康友谊”，意味着健身气功能惠及个人身心与精神健康，也将人与人和国与国之间的友谊团结起来。

### \* 2022.6, 新西兰 New Zealand

#### 坐姿五禽戏培训 Seated Wujinxi class



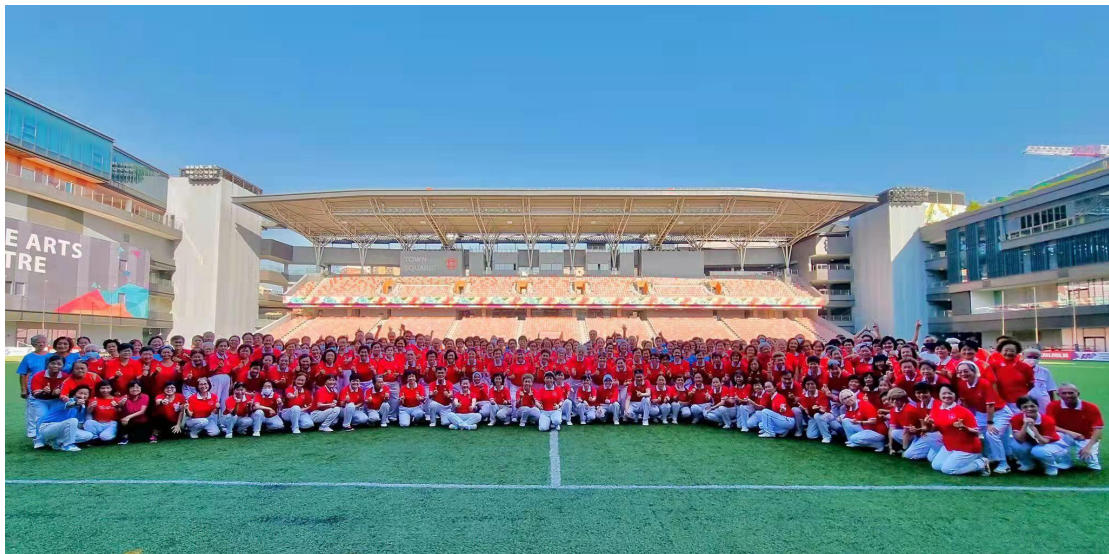




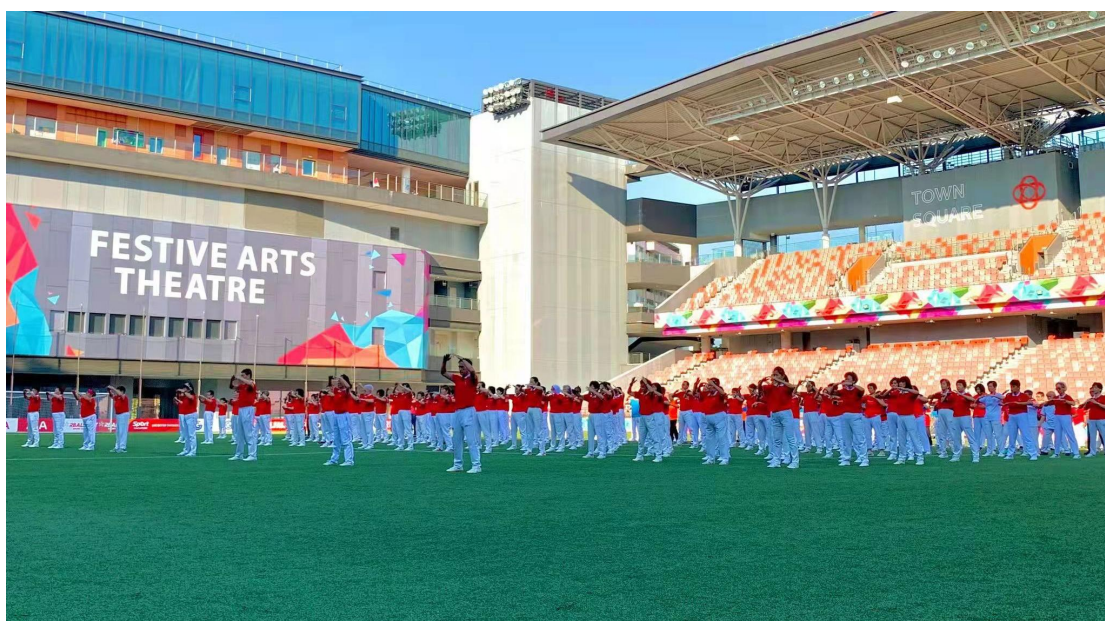
**\* 2022.6.19, 新加坡气功十八式协会 Qigong Shi Ba Shi Association (Singapore)**

