



National Qigong Association Professional Member Certification Application

Qigong is the ability to generate, circulate, activate, and harmonize Qi with posture, breath and intention, which encompasses personal practice and clinical treatment,

The Certification Committee is not only looking at your specific documentation in the following Application, but also cares about the spirit of your Qigong training and practice. Please contact us with any concerns that you may have so that we can support you in this process.

- New Application
 Upgrade Application

Though Certification is internal to the NQA, as there is presently no national standard, your Certification is supported by the full faith of our non-profit membership organization founded in 1996.

SECTION 1 - PERSONAL INFORMATION (all applicants)

NAME:

MAILING ADDRESS:

CITY:

STATE:

ZIP:

EMAIL:

TELEPHONE:

BIRTHDATE:

GENDER:

Are you presently a Professional Member of the NQA in good standing?

If "no, please explain briefly:

Are you now or have you been a student of a currently Certified NQA Senior Teacher?

If "yes" of whom?

Note : A student of a NQA certified Senior Teacher has the option of, in lieu of presenting documentation from that teacher, substituting a strong letter of recommendation from that NQA Certified Senior Teacher which includes the number of hours of relevant instruction, general description of coursework, and descriptive comments about the student's ability. Hours of experience still need to be listed on this Application.

SECTION 2 - PERSONAL PRACTICE (all applicants)

When did you begin practicing Qigong? (month/year)

What is your present personal practice schedule and what does your personal practice consist of?

SECTION 3 - LEVELS OF QIGONG CERTIFICATION. (For all applicants)

Please indicate the certification level for which you are applying. The three tracks available are Qigong Teaching, which has four levels, and Qigong Clinical Practitioner, which has two levels, and Qigong Integrative Practitioner. A candidate applying for professional certification must be a Professional Member of the National Qigong Association in good standing. Requirements and definitions listed below are partial. To see the full list, go to the NQA.org website and follow the [link to Certification](#).

Qigong Teaching Track:

- Level I Qigong Instructor:**
 - 200 hours documented formal Qigong training
 - 2 years personal Qigong practice

- Level II Qigong Instructor:**
 - 350 hours documented formal Qigong training
 - 3 years personal Qigong practice
 - 2 years experience teaching Qigong

- Level III Advanced Qigong Instructor**
 - 500 hours documented formal Qigong training
 - 6 years personal Qigong practice
 - 5 years experience teaching Qigong

- Senior Qigong Teacher:**
 - 1000 hours documented formal Qigong training
 - 10 years Qigong experience teaching teachers and/or clinical practitioners
 - Agree to participate in an interview with members of the Application Review Committee

Qigong Clinical Track:

- Clinical Qigong Practitioner:**
 - at least 500 hours documented formal Qigong Training including at least 350 didactic hours of which 200 are specific to Qigong
 - includes at least 100 hours of Qigong treatment which may include contact and non-contact Qi emission, adjunct massage techniques, and teaching of prescriptive exercises or any combination thereof
 - at least 2 years clinical experience
 - must carry a current liability insurance policy and CPR Certification
 - an interview with members of the Application Review Committee may be required

Senior Qigong Clinical Practitioner

- at least 1500 hours documented formal Qigong training - 350 of which are specific to Qigong
- includes at least 1000 hours treatment which may include contact and non-contact Qi emission, adjunct massage techniques, and teaching of prescriptive exercises or any combination thereof
- at least 10 years clinical experience
- must carry a current liability insurance policy and CPR Certification
- must participate in an interview with members of the Application Review Committee

Qigong Integrated Practitioner

- at least 350 hours documented formal Qigong training
- at least 5 years of personal Qigong practice
- 2 years experience integrating Qigong into your practice



For the purposes of this application please consider Formal Qigong training to be:

- in-person training, this means the teacher and student are physically present in the same location
- cultivation of the perception of Qi, and the experience of Qi in practice (neidan and weidan)
- cultivation of the Qigong State / Centering
- cultivation of Rooting / Grounding
- study of Qigong Theory: what Qi is, how Qi works, how Qi is utilized in practice, teaching and Qi emission
- an understanding, and Qi perception, of the Three Dan Tians, Jing / Qi / Shen, Yin / Yang polarity, Five Element Theory, and the Meridian / Acupoint system

