



As part of Paris 2024 Olympics Games and its Sports and Cultural dynamics

**5èmes RENCONTRES INTERNATIONALES DE TAI JI QUAN en groupes
et COMPÉTITION de SHOU BO 1^{er} niveau XIANG BO**

**5th INTERNATIONAL TAI JI QUAN SPORTING EVENT in groups
and SHOU BO COMPETITION 1st level XIANG BO**

GENERAL INFORMATION

(4 months before the event)

January 27th, 2023

1- ORGANISATION

The Association **TAI CHI CHUAN 78 (TCC78)**
in partnership with
La mission **Jeux Olympiques et Paralympiques 2024**
du **Bureau des Sports de la Ville de Saint-Germain en Laye**
La **Fédération Française de Karaté et Disciplines Associées (FFKDA)**
and with the support of
La **Fédération Internationale de Shou Bo (FISB)**
L'**Association Française de Shuai Jiao (AFSJ)**

2- NAME of the SPORTING EVENT

" **5èmes RENCONTRES INTERNATIONALES DE TAI JI QUAN en groupes
et COMPÉTITION de SHOU BO 1^{er} niveau XIANG BO** "

3- DATES and PLACES

- **Friday APRIL 28th, 2023:** Delegations arrivals in Saint-Germain-en-Laye 78100 France
 - Teams accomodations during the day at **APPART' CITY CONFORT**
 - Connections provided from **aéroports** Paris Charles de Gaulle "CDG" or Paris Orly "ORY" by **RER B** to "Châtelet-Les-Halles" then **RER A** to "Saint-Germain-en-Laye" (terminus) then **TRAM T13** until station "Lisière Pereire"
 - In order to best organise the journey and connections for Foreign Participants, please contact **00 33 (0) 6 31 31 65 82**

Registration procedures are detailes in paragraph 10 :

APPART' CITY CONFORT – 11 place Christiane FRAHIER – 78100 Saint-Germain-en-Laye
00 33 (0) 1 73 60 68 44

- Meals and Work meetings
- Preparation of the Lavandières gymnasium

● **Saturday APRIL 29th, 2023:** Rencontres Internationales de Tai Ji Quan en groupes et Compétition de Shou Bo 1^{er} niveau XIANG BO



GYMNASSE DES LAVANDIÈRES
13 rue des Lavandières
78100 Saint-Germain en Laye
FRANCE



by **TRAM T13** (2mn) until station "Fourqueux Bel AIR" then 5mn on foot, or a 15min walk in total from the hotel

- 8:30am to 5:30pm: 1st day
 - 8:30am Organisers' meeting
 - 8:30am Gymnasium's preparation
 - 9:00am Registration and athletes' weighing
 - 10:00am Opening of the competitions
 - 10:00am Taijiquan parade organisers' meeting
 - 10:30am Taijiquan parade's participants registration
 - 11:00am Taijiquan parade
 - 12:00pm Lunch
 - 1:00pm Resumption of competitions
 - 5:00pm End of competitions
 - 5:30pm Demonstrations of Martial Applications of Taijiquan
- 7:30pm: Dinner

● **Dimanche 30 AVRIL 2023 :**

Rencontres Internationales de Tai Ji Quan en groupes et Compétition de Shou Bo 1^{er} niveau XIANG BO

- 9:30am to 5:00pm: 2nd day
 - 9:30am Opening of the competitions
 - 12:00pm Lunch
 - 1:00pm Resumption of competitions
 - 3:00pm End of competitions
 - 4:00pm Medals ceremony
 - 5:00pm Closing cocktail

● **Monday 1st, MAY 2023:**

PARIS Sightseeing tour (Arc de Triomphe, Notre-Dame, Sacré-Cœur, Tour Eiffel, etc)

4- PARTICIPATING COUNTRIES

Algeria, Belgium, Brazil, Canada, China, Unites States, France, Greece, Netherlands, Italy, Malian, Poland, Portugal,

and... all interested countries are welcomed.

5- PARTICIPATION

The Organizing Committee declines all responsibility in case of a need of medical treatment or hospitalisation of a delegation's member.

Participants and delegation's members need to be insured either by their club and by an individual insurance.

