

Comprehensive Taiji Exercise for Health: Instructor Certification

Level 1. Assistant Instructor

Perform and teach Taiji form and applications: bare-hand long form section 1, right and left sides with commands, intention, and *coordination with breathing* as well as the standard teaching applications of section 1 form movements.

Perform and teach Taiji-Qigong exercise: Taiji balance training; Taiji walking (forward, backward and sideways); solo stationary and rocking Taiji Ball Qigong patterns; the All-Season Qigong for Spine and Chest, back to childhood breathing and *basic sitting meditation*.

Perform and teach partner exercises: sensing hands single and double patterns 1-4.

Perform and teach standing meditation: Wuji, Embrace the Moon on the Chest and Golden Rooster Stands on One Leg.

Pass a written test on Level 1 Taiji-Qigong Theory

Level 2. Associate Instructor

Fulfill the requirements of Level 1.

Perform and teach Taiji Form: The entire bare-hand long form, right side with commands, intention, coordination with breathing and coordination with Qi circulation as well as the standard teaching applications of the form movements of the bare-hand long.

Perform and teach Taiji Qigong exercise: Taiji Qigong Primary set, Taiji Ball Qigong (solo walking forward and backward), Taiji Symbol tracing silk-reeling exercise solo right and left handed, reverse abdominal breathing; Yongquan, Four Gates and Five Gates breathing; Grand Circulation, Taiji Ball breathing and *Functional Meditation*.

Pass a written test on Level 2 Taiji-Qigong Theory

Level 3. Master Instructor

Fulfill the requirements of Level 2.

Perform and Teach Taiji form: bare-hand long form left side with commands, intention, coordination with breathing and coordination with internal Qi circulation.

Qi Elements Center for Taijiquan and Qigong, Herndon Virginia, www.qielements.com Comprehensive Taiji Exercise for Health Instructor curriculum 11/4/2015

Perform and Teach Taiji-Qigong exercise: Stationary Taiji-Qigong coiling set, Taiji Ball Qigong rocking and walking with partner, free style Taiji Ball Qigong, *Embryonic Breathing* and Small Circulation sitting meditation.

Perform and teach partner exercises: Yin-Yang symbol tracing silk reeling Yang side solo.

Perform and Teach Taiji Cane Exercise: Taiji cane warm-up routine, rocking and weight shifting combination drills.

Pass a written test on Level 3 Taiji-Qigong Theory

Optional additional certifications

Taiji Saber Exercise

Taiji Sword Exercise

(items in italics are not included in the Taijiquan curriculum.)