

Energy Arts - 8-Level Instructor Certification System

Core Qigong Program Criteria

Foundational 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. Then you carry and deepen that relaxation throughout the progressive levels. Timeframes for breathing and standing are for certification purposes only and **should NOT** be presented to students as expectations of performance.

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

Basic Concept:

Level 1: Connect arms to spine

Level 2: Connect legs to spine

Level 3: Whole body motion

Level 1

Standing

Basic Alignments:

Toes face forward, knees vertically over feet, slightly bent knees, slight sit in kwa, back of pelvis relaxed and dropped, C7 lifted, tuck chin to lift occiput, tongue on roof of mouth, chest gently released downward, shoulders dropped

Posture:

Neutral with hands down

Intent:

Relax and let go (but don't collapse)

Duration:

Five minutes

Moving

Vertical/sagittal Circling Hands with heel/ball weight shift, circle in both directions

Sitting

Basic alignments listed above adapted, plus sit on sit bones

Breathing

Parts:

Belly and diaphragm engaged

Chest still

Duration:

No requirement – Do NOT use force

Level 2

Standing

Alignments:

Feet parallel, shoulder blades spread, head over torso, tuck chin to lengthen neck/spine, arms turned in slightly to spread shoulder blades and open armpits, tiger's mouth touches side of hip/thigh, hands and wrists relaxed

Posture:

Neutral posture
Hug-a-tree standing posture

Intent:

Relax and let go

Duration:

5 minute neutral posture
5 minute hug-a-tree standing posture
10 minutes total

Moving

Vertical/sagittal Circling Hands, add small kwa squat

Sitting

Alignments listed above adapted, plus rest the weight of the legs on the ground through the feet

Breathing

Parts:

Belly and sides engaged

Duration:

5 second in- and out-breath (10 seconds total)

Level 3

Standing

Alignments:

Back of knees open, kwa lifted, midriff lifted, chest spread horizontally, bai hui lifted, body “sits” on ground through feet, 4 points connected

Posture:

Neutral posture

Three burners postures – cupping lower tantien, hug-a-tree standing posture, hands at forehead with palms facing out

Intent:

Relax and let go

Duration:

Four minutes of each posture with breaks (16 minutes total)

Moving

Add horizontal and coronal circles with turning, side-to-side and heel-to-ball weight shifts

Sitting

Alignments listed above adapted, plus bai hui lifted

Breathing

Parts:

Belly, sides and lower back engaged

Duration:

8 second in- and out-breath (16 seconds total)