An insurance certificate must be provided by the person in charge of the delegation for each participant in the inscription file.

6- COMPETITION

● **The TAI JI QUAN Competition will be in groups:**

- a. Each "GROUP" is composed of **at least 6 participants and a maximum of 12 (recommended)**.
- b. Tai Ji Quan's categories:
 - Tai Ji Quan with bare hands
 - Tai Ji Quan with weapons (sword, fan)
 - Other Tai Ji styles
- c. **Both Registration and Participation forms to the competition** must be completed for each demonstration:
 - Name of the demonstration (style, form)
 - Passage time (around 5 to 6min)
 - A USB key with your music must be provided on the morning or at lunch break
 - Participants number and their first and last names

TAI JI QUAN practised in groups is a traditional ancient discipline in China. It is now often a group sport with a tradition of cultivating the practitioner's mental and physical well-being which are linked in a harmonious balance of mind and body. It has become the most practised Chinese Martial Art in the world.

● **The SHOU BO Competition will be held in a single category: Xiang Bo**

- a. The competition will follow the official rules of Xiang Bo.
- b. With the exception of the referees accompanying the teams, the referees will be recruited amongst the local referees of the "Arbitrage de Shou Bo France" Commission.
- c. Conduct of the fights: **weighing and drawing** will take place on the first day of the competition, Saturday 29th, 2023 at **9:00am sharp at the Lavandieres gymnasium** in Saint-Germain-en-Laye.

The SHOU BO discipline has been able to adapt to the needs of today's society with a search for harmony coming from Tai Ji Quan's theory of "gently conquering" and combat practice "without violence or aggressivity and acting with flexibility, swiftness and elegance" while keeping the qualities of Western sportsmanship.
France has been the centre of Shou Bo's development over the years.

7- AWARDS

- Participants of both disciplines will receive of participation diploma (be sure to indicate and verify each athlete FIRST AND LAST NAME in the delegation's participation form).
- The three first fighters in the Xiang Bo's competition will receive a medal.
- The three best groups of the Taijiquan's Sporting Event will receive a cup from a jury composed of the heads of all the delegations.
- Each team will receive a souvenir cup.

8- REGISTRATION FEES

- No registration fees for the *Rencontres Internationales de Tai Ji Quan par groupes/International Tai Ji Quan Sporting Event in groups*.
- No registration fees for the *Shou Bo Competition XIANG BO 1st level in teams*.

Travel and daily expenses are responsibility of the participating delegations.

Team leaders will be held responsible for any damages or indelicacies caused at the accomodation establishment by their members.

9- REGISTRATION DEADLINE

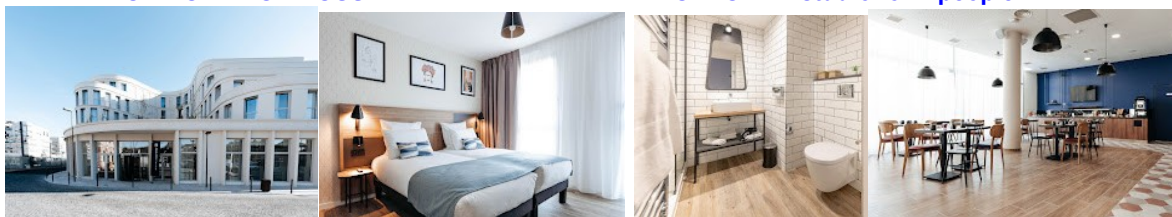
REGISTRATION and PARTICIPATION FORMS (Excel file attached to the invitation) must be completed by each delegation **before Mars 26th, 2023 and sent to**

**Association TAI CHI CHUAN 78 by email at info@taichichuan78.com
Phone 00 33 (0) 6 31 31 65 82**

For delegations requiring an **invitation letter to be provided to embassies**, the registration form must be completed **as soon as possible**, with the addition of passport informations for each team member, and sent to

**Association TAI CHI CHUAN 78 by email à info@taichichuan78.com
Phone 00 33 (0) 6 31 31 65 82**

10- ACCOMMODATION POSSIBILITY – APPART' CITY CONFORT – studio for 2 people



APPART' CITY CONFORT – 11 place Christiane FRAHIER - 78100 Saint-Germain en Laye
<https://www.appartcity.com/fr/destinations/ile-de-france/saint-germain-en-laye/paris-saint-germain-en-laye.html>
Phone 00 33 (0)1 73 60 68 44
Email stgermain@appartcity.com

Please note that everybody can organise independently as they wish.

