

Application National QiGong Association Professional Member Certification

QiGong is the ability to generate, circulate and balance Qi with posture, breath and intention, which encompasses personal practice and clinical treatment.

Though certification is internal to the NQA, as there is presently no national standard, it is supported by the full faith of our membership organization.

- New Application
- Upgrade Application

SECTION 1 - PERSONAL INFORMATION (all applicants)

NAME:

MAILING ADDRESS:

CITY:

STATE:

ZIP:

EMAIL:

BEST TELEPHONE CONTACT:

BIRTHDATE:

MALE/FEMALE:

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 that 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 the application.

SECTION 2 - PERSONAL PRACTICE (all applicants)

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

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

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

Please indicate the certification level for which you are applying. The two tracks available are QiGong Teaching, which has four levels, and QiGong Clinical Practitioner, which has two levels. A candidate applying for professional certification must be a Professional Member of the National Qigong Association in good standing. Requirements listed below are partial. To see the full list, go to www.nqa.org 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 or clinical practitioners
 - must 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 (see website for description) 200 of which are specific to QiGong
 - includes at least 100 hours of QiGong treatment which may include contact and non-contact Qi emission, adjunct massage manipulations, and teaching of prescriptive exercises or any combination thereof.
 - at least 2 years clinical experience
 - must carry a current liability insurance policy
 - an interview with members of the Application Review Committee may be required

- Senior Clinical QiGong Practitioner**
 - at least 1500 hours documented formal QiGong training including at least 500 didactic hours (see website for description) 350 of which are specific to QiGong
 - includes at least 1000 hours treatment which may include contact and non-contact Qi emission, adjunct massage manipulations, and teaching of prescriptive exercises or any combination thereof
 - at least 10 years clinical experience
 - must carry a current liability insurance policy
 - must participate in an interview with members of the Application Review Committee

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

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 that work. So Level I (200 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.
- Virtual classes where teacher and student can see and talk to each other throughout the class might qualify as Formal QiGong Training but each case would need to be assessed on its own merit.
- Do not list the same class or experience in more than one section.

SECTION 4 - FORMAL QIGONG TRAINING (all applicants) Total Hours: _____

Make copies of this page before completing if additional space is needed and then attach.

| Dates of Training | Form/Course Description | Teacher/Organization | Hours |
|-------------------|-------------------------|----------------------|-------|
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SECTION 5 – CLINICAL TRAINING

Total hrs: _____

Complete if applying for Clinical Track.

When did you start the practice of QiGong healing?

What is your current QiGong healing practice's schedule?

Where do you conduct your QiGong healing practice? (name of organization/address)

Make copies of this page before completing if additional space is needed.

Formal Clinical Training:

| Dates of Training | Form/Course Description | Teacher/Organization | Hours |
|--------------------------|--------------------------------|-----------------------------|--------------|
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SECTION 6 – RELATED STUDIES (all applicants)

Total Hours:

 Related Studies are in person 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 polarity, the three dan tians, jing, Qi, shen, and the five elements.

For Level I (200 hours): a maximum of 10% of the *qualifying* related study hours [example 100 qualifying hours = 10 hours] can go toward certification with a maximum or cap of 20 hours that can be used for certification. Level II (350 hours): a maximum of 15% [100 qualifying hours = 15 hours] with a cap of 52.5 hours. Level III (500 hours): maximum of 20% (as above) with a cap of 100 hours. Senior Teacher (1000 hours): a maximum of 25% (as above) with a cap of 250 hours.

Make copies of this page before completing if additional space is needed.

| Dates of Training | Form/Course Description | Teacher/Organization | Hours |
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SECTION 7 – ANATOMY/PHYSIOLOGY/BODYWORK COURSES

(all applicants except Level I QiGong Instructor)

Total hrs: _____

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

Make copies of this page before completing if additional space is needed.

| Dates of Training | Form/Course Description | Teacher/Organization | Hours |
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SECTION 8 – TEACHING/WRITING EXPERIENCE (all applicants)

Make copies of this page before completing if additional space is needed.

When did you begin teaching, or writing about, QiGong and related subjects?

Please identify any programs you have taught at NQA conferences:

| Course/Subject | Hours | Conference Year/Location |
|----------------|-------|--------------------------|
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What is your present teaching schedule?

| Course/Subject | Duration/ Frequency | # students | Organization/Location |
|----------------|------------------------|---------------|-----------------------|
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Tell us more about your teaching/writing or clinical practice experience:

SECTION 9 – QUESTIONS

Required for the Levels of Certification as outlined below.
Limit your answers to a maximum of 300 words per question.
Attach separate page if additional space is needed.

LEVEL I:

1. How do you explain QiGong?

2. What type/style of QiGong do you teach and why?

LEVEL II - ABOVE QUESTIONS PLUS:

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 for the most effective practice?

LEVEL III - ABOVE QUESTIONS PLUS:

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. What question do you think we should have asked about QiGong? Please ask and then answer.

SECTION 10 – REFERENCES

Required for all Levels of Certification

Please arrange for all letters of reference to be sent directly to the NQA office

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 taught and states the hours of formal QiGong training completed.

What is your reference’s name?

Mailing Address

City State Zip Country

Email Tel.

Fax

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.

Fax

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.

Fax

How is this reference familiar with you?

How long has this reference known you?

SECTION 11 (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.

(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

____ 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**