Certificate in Medical Qigong Exercise

for Healing and Stress Reduction

Level 1 Progress Chart

35 credits needed, 14 required in required topics, 21 in elective topics

Topic	Credits toward certification	Type of Exam Required	Date Exam Passed
Basic Qigong Theory*	**5**	**Written**	
Six Healing Sounds*	**3**	**Oral**	
Basic Meditation for relaxation and mental focus*	**3**	**Oral or written**	
Embrace the Moon on the Chest*	**1**	**Performance with explanation**	
Taiji Walking*	**2**	**Performance with explanation**	
(fill in electives)			