



WHITE TIGER QIGONG™

White Tiger Qigong Program and Certification Framework

Certification Code	WT200-8T5EP
Certification Name	White Tiger Instructor 200 HOUR 8 Trigram & 5 Element (Module C)
Pre-requisites (if any)	None
Mode of Delivery	<ul style="list-style-type: none">• Online• Face to face• Blended Learning
Outcomes	At the end of this certification students will be able to: <ul style="list-style-type: none">• Be proficient in all 5 Element and 8 Trigram Qigong forms• Obtain greater range of motion (ROM)• Increase fascial strength and spring• Obtain more calm, peaceful states more easily• Have a thorough understanding in the topics below in the Certification Content

<p>Certification Content</p>	<p>The following topics will be covered throughout this unit:</p> <ul style="list-style-type: none"> • Qigong Fundamentals • History of Qigong and Medical Qigong • 3 Treasures • 3 Types of Taoism • Taoist Philosophy • Styles of Qigong (Medical, Spiritual, Martial) • Modern Nervous System Science and its Applications to Qigong • 13 Ancient Forms of Qigong • Meridian Qigong • Primordial Breath • 3 Stage Ballon Breathing • 4 Gate Breathing • Chinese Medicine Theory and Qigong • Principles of the Form • Meridian Theory and Science • Sports Science-Kinetic Chains and Qigong • Fascia and Its Applications to this Qigong • 5 Element Theory • Anatomy of the Forms • Bones and Joints Anatomy in Qigong • Wei Qi Breathing • Bone Marrow Breathing • Golden Elixir Breath • Skin Breathing • Strengthening the Wei Qi (Guardian Qi) Shield • A secret Qigong breathing technique only taught in person • How to Teach Qigong Forms • Students Teach Mock Classes • How to create niche workshops • How to Run Your Own Qigong School • Qigong by Prescription - how to prescribe Qigong exercises like Medicine • Qigong and Sports Medicine • Applied Chinese Medicine Theory to Qigong • How to Apply the Spirit to this Qigong
<p>Assessment</p>	<p>Assessment:</p> <ul style="list-style-type: none"> • Demonstration - in person • Demonstration - digital submission • Theoretical Exam - digital submission

**Continued
Certification**

We encourage you to continue with the other modules of
White Tiger Qigong