For the purposes of this application please consider Virtual Qigong training to be:

Classes where the teacher and student are connected online and can see and speak to each other in real time. It may be one on one, or it may be a larger group. The value of the Virtual course depends on the specific circumstances of the online training and the NQA Certification Committee has the discretion to decide on the number of hours to be awarded for virtual training in each individual case. **Up to 25% of the total hours required for each certification level** can be virtual. There is one exception: Any virtual hours accrued **during 2020 - 2022** can be used **for up to 50% of the total hours required for that level**. A letter of explanation from the teacher outlining the format of the virtual training - as well as what was taught - may be requested as part of the Committee's assessment process.

For the purposes of this application consider Qigong Integrated Practitioner to be:

A service provider in their respective health, wellness or medical field and be practicing legally in their State or Province. Practitioners of Western Medicine, Chinese Medicine, nursing, naturopathic medicine, chiropractic, osteopathic medicine, homeopathy, Asian physiotherapy, psychotherapists, functional medicine practitioners and massage therapists are among the prime candidates for this level of NQA certification.

Please see the full list of definitions and explanations: <https://www.nqa.org/certification>

Additional Information For all Levels

— A maximum of 1% of the hours required for each level of certification can be credited for DVD and book study as a way of acknowledging your Qigong studies.

For example, Level I (requiring 200 total hours) can have a maximum of 2 hours credit, whereas Senior Teacher (1000 hours) can have a maximum of 10 hours credit.

– Correspondence courses where there is no real time interaction between teacher and student would fall under the rules given above.

– **You can use the same hours of Formal Qigong Training for both Instructor/Teacher and Clinical Tracks.... but please do not list the same class or experience in more than one of the Sections 4, 5, or 6.**

Is your CPR Certification current? Yes No

(All Applicants for Level II and higher in Instructor/Teacher or Clinical are required to provide proof of your CPR Certification in order to qualify for NQA Certification.)

SECTION 6 – CLINICAL TRAINING

Complete only if applying for Clinical Track.

Total hrs: _____

(Please also answer Questions 1-5 on Section 11)

When did you start the practice of Qigong healing?

How long have you been independently performing clinical treatments on clients/patients outside of a class setting?

Tell us more about your clinical practice experience (limit 220 characters or add separate sheet):

Formal Clinical Training:

Dates of Training	Form/Course Description	Teacher/Organization	Hours

What is your current Qigong healing practice’s schedule? (limit 220 characters):

Feel free to attach another document to show your additional hours or anything else you wish to share.

SECTION 8 – ANATOMY/PHYSIOLOGY/BODYWORK COURSES

(For all applicants except Level I Qigong Instructor and Integrated Practitioner)

Total hrs: _____

Complete with information as it pertains to and/or enhances the study of Qigong.

Dates of Training	Form/Course Description	Teacher/Organization	Hours

Feel free to attach another document to show your additional hours or anything else you wish to share.

SECTION 9 – TEACHING EXPERIENCE *(For all applicants teaching Qigong)*

When did you begin teaching Qigong specifically? Feel free to share when you began teaching related subjects as well.

Please identify any programs you have taught at NQA conferences:

Course/Subject	Hours	Conference Year/Location

What is your present teaching schedule?

Course/Subject	Duration/ Frequency	# of students	Organization/Location

For Level II and higher Applicants only:

Please add the start date/year for each of the courses you listed above.

Tell us more about your teaching experience in any way you wish to share:

SECTION 10 – WRITING EXPERIENCE *(For all applicants except Integrated Practitioner)*

Feel free to attach an additional page if you need more space.

When did you begin writing articles, books, or published papers specifically on Qigong? Feel free to share when you began writing about related subjects as well.