因受疫情影响，时隔两年半后举办第一次集体操练，一共有 350 个会员参与。

Due to the pandemic, The 1st group exercise was held after 2 and a half years. Altogether there were 350 participants.







**\* 2022.6.18, 全日本健身气功联合会 All Japan Health Qigong Union**  
**联合练习 Group exercise**

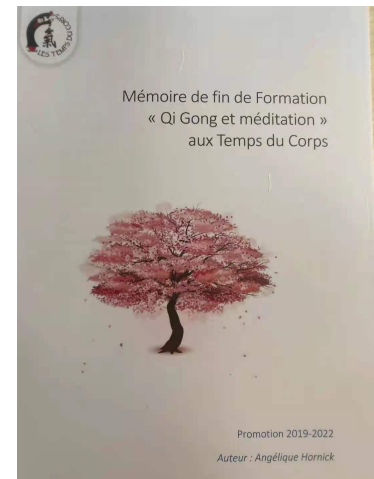




**\* 2022.6.14, 法国东方文化传播中心 Les Temps Du Corps**

利用周末 3 天完成三年级气功禅修学院最后一年的培训。学生们完成自己的论文，歌唱家、艺术家、医疗人员、心理学医生从各个角度阐述气功文化与情绪管理、生命觉醒及创造思维的关系。

The last year training of the Qigong Meditation School for grade 3 was finished in 3 days on weekends. Students completed their dissertations. Singers, artists, medical personnel and psychologists explained the relationship between Qigong culture and emotion management, life awareness and creative thinking from various perspectives.



**\* 2022.6.14, 英国健身气功协会 British Health Qigong Association**

暂停了两年的英国全国太极拳健身气功比赛重新在首都伦敦隆重开幕，吸引了来自英国各地的太极拳健身气功爱好者到来参与。英国健身气功协会作为主要的组织者和参与者派出了近 20 名健儿参加，最终不负众望，赢得了 23 枚奖牌。

Suspended for two years, the UK National Taijiquan Health Qigong Competition



resumed in London, attracting taijiquan and Health Qigong fans from all over the UK to participate. The British Health Qigong Association, as the main organizer and participant, sent nearly 20 athletes to take part in the event, and won 23 medals.





**\* 2022.6.14, 留尼汪龙山协会 Association Long Shan (Reunion Island)**

留尼汪龙山协会人员在 6 月 14 日世界献血者日当天参与义务献血，并在当地活动现场推广和介绍健身气功。

June 14, World blood donation day on Réunion Island, the team members of Association Long Shan participated in voluntary blood donation on that day, and promoted and introduced Health Qigong at the local activity site.







**\* 2022.6.11, 摩洛哥阿尔凯佐兰文化体育发展协会 AL KHAYZOURANE Association**

在 2022 年 6 月 11 日的全球健康日庆祝活动中，作为健康气功在摩洛哥推广的一部分，摩洛哥阿尔凯佐兰文化体育发展协会让健康气功在活动中受到瞩目。当地活动由拉巴特穆罕默德第五大学组织，包括多种健康健身练习。

As part of the promotion of Health Qigong in Morocco, Al Khayzourane Association made Health Qigong shine during the Global Wellness Day celebration on June 11, 2022. This event, which is organized by the Mohammed 5th University of Rabat, included several Wellness practices.