ESTIMATE EXAMPLE: GROUP “5èmes Rencontres Internationales de Tai Ji Quan en groupes/5th International Tai Ji Quan Sporting Event in groups” for the 3 nights of April, Friday the 28th, Saturday the 29th and Sunday May 1st, 2023.

APPART' CITY CONFORT Saint-Germain-en-Laye offers studios for 2 people (20 m²) for all 3 nights at a price of:

- 288€ excluding breakfast (i.e. 96€ per night and per studio)
- 330€ including breakfast (i.e. 110€ per night and per studio)

The visitor's tax will have to be paid in addition while on location. As of today, it represents 2,65€ per night per person (subject to changes).

(Note that there is a prized Boulangerie in front of the hotel with sweet and savory products, opening at 07:00am, closed on Mondays, but with no seated room; and a little supermarket just outside).

If you wish to take advantage of this preferential rate:

BOOK AS FAST AS POSSIBLE the desired number of studios, with or without breakfast, by e-mail at info@taichichuan78.com in order to **book RESERVATION**.

The studios are charged in full even if they are occupied by a single person.

For delegations occupying a studio with only one person (odd number of participants: 1, 3, 5, 7,), we will try to optimize with you, if possible, the occupation of the studio with a person from another delegation in the same situation.

Breakfast is a buffet consisting of hot and cold sweet and savory products.

EQUIPEMENTS (depending of apartment types)

- Quality bedding with a double bed or two single beds
- Workspace
- Equipped kitchen area, capsule coffee machine
- 43-inch 4K UHD TV with Chromecast technology
- Very high speed 100% fiber Wifi Internet
- Air conditioning, telephone and safe
- Shower, hair dryer, towel dryer, magnifying mirror

ACCESS

- Paris-Orly airport 1 hour by car
- Paris Charles-de-Gaulle airport 50 minutes by car
- RER A, Saint-Germain-en-Laye terminus exit then Tram T13, “Lisière Pereire” stops at the foot of the aparthotel
- Saint-Germain-en-Laye RER station 25 mins on foot and 9 mins by car
- A14 motorway, exit 6.a-Chambourcy
- Nearby car parks: Indigo Poland car park, Q-Park car park
- 12 min on foot and 6 min by car from the city centre

SHOPS nearby: Prized Boulangerie “Le Paradis des Gourmands”, Franprix and LIDL supermarkets, 4 restaurants: fast food “Kasta Tacos&Burger”, Italian “Woodiz”, Japanese “Sushiwan”, French “Le Bourgogne”, 1 bar “La Vigne et le Houblon”...

11- **CONTACT** : postal adress – E-mail – Telephone

TAI CHI CHUAN 78
24 rue de la République
78100 SAINT-GERMAIN EN LAYE FRANCE
E-mail info@taichichuan78.com
Tél. 00 33 (0)6 31 31 65 82

12- **ACCOMMODATION PAYMENT**

- **Reservation as soon as possible** at info@taichichuan78.com
followed by sending a confirmation deposit for the 3 nights of **100€ per studio**
by banking account transfer to the bank account of Association TAI CHI CHUAN 78
by entering in the 'reason field' your delegation's name and in the 'reference' field « 5RITJQXB »



RELEVÉ D'IDENTITÉ BANCAIRE

Titulaire
TAI CHI CHUAN 78

Domiciliation
SG ST-GERMAIN EN LAYE (01860)
2 RUE DE LA REPUBLIQUE
78105 SAINT-GERMAIN-EN-LAYE

Référence bancaire

Code banque	Code guichet	N° compte	Clé RIB
30003	01860	00037266729	58

IBAN : **FR76 3000 3018 6000 0372 6672 958**
BIC-ADRESSE SWIFT : **SOGEFRPP**

- Total payment for the studios must reach us by **bank transfer no later than March 15th, 2023**. Reservations will be lost after that date if the complete payment did not arrive.