

## Certificate in Medical Qigong Exercise

### Electives Progress Chart

Topic	Credits	Applied to Level	Type of Exam Required	Date Exam Passed
FSMQ All Season	3		Performance and explanation	01/01/01
FSMQ Spring Season	3		Performance and explanation	
FSMQ Summer Season	3		Performance and explanation	
FSMQ Fall Season	3		Performance and explanation	
FSMQ Winter Season	3		Performance and explanation	
Standing Eight Pieces Brocade	5		Performance and explanation	
Energy Gathering and Cleansing	1		Performance and explanation	
Qi Permeation Technique	2		Performance and explanation	
Lying Down Qigong	2		Oral or Written	
Qigong to Help Prevent Breast Cancer	2		Performance and explanation	
Qigong for Arthritis	3		Performance and explanation	
Sitting Eight Pieces Brocade	3		Performance and explanation	
Standing Meditation Wuji	1		Performance and explanation	
Advanced Balance Training	1		Performance and explanation	
Lung Cleaning, Lung Strengthening, Si Sound for Nourishing Lungs	2		Performance and explanation	
Elevating the Kidneys, Strengthening the Kidneys Chui Sound to Ensure Kidney Health	2		Performance and explanation	
Easing the Liver, Xu Sound to Calm the Liver	<b>2</b>		Performance and explanation	
Ke Sound to Ease the Heart Fire	<b>2</b>		Performance and explanation	

Massage the stomach to Strengthen the Stomach and Spleen	2		Performance and explanation	
Guo Lin Qigong for Cancer	3		Performance and explanation	
Taiji Ball Qigong Rocking	3		Performance and explanation	
Taiji Ball Qigong Moving	3		Performance and explanation	
White Crane Soft Qigong	6		Performance and explanation	
Five Animal Sports Tiger	5		Performance and explanation	
Five Animal Sports Deer	5		Performance and explanation	
Five Animal Sports Bear	5		Performance and explanation	
Five Animal Sports Monkey	5		Performance and explanation	
Five Animal Sports Bird	5		Performance and explanation	