

Energy Arts - 8-Level Instructor Certification System

Core Qigong Program Criteria

Energy Gates 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 Energy Gates 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

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

Duration:

Five minutes

Breathing:

Breathe with belly and diaphragm engaged, and chest still
No time requirement – Do Not use force

Sinking Qi:

Light

Cloud Hands

Basic side-to-side weight shift with turning – connect the arms to the spine

Fully lengthen the arms (not too straight or slack) so that the fibers of the soft tissues are elongated from spine to fingertips.

Progression:

Weight shift
Weight shift with turn
Add arms parallel – static
Add turning of the arms
Whole Cloud Hands

Spine Stretch

Three sections:

Lumbar, thoracic, cervical
Release from the back when bending and lift from the front when straightening

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

Duration:

10 minutes

Breathing:

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

Sinking Qi:

Medium

Cloud Hands

Weight shift with turning – clearly connect legs to spine, extend legs from spine throughout weight shift
Fully lengthen the legs (not too straight or slack) so that the fibers of the soft tissues are elongated from spine to toe-tips..

Spine Stretch

Four Sections:

Lumbar, thoracic (2), cervical

Level 3

(Equivalent to former Level 1 when completed)

Standing

Alignments:

Back of knees open, kwa lifted, midriff lifted, chest spread horizontally, bai hui lifted, body “sits” on ground through feet, connect four points up and down

Duration:

15 minutes

Breathing:

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

Sinking Qi:

Strong, emphasis on kwa, tailbone, perineum, and through legs and feet

Cloud Hands

Full weight shift with turning – smooth and relaxed whole-body motion

Fully lengthen the whole body (not too straight or slack) so that the fibers of the soft tissues are elongated through the torso, arms and legs.

Spine Stretch

Five Sections:

Lumbar, thoracic (2), cervical (2)

Level 4

Standing

Alignments:

Kou the four points

Duration:

20 minutes

Breathing:

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

Outer Dissolving:

Light

Cloud Hands

All of the following:

Hands achieve the front and side centerlines

Shoulders sink to hips

Round shoulder to bring hand up centerline and power arm

Trace dai mai, qi continues around to spine on sinking hand

Swings

First Swing:

Joints of arms release, jiggle arms (partner exercise), body momentum moves and releases arms

Spine Stretch

Seven Sections:

Lumbar (2), thoracic (3), cervical (2)

Level 5

Standing

Alignments:

Sinkings and risings/micro-alignments

Duration:

25 minutes

Breathing:

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

Outer Dissolving:

Medium

Cloud Hands

Constant turning of waist and arms, turning of leg muscles, include forward finger pierce at top

Swings

Second Swing:

Release torso (belly) and empty leg

Turn 45° to 90°

Spine Stretch

Eight Sections:

Three vertebrae per section

Level 6

(Equivalent to former Level 2 when completed)

Standing

Alignments:

The five rings

Duration:

30 minutes

Breathing:

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

Outer Dissolving:

Strong, dissolve energy gates

Cloud Hands

Constant twisting of arms and legs, pelvic roll to complete extension of hands.

Bend and extend elbows in coordination with the weight shift - bend to the middle, extend to the side.

Physically show the hand traces around the dai mai and, up the center line, and out to pierce at the top; the hand follows the same pathway on the descent

Swings

Third Swing:

In this and all swings – ability to release the organs

Open kwa to send hands upward at bottom of downward swing, close kwa to bring hands down

Spine Stretch

12 Sections:

Two vertebrae per section

Level 7

All former Level 3 material and beyond

Level 8 - Lineage Track and Disciples

Lineage Track Instruction

All necessary Skills to Pass Energy Gates Qigong to the Next Generation