**\* 2022.6，玻利维亚健身气功协会 Health Qigong Association Of Bolivia**  
组织健身气功培训 Health Qigong training







**\* 2022.6.5/2022.6.22，中国内蒙古自治区健身气功协会 Health Qigong Association of Inner Mongolia Autonomous Region, China**

2022-2023 年中俄体育交流年内蒙古健身气功风采展示暨呼伦贝尔友好交流活动，分别于 6 月 5 日在额尔古纳和 6 月 22 日在牙克石圆满举办。参加活动的人员中有 80 多岁的耄耋老人，也有八、九岁的花季少年。

活动以健身气功游学联动为形式，以中俄体育年提议功法大舞为主题，以教学培训、表演展示为内容，分别在中国呼伦贝尔市、俄罗斯外贝加尔边疆区赤塔市开展了不同形式不同规模的联动活动。

Inner Mongolia Health Qigong Display and Hulun Buir Friendly Exchange Activity of the 2022-2023 China-Russia Sports Exchange Year was successfully concluded in Erguna on June 5 and in Yakeshi on June 22. The people who participated in the activity included 80 years old people, as well as eight or nine years old teenagers.

In the form of Health Qigong study tour, with the theme of Da Wu proposed by the China-Russia Sports Year, and with the content of training and performances, different forms and different scales of activities were carried out in Hulunbuir, China, and Chita, Russia.









**\* 2022.5.28-6.11, 英国健身气功联合会 Health Qigong Federation UK**

借女王登基 70 周年系列庆祝活动的机会，积极宣扬和传播中国文化。健身气功联作为一个特殊的中国传统文化的代表符号，应邀参加了在多地举办的多元文化系列活动，为庆祝女王陛下登基 70 周年增添了一道亮丽风景。

The Health Qigong Federation UK took the opportunity of the queen's 70th Jubilee celebrations to actively promote and disseminate Chinese culture. As a special symbol of traditional Chinese culture, Health Qigong was invited to participate in a series of multicultural activities held in many places, which added a beautiful scene to the celebration of her Majesty's 70th anniversary of her accession to the throne.





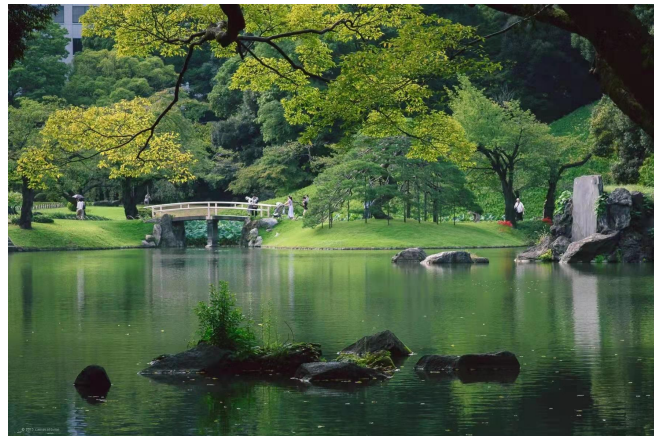




**\* 2022.5.31, 全日本健身气功联合会 All Japan Health Qigong Union**

确定 2022 年的世界健身气功日准备在小石川后乐园举行,参加人数准备扩大到 100 人左右。

It has been confirmed that the 2022 World Health Qigong Day will be held at Korakuen Amusement Park in Koishikawa and will be expanded to about 100 participants.



**\* 2022.5.23-29, 法国东方文化传播中心 Les Temps Du Corps**

在法国南部进行气功禅修学校第 26 届 1-2 年学生的一周集训。

The one-week professional Qigong and meditation training in south of France.

