

## Energy Arts - 8-Level Instructor Certification System

### Core Qigong Program Criteria

# Heaven and Earth 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 4-6: Deeper internal content

## Overview of 8-Level Heaven and Earth Qigong Progression with Former Certification Model Equivalents

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

**Level 1**

**Level 2 = Physical Movements**

**Level 3**

**Level 4**

**Level 5**

**Level 6 = Former Level 1**

**Level 7 = Former Level 2**

**Level 8 = Lineage Track and Disciples**

## Level 1

### Overview

Basic movements of Heaven and Earth Qigong

### Arms

Turning forearms out and in

### Legs

Stable - feet parallel

### Spine and Kwa

Tailbone drops vertically on bend, drives forward on stretch

Hook and straighten the neck, crown stays connected to the centerline, keep the integrity of spine

### Breathing

Belly and diaphragm engaged

#### Duration:

No requirement – Do NOT use force

### Neigong

#### Bend and stretch:

Arms connect to the spine.

Sink elbows to bend, release and extend elbows and finger tips to stretch

## Level 2

(Equivalent to former Physical Movements when completed)

### Arms

Turning whole arms out and in, add upper arms and shoulders

### Legs

Felt experience is that pelvis/tailbone softly penetrates legs to back of knees

### Spine and Kwa

Tailbone drops vertically on bend, drives forward on stretch.

Hook and straighten the neck, draw back the mid-spine and release forward

### Weight Shift

Natural forward-back-forward weight shift motivated by movement of the kwa and arms (no focused ball-arch-heel shifting)

### Breathing

5-second in- and out-breath with belly, diaphragm and sides engaged (10 seconds total)

### Neigong

Bend and stretch:

Legs connect to spine

Keep space in the kwa on bend

## Level 3

### Arms

Twisting forearms, twist in and release back to neutral

### Legs

Felt experience is that pelvis/ tailbone softly penetrates legs through back of knees to arches of feet

### Spine and Kwa

Full C-curve combined with kwa squat, tailbone tucks under on bend, sinks down on stretch

### Weight Shift

#### Preliminary exercise:

Three-part weight shift, ball-arch-heel

#### Six-part-weight-shift pattern throughout Heaven and Earth Qigong:

Ball-arch-heel (macrocosmic orbit), ball-heel (microcosmic orbit), arch (neutral)

### Breathing

#### Duration:

8-second in- and out-breath with belly, diaphragm, sides and lower back engaged (16 seconds total)

#### Macrocosmic orbit:

Two full breaths

#### Microcosmic orbit:

One full breath

### Neigong

#### Bend and stretch:

Whole body, arm and leg tissues connect together through torso,( i.e. whole-body motion)

#### Open and close:

Hands and wrists

#### Yang-yin soft tissue lengthening:

Arms from spine to fingers (yang tissues) and fingers to chest (yin tissues)

Partner exercise – run hands along arm tissues to move fascia

## Level 4

### Arms

Twisting whole arm, twist in and release back to neutral, add upper arms and shoulders nest and blades

### Legs

Pelvis/Tailbone softly penetrates through arches of feet to bubbling well points

### Breathing

#### Duration:

10-second in- and out-breath with belly, diaphragm, sides, lower back and mid back engaged (20 seconds total)

### Neigong

#### Open and close:

All joints of arms and shoulders

#### Yang-yin soft tissue lengthening:

Add torso, from buttocks to crown (yang tissues) and back to kwa (yin tissues)

Partner exercise – run hands along torso tissues to move fascia toward and away from spine

## Level 5

### Arms

Twisting connects to spine, activates space between shoulder blades, toward and away from spine

### Breathing

#### Duration:

12-second in- and out-breath with belly, diaphragm, sides, lower back, mid back and upper back engaged (24 seconds total)

### Neigong

#### Open and close:

Add ribs, feet, and ankles

#### Yang-yin lengthening:

Add legs from outside edge of foot to buttocks (yang tissues) and down inside of legs to arches of feet (yin tissues)

#### Wrapping:

Upper torso fascia forward and back

Partner exercises – run hands along leg and torso tissues to move fascia

## Level 6

(Equivalent to former Level 1 when completed)

### Legs

Pelvis/Tailbone connects to and runs along centerlines of feet, and remains connected to feet at all times

### Breathing

Duration:

15-second in- and out-breath with belly, diaphragm, sides, lower back, mid and upper back, and apex of lungs (to some degree) engaged (30 seconds total)

### Neigong

Open and close:

Add joints of the knees and hips

Emphasize back of knee joints

Yang-yin lengthening, figure-eight loop:

Up yin tissues of legs; up yang of torso, head, arms

Down yin of head, arms, torso; down yang tissues of legs

Wrapping:

All torso fascia

Partner exercise – run hands along torso tissues to move fascia

Macro- and microcosmic orbits:

Energetic flows, including all parts of brain cleansing



## Level 7

Former Level 2 and beyond skills and material

## Level 8 - Lineage Track and Disciples

### Lineage Track Instruction

All Necessary Skills to Pass Heaven and Earth Qigong to the Next Generation