



## National Qigong Association Professional Member Certification Application

***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 founded in 1996.

- 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. (For 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 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 (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 - 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

**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 describe “virtual training.” It may be one on one, or it may be a larger group. Virtual courses can have different values for certification depending on the specific circumstances of the online training. The 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 a specific level of certification. A letter of explanation from the teacher outlining the format of the virtual training and what was taught will be needed as part of the committee’s assessment of the Certification hour allotment value of this training.

### **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 4 - FORMAL QIGONG TRAINING** (For all applicants) Total Hours: \_\_\_\_\_

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

<b>Dates of Training</b>	<b>Form/Course Description</b>	<b>Teacher/Organization</b>	<b>Hours</b>

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

**SECTION 5 - VIRTUAL QIGONG TRAINING** (all applicants) Total Hours: \_\_\_\_\_

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

<b>Dates of Training</b>	<b>Form/Course Description</b>	<b>Teacher/Organization</b>	<b>Hours</b>

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

**SECTION 6 – CLINICAL TRAINING**

Total hrs: \_\_\_\_\_

Complete if applying for Clinical Track.

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:

What is your current Qigong healing practice’s schedule?

**Formal Clinical Training:**

Dates of Training	Form/Course Description	Teacher/Organization	Hours

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

**SECTION 7 – RELATED STUDIES** *(For 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.

Dates of Training	Form/Course Description	Teacher/Organization	Hours

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

**SECTION 8 – ANATOMY/PHYSIOLOGY/BODYWORK COURSES**

*(For 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.*

<b>Dates of Training</b>	<b>Form/Course Description</b>	<b>Teacher/Organization</b>	<b>Hours</b>



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

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

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	# 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)*

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

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 the level you are applying for as noted below)*

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

### **LEVEL I:**

**1. How do you explain Qigong?**

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

### **LEVEL II - (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 for the most effective practice?**

### **LEVEL III - (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 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*

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 states 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?

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**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.**

\_\_\_\_\_  
(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**