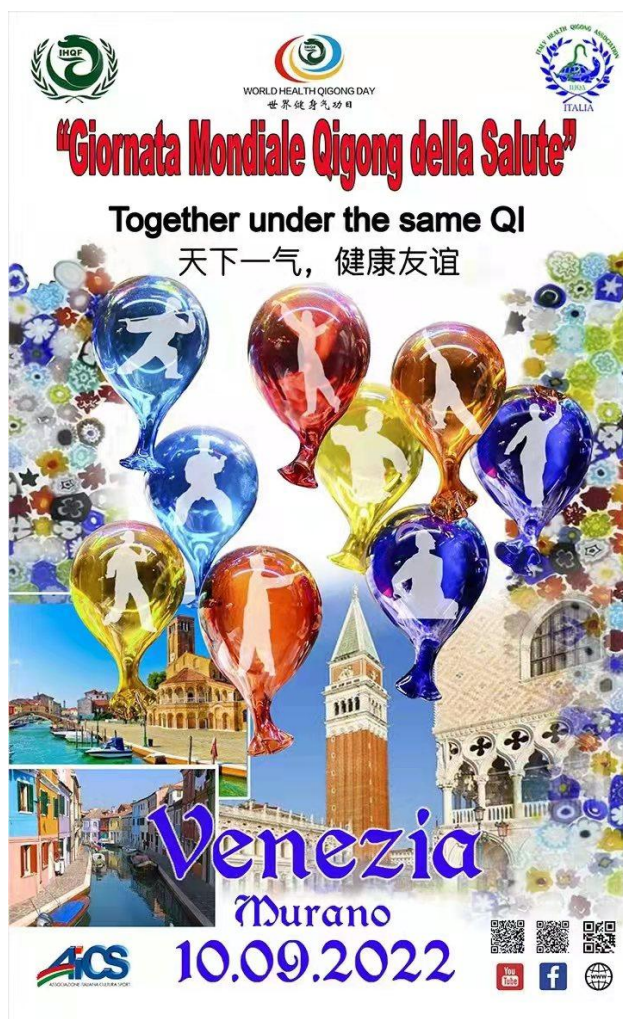






**\* 2022.5.28, 意大利健身气功协会 Italy Health Qigong Association**

意大利健身气功协会确定 2022 年世界健身气功日在威尼斯玻璃岛穆拉诺举办。  
Italy Health Qigong Association main venue per the 6th World Health Qigong Day  
2022 will be held in Murano, the glass island of Venice.





**\* 2022.5.27, 中国内蒙古自治区健身气功协会 Health Qigong Association of Inner Mongolia Autonomous Region, China**

为迎接“六·一”国际儿童节，由呼伦贝尔市体育局主办，呼伦贝尔健身气功协会、海拉尔区文化街小学承办的“呼伦贝尔 2022 年传统体育进校园健身气功展演活动”在内蒙古呼伦贝尔市海拉尔区文化街小学举行。近 600 名学生先后演练了中华传统体育项目“健身气功八段锦”、“校园五禽戏（小学版）”等，场面十分壮观、震撼。

To celebrate the June 1 International Children's Day, the Hulunbuir 2022 Traditional Sports into Campus Health Qigong Performance was held in Wenhua Street Primary School, Hailar District, Hulunbuir, Inner Mongolia. Nearly 600 students practiced traditional Chinese sports, such as "Health Qigong Baduanjin" and "Campus Wuqinxi (primary school version)".



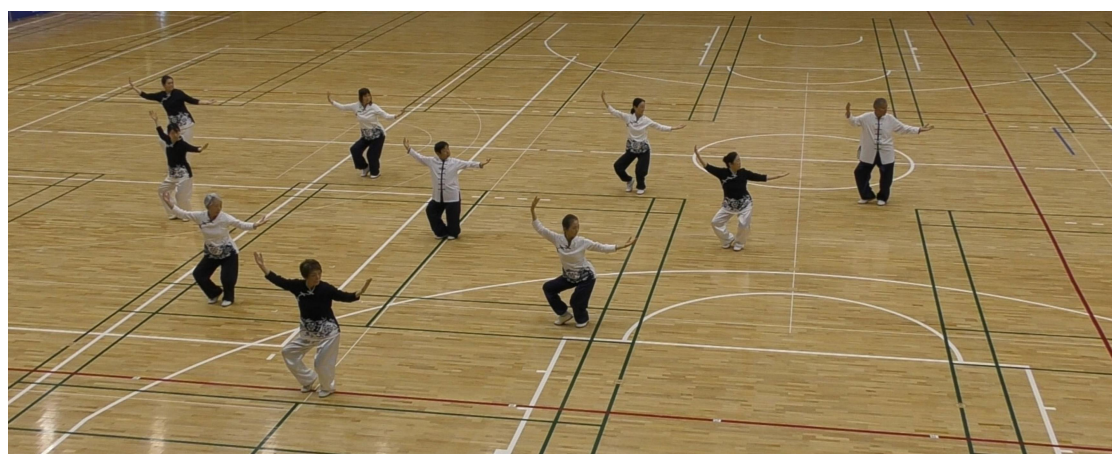
**\* 2022.5.22, 日本健身气功普及协会 Japan Health Qigong Promotion Association**

