## Qigong Instructor Certification - Level 1

### 100 Hour Course Outline

<table>
<thead>
<tr>
<th>Classroom Time</th>
<th>Self-Study Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Definition and History of Qigong</strong></td>
<td>1</td>
</tr>
<tr>
<td><strong>Energetic A&amp;P</strong></td>
<td>1.5</td>
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<tr>
<td><strong>5 Element Theory</strong></td>
<td>1.5</td>
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<tr>
<td><strong>Meridian Theory</strong></td>
<td>1.5</td>
</tr>
<tr>
<td><strong>Point location of major points</strong></td>
<td>.5</td>
</tr>
<tr>
<td><strong>3 components of qigong – posture, breath, intention</strong></td>
<td>2</td>
</tr>
<tr>
<td><strong>Setting up a qigong routine</strong></td>
<td>2</td>
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<tr>
<td><strong>Principles of structure</strong></td>
<td>2</td>
</tr>
<tr>
<td><strong>General Contraindications to qigong</strong></td>
<td>1</td>
</tr>
<tr>
<td><strong>Marketing/advertising</strong></td>
<td>2*</td>
</tr>
<tr>
<td><strong>Ethics</strong></td>
<td>2*</td>
</tr>
<tr>
<td><strong>Liability issues, insurance</strong></td>
<td>1*</td>
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</tbody>
</table>

| Total Hours | 64 | 36 |

### Weekly Outline

#### Week 1

**Saturday 9-12am**
- Intro History
- Energy Body
- Principles of Structure

**Saturday 1-6pm**
- Setting up a routine
- Review 8 Silk Brocade
- Principles of Structure

**Sunday 9-12am**
- Setting up a routine
- Review first 3 forms

**Sunday 1-6pm**
- Dragon
- Phoenix

#### Week 2

**Saturday 9-12am**
- Qi Scattering Exercises: Intro
- Counter swing
- Dropping post

**Saturday 1-6pm**
- Meridian Theory
- Group Qigong Practice

**Sunday 9-12am**
- Group Qigong Practice
- General contraindications & modifications

**Sunday 1-6pm**
- Group Qigong Practice
- Principles of Structure

#### Week 3

**Saturday 9-12am**
- Group Qigong Practice
- Correcting Posture

**Saturday 1-6pm**
- Principles of Structure
- Group Qigong Practice

**Sunday 9-12am**
- Group Qigong Practice
- General Contraindications & Modifications

**Sunday 1-6pm**
- Meridian Theory
- Group Qigong Practice

#### Week 4

**Saturday 9-12am**
- Group Qigong Practice
- 3 Components of Qigong

**Saturday 1-6pm**
- Marketing/Advertising
- Case Studies & Presentations

**Sunday 9-12am**
- Marketing/Advertising
- Case Studies & Presentations

**Sunday 1-6pm**
- Final Exam

*Daily course content is subject to change order of presentation, however, the entire course content remains as described above.*

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