SECTION 11 – QUESTIONS

(For only the Track Level you are applying for as noted below)

Please limit your answers to a maximum of 300 words per question and feel free to attach a separate page if you need additional space.

LEVEL I Instructors & all Clinical:

1. How do you explain Qigong?

2. What type/style of Qigong do you teach - or clinical form you practice - and why?

LEVEL II Instructors and all Clinical - (*above questions including the following three*): **3. How would you explain the basic principles of Jing, Qi, and Shen?**

4. What is the role of the mind/intention in Qigong practice?

5. How would you begin and end your class or clinical practice to be most effective?

LEVEL III Instructors only - (*all above questions including the following three*):

6. How have you made adaptations for specific challenges in class? (give 3 examples)

7. During class, how would you respond to a student having an adverse Qi reaction?

8. Is there any other question that you think we should have asked you regarding Qigong? If so, please let us know and then answer.

SECTION 12 – REFERENCES

Required for all Levels of Certification

Please arrange for all your letters of reference to be sent directly from your references to the NQA office at info@NQA.org as scanned documents, or via post at: National Qigong Association, Attn: Certification Application Committee, PO Box 270065, St. Paul, MN 55127. If you have any questions or concerns relating to this, please feel free to contact us.

Do we have your consent to contact each of these references? _____

A. Reference from Primary Qigong Teacher which includes an explanation of the type of Qigong that was stated in the hours of formal Qigong training completed.

What is your reference’s name?

Mailing Address

City State Zip Country

Email Tel.

Briefly describe your reference’s background as it relates to your Qigong studies:

How long has this reference known you?

How long have you studied with this reference?

What subjects, and with what duration/frequency, have you studied with this reference?

B. Professional Reference from Supervisor, Peer, Student or Client

What is your reference’s name?

Mailing Address

City State Zip Country

Email: Tel:

How is this reference familiar with you?

How long has this reference known you?

C. Reference to Personal Character

What is your reference’s name?

Mailing Address

City State Zip Country

Email Tel.

How is this reference familiar with you?

How long has this reference known you?

SECTION 13 (For all applicants)

Have you ever been convicted of a crime?

If "yes", please explain briefly:

Have you ever been denied a professional license/certification or had one revoked?

If "yes", please explain briefly:

____ By checking here, I am giving the NQA my express permission to publish/link my contact information into its website, membership directory, newsletter and any other media providing its members and the general public information about Qigong.

I have completed this Application for NQA Certification, and attest within the best of my ability and knowledge that the information I have provided is true and accurate. I hereby provide the Application Review Committee ("ARC") my express consent to investigate any of the information contained in this Application within the scope of its review process of my Application and within the exclusive intent of the ARC's consideration of my Application for approval. I understand that my Application for Certification may be approved or denied for discretionary reasons not limited to lapse of Professional Membership in good standing, falsification of information contained in this Application or participation in acts or behavior contrary to the ethical standards of the NQA. I also understand that if my Application is approved, I will be granted a period of two (2) years of Certification in a Level appropriate for the qualifications presented in this Application and that documentation supporting my qualifications will be required along with my completion of an application for renewal or promotion of certification and a fee for renewal upon expiration of the initial two-year Certification Term, in order for my NQA Certification to continue. The NQA reserves the right to revoke Certification at its discretion at any time for reasons not limited to lapse of Professional Membership in good standing, falsification of information contained in this Application or participation in acts or behavior contrary to the ethical standards of the NQA.

All application fees are nonrefundable.

(Your typed name will act as your signature)

(date signed)

My application fee for NQA Certification is enclosed as follows:

Qigong Teaching Track

- ____ \$150 Level I, II or III
- ____ \$250 Senior Qigong Teacher
- ____ \$100 Upgrade to Level II or III
- ____ \$150 Upgrade to Senior Qigong Teacher

Clinical Qigong Track

- ____ \$150 Clinical Qigong Practitioner, Senior Clinical Qigong Practitioner
- ____ \$100 Upgrade to Senior Clinical Qigong Practitioner