5月22日第13届所泽市太极拳节在埼玉县所泽市举行，协会参加了健身气功八段锦、太极养生杖、大舞的集体表演。这是疫情3年来举办的第一次，总人数约1100人，取得了巨大的成功。在这次太极拳节上，日本健身气功普及协会是



健身气功的唯一参与组织，也受到了喜欢太极拳的人们的好评，对健身气功的传播做出贡献。

On May 22, the 13th Sosawa Taijiquan Festival was held in Sosawa city, Saitama Prefecture. The Japan Health Qigong Promotion Association participated in the collective performance of Health Qigong Badanjin, Tai Chi health stick and Da Wu. This event was the first time in the three years since the pandemic outbreak, with a total attendance of about 1,100 people, was a great success. In this Taijiquan festival, the Japan Health Qigong Promotion Association is the only participating organization of Health Qigong, and has been well evaluated by people who like Taijiquan, contributing to the spread of Health Qigong.







\* 2022.5.22, 新加坡气功十八式协会 Qigong Shi Ba Shi Association (Singapore)

新加坡气功十八式协会庆祝成立 35 周年。

Singapore Qigong Shi Ba Shi Association celebrated the 35th anniversary.







**\* 2022.5.22, 澳门健身气功总会 Macau Health Qigong General Association**

由澳门工联体育委员会、澳门健身气功总会合办“第十三届全澳职工健身气功交流展示比赛”于5月22日在澳门工人体育场举行，本次比赛个人及团体共43支队伍超过二百二十名运动员参加，赛事项目包括健身气功易筋经、五禽戏、六字诀、八段锦、太极养生杖、太舞、马王堆导引术导、引养生功十二法及十二段锦共九套功法，并组织了年青学员表演校园五禽戏(小学版)。

The 13th Macau Staff Health Qigong Exchange and Competition was co-organized by the Sports Committee of Macau Federation of Industry and Macau Health Qigong General Association on May 22nd at Macau Workers' Stadium. More than 220 athletes from 43 teams participated in the competition. Nine sets of Health qigong routines were included: Yijinjing, Wuqinxi, Liuzijue, Baduanjin, Taiji Yangsheng stick,



Dawu, Mawangdui Daoyinshu, Daoyin Yangshenggong 12Fa and Shierduanjin. Young students were also organized to perform school Wuqinxi (primary school version).

