

Energy Arts - 8-Level Instructor Certification System

Core Qigong Program Criteria

Dragon and Tiger Qigong

IMPORTANT: In the Water Tradition, all practice begins with learning how to relax and let go. Try to maintain the spirit of encouragement when working with your body and those of your students. You never want to try to make anything happen by force of will or through pushing the body.

For this reason, all Level 1 certifications in our programs are about developing relaxation. You then carry and deepen that relaxation throughout the progressive levels.

As you progress through the system, each new level includes all the material from the previous.

Overview of 8-Level Dragon and Tiger Qigong Progression with Former Certification Model Equivalents

Programs: **Blue** = Fundamental, **Green** = Intermediate, **Red** =
Advanced

Level 1

Level 2

Level 3 = Former Level 1

Level 4

Level 5

Level 6 = Former Level 2

Level 7 = Former Level 3

Level 8 = Lineage Track and Disciples

Level 1

Movements and Accuracy

Perform 10 reps of Moves 1, 4 and 5 in sequence:

Return to beginning posture after completing each move

Move 1 - Up and down left and right sides (inside/outside legs not required)

Accurately form beak hand and open palm

Hand flick not stiff

Breathing

Belly engaged

Do NOT use force

Does not need to be in sync with movements

Energetics

Qi ball palm to palm

Stirring qi

Move hands so as to smoothly activate qi in etheric field

Level 2

Movements and Accuracy

Simplified full set (moves 1-7 10 reps):

Following left and right sides (specific inside/outside leg pathways not required)

Head tracing on 6 and 7 not required

Hand flick on 2 and 5 not stiff

Foot flicks optional

Kwa fold on move 3

Two-stage word finger pierce with extension in moves 6 and 7

Breathing

Belly and sides

Does not need to be in sync with movements

Energetics

Qi ball palm to palm

Stirring qi

Move hands so as to smoothly activate qi in etheric field

Level 3

(Equivalent to former Level 1 when completed)

Movements and Accuracy

Full set of 20 reps:

Hands continuously feeling/brushing correct pathways on first layer of etheric field and skin

Maintain consistent “Goldilocks” distance from skin

Smooth flow with reasonable transitions (no stopping)

Foot flicks required on moves 2 and 7

Include tracing lines on head in moves 6 and 7

Breathing

Belly, sides and lower back engaged

Breathing patterns of the movements

Energetics

Pathway prep exercise:

Qi patting/tapping the lines (neurological memory), followed by feeling/brushing along the skin from the first layer of the etheric field

In movements:

Continuously connect to skin

Hands on lines

Generate qi wave along the skin

Level 4

Movements and Accuracy

Full set pushing and pulling wei qi along the upper body pathways

More accuracy and flow with smooth transitions (no stopping)

Double-handed outside/inside of leg variation of move 3

Breathing

Belly, sides, lower back and mid back.

Breathing patterns of the movements, including longer inhales of Moves 3 and 5

Energetics

Pushing and pulling qi through wei qi (basic, upper body)

Level 5

Movements and Accuracy

Full set pushing and pulling wei chi along all pathways, including legs
More accuracy and flow with smooth transitions (no stopping)

Breathing

Belly, sides, lower back, mid back and upper back engaged.
Breathing patterns of all the movements

Energetics

Pushing and pulling qi from physical extremity to extremity (whole body), through wei qi

Level 6

(Equivalent to former Level 2 when completed)

Movements and Accuracy

Full set pushing and pulling along the channels

More accuracy and flow with smooth transitions (no stopping)

Breathing

Belly, sides, lower back, mid back, upper back and (to some degree) apex of the lungs engaged.

Breathing patterns of the movements

Energetics

Pushing and pulling qi through the wei qi and from etheric field boundary, through body, to etheric field boundary

Level 7

All former Level 3 material and beyond

Level 8 - Lineage Track and Disciples

Lineage Track Instruction

All Necessary Skills to Pass Dragon and Tiger Qigong to the Next Generation