Qigong Integrated Practitioner

- ____ \$200

- ____ Check
- ____ Credit/Debit Card (check one):
- ____ Visa ____ Mastercard ____ American Express ____ Discover
- Account No. _____
- Exp. Date _____
- PIN _____ Name on Account _____

**Please Mail Your Application for NQA Certification to:
The National Qigong Association
Attn: Certification Application Review Committee
PO Box 270065
St. Paul, MN 55127**



NQA Definitions of Terms for Certification



~ The National Qigong Association defines Qigong as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing techniques, self-massage, sound, and focused intent. The NQA represents all forms of Qigong personal/general practice and clinical practice (rooted in Classical Chinese Medicine and Traditional Chinese Medicine) as well as martial, religious, or any combination thereof.

For a more in-depth description and some of the benefits of Qigong practice please see the NQA website.

<https://www.nqa.org/what-is-qigong->

(Definitions are listed in alphabetical order)

~ **Application Review Committee (ARC)** means... an NQA committee that will review applicants' credentials for certification.

~ **Adverse Qi Reaction/Qi Deviation** means... an abnormal occurrence in the practice of Qigong which may appear as dizziness, shortness of breath, nervousness, tightness in the chest region, insomnia and other Qi deviations signs.

~ **Applicant** means... person desiring certification and who has applied for any level of instructor/teacher/clinician under the NQA certification guidelines.

~ **Book and DVD study** means... time spent by the applicant in the study and practice of what has been viewed or read by applicant. Title and description of content should be given.

~ **Certification** means... The process by which a person receives a formal certificate and holds credentials for a certain specified level of teaching and instructing others. The certificate holder has the opportunity to inform the public of the depth and scope of Qigong principles and practices. The certificate holder is supported by the full faith of the NQA membership.

~ **Clinical contact and non-contact of Qi emission** means... ways in which a Qigong healer will use to emit and transfer Qi to another with the intention to balance Qi flow and for healing purposes.

~ **Clinical Qigong** means the assessment and facilitation of physical, mental, emotional and spiritual alignment rooted in Chinese medical principles and skills derived through formal instruction and self-cultivation. The scope of practice of a Clinical Qigong Practitioner [CQP] includes Qi transmission through non-touch and/or light touch methods and recommendation of Qigong exercises and meditations. Other techniques, practices and adjunct therapies may be used by properly trained practitioners.

~ **CPR certification** means... person has taken a cardio pulmonary resuscitation course and has in their possession a current Cardio Pulmonary Resuscitation certification card.

~ **Correspondence learning courses** mean... there is no real in person face to face time interaction between teacher and student. Student does self-study of course materials and personally engages in the principles and practices put forth.

~ **Current Qigong healing practice schedule under Section 6** means... time spent as the primary clinician in the cultivation of healing others, through energy transference and Qigong application. This is time spent in a healing environment with the primary intent to restore energy balance.

~ **Current liability insurance** means... having a current policy with an insurance carrier that will legally protect the practitioner from a Qigong accident or an accusation of gross negligence or misconduct of a client/patient.

~ **Didactic hours** mean... time that was direct instruction you received in a formal or virtual class setting (see "virtual" definition below), from an instructor rather than in a clinical practice with patients. These hours should include energetic anatomy & physiology, Chinese medical theory, and Qigong history, theory, and philosophy. It is strongly recommended that these hours also include physical anatomy and physiology as well as other subjects listed under 'Formal Qigong Training' and 'Related Studies'.

~ **Documented hours** mean... Documented instruction time in the principles and practices of Qigong given by a Qigong instructor/teacher. This may be through formal training, online and virtual classes and tutoring, correspondence courses, book and DVD study, seminars and conferences.

~ **Formal Qigong training** means... In-person training where teacher and student are physically present in the same location at the same time. Formal training generally includes the cultivation and perception of Qi, the experience of Qi and the Qigong state, centering, rooting, grounding, the knowledge of Qigong theories of what Qi is and how Qi works, an understanding of the three Dan Tians, Jing, Qi and Shen, Yin/Yang, the Five Element Theory, and the Meridian/Acupoint system. As well as how Qi is utilized in practice, teaching and Qi emission.