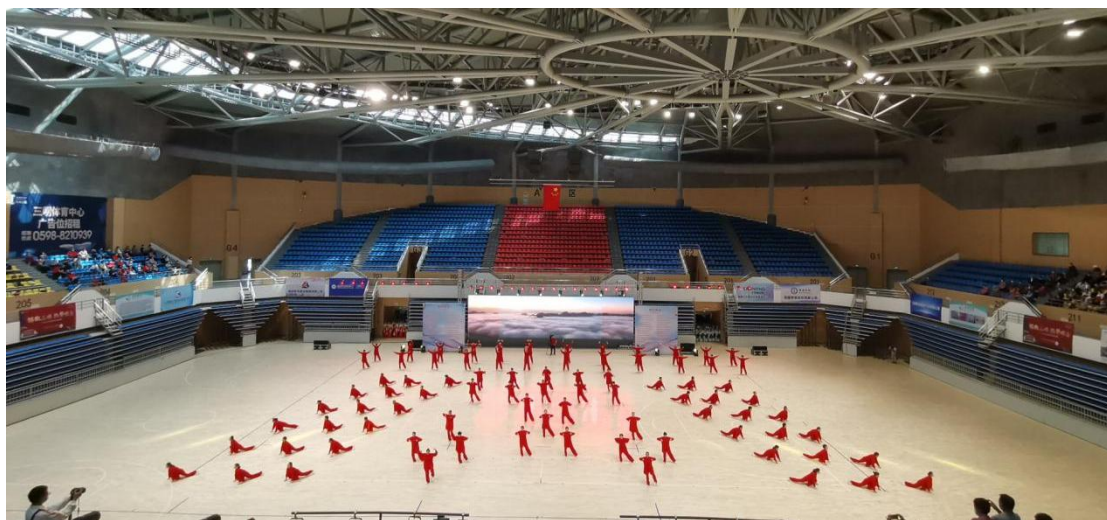




**\* 2022.5.18, 中国福建省健身气功协会 Health Qigong Association of Fujian Province, China**

福建省永安市健身气功分会参加三明市老健会开幕式百人气舞展演。

Fujian Yong'an Health Qigong Asso. attended the opening ceremony of Sanming Elderly Health Fitness Games, performing one hundred people Qi dance.



**\* 2022.5.15, 纽约养生太极气功联谊会 New York Yang Sheng Tai Chi Qi Gong Corp.**

“第一届亚裔传统文化大游行”在纽约曼哈顿城中举行，纽约养生太极气功联谊会参与了游行活动。

“The First Asian Pacific American Heritage Parade” was held on May 15, 2022, midtown Manhattan. The New York Yang Sheng Tai Chi Qi Gong Corp. attended the parade.





**\* 2022.5.7, 阿根廷健身气功协会 Argentine Health Qigong Association**

阿根廷健身气功协会月度练习会在布宜诺斯艾利斯市的“百岁公园”举行。教练员与学生们一起练习，复习 4 种基本功法和进行各种强化练习。

The Argentine Health Qigong Association monthly practice was held at the



Centenarian Park in Buenos Aires city. The instructors practiced with the students, reviewing the four routines and doing various intensive exercises.



\* 2022.1-2022.5, 意大利健身气功协会 Italy Health Qigong Association  
举办系列功法培训班 A series of training courses were held.







**Taiji YangSheng Zhang Seminar in Venice**



**MaWangDui Seminar organised by Emilia Romagna Committee**



**National Compulsory Refresher Course for instructors**







**\* 2022.5.5, 英国健身气功协会 British Health Qigong Association**

英国国家健保服务部举办健康心灵、健康心脏、健康生活推广活动。英气协积极参与，推广健身气功。

The UK's National Health Service (NHS) launched a activity to promote healthy minds, healthy hearts and healthy living. The British Health Qigong Association actively participated the activity in promoting Health Qigong.





协会教练员辅导参会人员健身气功八段锦 The association coaches taught participants Health Qigong Baduanjin



与市长合影 Photo with the Mayor



**\* 2022.5.1, 留尼汪龙山协会 Association Long Shan (Reunion Island)**

健身气功与登山之旅。

The Qigong and hiking journey on the Vulcan road at a place called "Nez de Boeuf".





**\* 2022.4.26, 蒙古国健身气功协会 Health Qigong Association of Mongolia**

2022 年 2 月 16 日至 6 月 1 日蒙古国在全国范围内举行《远离肥胖，早起锻炼-蒙古》活动。蒙古国健身气功协会积极响应，决定每天早晨 6 点 30 分至 7 点 30 分之间参加此项活动。他们的目标是在全国范围内让每个人都掌握八段锦。以下是他们组织教学的场景。

From February 16 to June 1, 2022, Mongolia will hold a nationwide activity called "Stay away from obesity, Get up early and exercise - Mongolia". The Health Qigong Association of Mongolia responded positively and decided to participate in this activity from 6:30 to 7:30 every morning. Their goal is to have everyone master Baduanjin throughout the country. The following are pictures of their teaching.







