Certificate in Medical Qigong Exercise

for Healing and Stress Reduction

Level 1 35 credit hours including all Level 1 requirements CHs

Students are required to test on the following knowledge and skills for level 1:

Basic Qigong Theory* Written take-home test. ***5***

Six Healing Sounds* Performance and oral explanation ***3***

Sitting Meditation* Basic Meditation for relaxation and mental focus ***3***

Oral or written test

Qigong Exercise for Balance, Leg Strength and Bone Density*

Embrace the Moon on the Chest Performance and oral explanation ***1***

Taiji Walking Performance and oral explanation ***2***

Student teaching. Students will be required to successfully lead a one-hour class***.*** ***3***

Students are required to complete course work and testing for an additional 18 credit hours from elective courses for level 1 certification.

Level 2 Level 1 plus 35 additional credit hours including all Level 2 requirements

Students are required to test on the following knowledge and skills for level 2:

Intermediate Qigong Theory* Written take-home test. ***5***

Qi Cultivation and Circulation Practices*

Sitting Meditation

Small Circulation Oral or written test ***6***

Recovery from Meditation Performance and oral explanation ***2***

Students are required to complete course work and testing for an additional 22 credit hours from elective courses for level 2 certification.

Level 3 Level 2 plus 30 additional credit hours including all Level 3 Requirements

Students are required to test on the following knowledge and skills for level 3:

Advanced Qigong Theory	Written take-home test.	***5***
Qi Cultivation and Circulation	Oral or written test.	
Yongquan Breathing		***1***
Four Gates Breathing		***1***
Grand Circulation Breathing		***1***

Students are required to complete course work and testing for an additional 22 credit hours from elective courses for level 3 certification.

Elective Skills and Testing Requirements

Four Seasons Medical Qigong for maintaining and improving health as seasons change

Testing by performance and oral explanation.		
All Season Routine		3
Spring Season Routine		3
Summer Season Routine		3
Fall Season Routine		3
Winter Season Routine		3

Standing Eight Pieces Brocade for overall health maintenance and improvement

Testing by performance and oral explanation.		5

Standing Meditation

Energy Gathering and Energy Cleansing	Performance and oral explanation.	1

Qi Permeation Technique for relaxation, stress reduction and lowering

high blood pressure Performance and oral explanation. 2

Lying Down Qigong for relaxation, stress reduction and insomnia. Oral or written test. 2

Qigong to Help Prevent Breast Cancer Performance and oral explanation. 2

Qigong for Arthritis and Pain Management. Written test. 3

Sitting Eight Pieces Brocade for restoring health. Performance and oral explanation. 3

Standing Meditation

Wuji Posture Performance and oral explanation. 1

Advanced Balance and Leg Strength Training

Golden Rooster Stands on One Leg. Performance and oral explanation. 1

Qigong Empowerment Medical Qigong Routines

Testing is by performance and oral explanation.

Lung Qigong: Lung Cleansing, Lung Strengthening, Si Sound for

Nourishing the Lungs 2

Kidney Qigong: Elevating the Kidneys; Strengthening the Kidneys,

Chui Sound to Ensure Kidney Health 2

Liver Qigong: Easing the Liver, Xu Sound to Calm the Liver 2

Heart Qigong: Ke Sound to Ease the Heart Fire 2

Stomach and Spleen Qigong: Massage the Abdomen to Strengthen the Stomach

And Spleen, Hu Sound to Strengthen the Stomach and Spleen 2

Walking Qigong: Guo Lin Qigong for Cancer. Performance and oral explanation. 3

Taiji Ball Qigong for Flexibility and Toning

Testing by performance and oral explanation.

Rocking Circling—vertical, horizontal, changing, vertical slanted,

vertical turning to sides 3

Moving Taiji Ball – stepping forward and backward while circling	3
White Crane Soft Qigong—for range of motion, flexibility, coordination and energy circulation. Performance and oral explanation.	6
Five Animal Sports for all-round health and stamina improvement	
Testing is by performance and oral explanation.	
Tiger	5
Deer	5
Bear	5
Monkey	5
Bird	5

Candidates for certification will be tested at each levelon their ability to accurately lead and demonstrate exercises in front of a class or group and on their knowledge of the internal and external requirements of the exercises as well as their knowledge of qigong theory at each level.