~ **Instructor/teacher** means... someone who is qualified to teach students and other teachers/instructors in Qigong principles and practices. They may be a member of the NQA or not.

~ **Interview with Application Review Committee** means... to sit with members of the Application Review Committee, either online or in person, and discuss one's sense of Qigong and one's personal practice.

~ **Membership in Good Standing** means... a member of the NQA who has remained current with their NQA membership, has fulfilled the requirements of NQA in accordance with their level of certification, possesses credentials that can be checked, and has not been censured, expelled or suspended from the NQA for a breach of the NQA bylaws.

~ **Personal Cultivation practice** means... an individual's Qigong practice, what it consists of, as well as frequency and duration of practice time daily/weekly. This is one's personal journey of self-discovery of Qigong through the use of focus, breath and intention.

~ **Primary Qigong teacher** means... one's main or principal teacher.

~ **Professional member certification** means... Professional Member Certification in the National Qigong Association provides an opportunity to inform the public of the depth and scope of Qigong study and practice. Though certification is internal to the NQA as there is presently no national standard, it is supported by the full faith of the NQA membership organization and may act to enhance and highlight one's professional standing.

~ **Qigong clinical instructor** means... in a clinical or healing environment one has been instructed and trained by a medical Qigong healer, or has developed an intuitive and innate sense, to detect energy, maintain a high degree of awareness and possesses the skills needed to help correct energy imbalances. They now teach and treat others this skill and art.

~ **Qigong healing practice** means... the ability to describe and discern health patterns in the terms of energy balance of a patient. And to effectively use Qi transmission methods and teach prescriptive Qigong exercises and /or meditations which are based upon a variety of diagnostic and assessment systems to restore health and wellness. Qigong healing utilizes Qigong methods and a strong internal focus to treat the patient as an energy being.

~ **Qigong Integrative Practitioner** means... a professional who should be a service provider in their respective health, wellness or medical field and be practicing legally in their State or Province. Practitioners of Western Medicine, Chinese Medicine, nursing, naturopathic medicine, chiropractic, osteopathic medicine, homeopathy, psychotherapists, functional medicine practitioners, Asian physiotherapy, and massage therapists are among the prime candidates for this level of NQA certification.

~ **Qigong** means...the ability to generate, circulate and balance Qi utilizing posture, breath and intention developed through personal practice and/or clinical treatment.

~ **Relevant instruction** means... instruction that is pertinent and appropriate such as, but not limited to, personal, Martial and Religious Qigong training.

~ **Related studies** means... personal participation in healing art forms and personal practices that are meridian/acupoint based. These studies need to incorporate some of the basic principles of Qigong such as Yin/Yang, the three Dan Tians, Jing, Qi and Shen, meridian/point knowledge and the Five Elements.

~ **Senior Qigong Teacher** means... the highest level of certification/recognition of the organization and denotes wisdom, insight, Qi transmission, and the embodiment of the Qi State in the teacher's field. This level exemplifies a mutual empowering and reciprocating attitude of respect. A Qigong practitioner at this Senior level has taught instructors of Qigong and/or clinical therapists for 10 years or more. This level acts as a mentor for others in the field, training them,

and refining their practice, and a person at this level is acknowledged as such by their peers and the Application Review Committee of the NQA. This level is recognized to teach all levels of formal Qigong instruction. As a teacher of teachers, this means teaching people who then go on to become teachers, teaching people how to become teachers, teaching advanced practice programs, and teaching courses or training programs where there are participants who are already teachers in the group seeking to refine their offerings.

~ **Strong letter of recommendation** means... a statement letter testifying to the applicant's abilities, training, character and dedication, written and signed by a teacher, colleague or student.

~ **Virtual Qigong Training** means...Classes where the teacher and student are connected online and can see and speak to each other. It may be one on one or a larger group. A letter of explanation from the teacher outlining the format of the virtual training and what was taught may be necessary as part of the Application Review Committee's assessment of the value of this training.