**\* 2022.4.24, 英国健身气功联合会 Health Qigong Federation UK**

在汉普顿老皇宫公园的大草坪上，英国健身气功联合会举办了室外健身气功培训班，来自联合会部分会员代表和健身气功爱好者们，参加了这次集培训、交流和观光为一体的健身气功活动。

On the great lawn of Hampton Court Old Palace Park, the Health Qigong Federation UK held an outdoor Health Qigong training course. Representatives from some members of the Association and Health Qigong enthusiasts took part in the activity, which was a combination of training, communication and sightseeing.





**\* 2022.4, 留尼汪龙山协会 Association Long Shan (Reunion Island)**

教年龄约 10 岁左右的 25 个学生孩子五禽戏。小朋友们都很喜欢学习。

Introduced Wuqinxi to a school class of 25 ten-year old children in Reunion Island.

The children were very happy to learn Wuqinxi.





**\* 2022.4.9, 意大利健身气功协会 Italy Health Qigong Association**

成功举办第 6 届意大利健身气功比赛（线上）

The 6<sup>th</sup> Italian National Health Qigong Competition 2022 (online) was successfully held.

**6° Italian National Health Qigong Competition 2022 online**



**6° Italian National Health Qigong Competition 2022 online**



**\* 2022.4.6, 阿根廷健身气功协会 Argentine Health Qigong Association**

阿根廷健身气功协会接受阿根廷电台采访，宣传健身气功。

The Argentine Health Qigong Association was interviewed by Argentine radio to promote Health Qigong.





**\* 2022.4.2, 加拿大加中健身气功联合会 Canadian Chinese Health Qigong Organization**

为更好推广健身气功，加拿大多伦多加中健身气功联合会圆满举办了 2022 年健身气功网上运动会。共有 92 人参加，报名 143 项功法比赛，包括易筋经、五禽戏、六字诀、八段锦。年龄在 70 岁或以上的群组有 50 人，报名 80 项功法。年龄在 69 岁或以下的群组有 43 人，报名 63 项。本会共颁发 143 面奖牌：41 金牌，45 银牌，和 57 铜牌。4 月 2 日，协会进行了运动会的颁奖典礼。这次活动大大提高了健身气功爱好者的兴趣和技术水平，并让更多人认识健身气功。

In order to better promote Health Qigong, the Canadian Chinese Health Qigong Organization successfully held the 2022 Health Qigong Online Games. A total of 92 participants signed up for 143 routine competitions, including Yijinjing, Wuqinxi,



Liuzijue and Baduanjin. There are 50 people in the group of 70 years old or older, and 80 entries were applied. 43 people in the group aged 69 or below and 63 entries. A total of 143 medals were awarded: 41 gold, 45 silver and 57 bronze. On April 2 th, the Association held the award ceremony of the games. This activity greatly raised the interest and skill level of Health qigong fans, and let more people know Health Qigong.





**\* 2022.4.1, 英国健身气功协会 [British Health Qigong Association](#)**

李晖主席和叶志威副主席荣获特尔福德市社区荣耀贡献奖 President Faye Yip and Vice President Tary Yip was awarded by Telford community



**\* 2022.3.29, 墨西哥健身气功协会 [Mexican Health Qigong Association](#)**

举办健身气功和心理学讲习班 Holding Health Qigong and psychology workshops







**\* 2022.3.27, 马来西亚健身气功总会 Malaysia Health Qigong Association**

马来西亚健身气功总会举办搁置了 1 年的易筋经辅导员培训与段前考试。因为防疫要求，此次在非常时期只录取 48 位来自 8 个站点（最小 14 岁，最大 80 岁）的考生参加，12 位义工协助，活动圆满完成。Malaysia Health Qigong Association held the Yijinjing instructor training and Pre-Duan examination which had been shelved for one year. Due to quarantine requirements, 48 candidates from 8 stations (ranging from 14 years old to 80 years old) participated in the event. 12 volunteers helped the event. It was completed successfully.







**\* 2022.3.27, 留尼汪龙山协会 Association Long Shan (Reunion Island)**

召开协会代表大议 Holding Association's General Assembly







**\* 2022.3.17, 摩洛哥阿尔凯佐兰文化体育发展协会 AL KHAYZOURANE Association**

纳欧法·卢阿提主席参与与中国大使、国际奥委会副主席及其他嘉宾的会见，并向他们介绍健身气功。

President Naoufal LOUATI introduced Health Qigong during the meeting with the Ambassador of People's Republic of China, Ms. Nawal El Moutawakil (Member of the executive board and Vice-president of the International Olympic Committee) and other high personalities.



**\* 2022.3.12, 西班牙气功学院俱乐部 Instituto Qigong Barcelona**

来自西班牙各地的教练员参加 3 月 12 日举办的五禽戏提高培训班。

Wuqinxi Perfecting Course held on 12th March. Instructors from all over Spain participated to perfect the series of 5 animals of Dr. Hua Tuo.





**\* 2022.3.5, 比利时健身气功联合会 Belgian Health Qigong Federation**

备战北体大国际导引养生功比赛 Preparation for BSU Daoyin competition with video







**\* 2022.3.4, 中国福建省健身气功协会 Health Qigong Association of Fujian Province, China**

福建永安健身气功协会 60 余名会员迎“三八妇女节”活动 More than 60 members of Fujian Yong'an Health Qigong Association welcomed the March 8th International Women's Day





**\* 2022.2.14, 法国东方文化传播中心 Les Temps Du Corps**

法国 5 台国际平台播出中法文化节目，其中对柯文副主席进行采访，宣传了中国太极和健身气功。

France TV5 international platform broadcast Chinese and French culture program, including the interview with Vice President Ke Wen. The interview introduced Chinese Tai Chi and Health Qigong.



**\* 2022.2.6, 马来西亚健身气功总会 Malaysia Health Qigong Association**

马来西亚健身气功总会于 2 月 6 日举办“2022 年壬寅五行五福迎虎年”新春文化活动，圆满展示了健身气功八段锦与六字诀。大家喜乐融融，展现出虎虎生威的喜庆氛围！

The Malaysia Health Qigong Association held the "2022 Renyin Five Elements and Five Blessings to welcome the Year of the Tiger" Chinese New Year cultural activity on February 6, which successfully displayed Health Qigong Baduanjin and Liuzijue. Everyone is happy and harmonious, showing the festive atmosphere.







**\* 2022.2.4, 墨西哥健身气功协会 Mexican Health Qigong Association**

在当地春节活动中展示健身气功 Performing Health Qigong at a local Spring Festival event



**\* 2022.1.31, 阿根廷健身气功协会 Argentine Health Qigong Association**

在布宜诺斯艾利斯市政府举办的春节活动中，阿根廷健身气功团队面对上万人表演了健身气功，反应热烈。

The Argentine Health Qigong Association performed Health Qigong in front of tens of thousands of people at a Chinese New Year event organized by the Buenos Aires municipal government, and the audience responded enthusiastically.









**\* 2022.1.26, 中国福建省健身气功协会 Health Qigong Association of Fujian Province, China**

福建省永安市健身气功分会活动 Activity of Yong'an Health Qigong Asso., Fujian





**\* 2022.1.16, 法国东方文化传播中心 Les Temps Du Corps**

法国东方传播中心 1 月 16 号成功举办了《中国文化与医学一日行》的活动，本次活动共吸引了网上及线下共计 200 人参与。活动从早上 10 点开始，一直持续到下午 5 点半，包括气功功法习练，禅修冥想，文化讲座及艺术表演四个部分。The Les Temps du Corps successfully held the activity "One day of Chinese Culture and Medicine" on January 16th, which attracted a total of 200 participants both online and offline. The activity includes four parts: Qigong practice, meditation, cultural lecture and art performance.





**\* 2022.1.14, 摩洛哥阿尔凯佐兰文化体育发展协会 AL KHAYZOURANE Association**  
 组织新学员练习健身气功 New persons joined Health Qigong Practice





**\* 2022.1.6, 留尼汪龙山协会 Association Long Shan (Reunion Island)**

海上健身气功 Practicing Health Qigong in the sea



**\* 2022.1, 意大利健身气功协会 Italy Health Qigong Association**





