

Level Three – Teaching Level of the Three Levels of SAN SHUIPING QIGONG

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Please note that there is an admin. fee of £45 for a Level Three Teaching Certificate.

QIGONG - Level Three requirements

- 1) 25 Qigong moves from Level 1 & 2 performed to a high standard + 6 additional movements (listed below). Test: lead class through given moves using clear verbal instructions.
- 2) Stationary stances held for a specified length of time: Seven Stars (3 mins. each leg) Warrior (1 min. each leg) Dragonfly (30 secs. each leg) Holding a Tree (5 mins.)
- 3) Good performance of the moves, including the ability to link moves together to create a flowing sequence. Test: link any 5 moves which include a variety of stances.
- 4) An understanding of how to adapt all moves for the less able (including those who need to sit down). Test: adapt any given 5 qigong exercises for the less able.
- 5) A good understanding of posture, alignment and breathing principles, including the reasons supporting these principles. Test: a) explain any 5 given principles b) correct the alignment of another student in 3 given stances c) explain the breathing method
- 6) A degree of familiarity with the Yi Jing (I Ching) and Dao De Jing (Tao Te Ching)
Test: 3 -5 min. talk on the one of your choice.
- 7) Knowledge of Chinese characters for: Qigong, Gongfu, Taijiquan Test: write the Chinese characters and explain the meaning of the words.
- 8) A good understanding of the principles and benefits of Qigong and a good understanding of Yin/Yang philosophy.
- 9) A rudimentary knowledge of the 3 Dan Tians and the 3 Treasures (Jing, Qi, Shen).
- 10) Good attitude (eg. calm & relaxed, no show of irritation even when things go wrong, conscientious, always mindful of the welfare of the student)

SHOULDER WIDTH STANCE

SWIMMING DRAGON (palms held together throughout sequence)

COILING QI (pivot on heel and toe to turn 180 degrees)

SWIRLING A PLATE (plate can be real or imaginary)

HORSE STANCE

EMBRACING THE MOON (shift weight to one side then other side)

BEAR PUSHING A WALL (both palms line up when pushing to side)

PUSH FRONT, SIDES AND ABOVE (sink weight downwards with each push)

YI JING - The Classic of Changes

The Yi Jing (I Ching) is one of the oldest books in the world and has always been used as a book of divination. Scholars speculate that texts of the Yi Jing were already written down circa 1000 BC but that the oral tradition supporting the texts goes back into the mists of time. Authorship is often attributed to the legendary Yellow Emperor (Shang Dynasty 1500 BC - 1027 BC). During the Warring States period (475-221 BC) the texts were collected into book form. The book consists of 64 hexagrams (6 line structures) that are made up of solid lines and broken lines. The broken line represents yin and the solid line represents yang. Yin and yang are interdependent polarities that give birth to everything in existence. Each of the 64 hexagrams is accompanied by ancient texts which refer to 64 human situations. The Yi Jing acts as an oracle and the answers you receive will be as clear as your current state of mind.

DAO DE JING - The Classic of the Dao and the Virtue

The Dao De Jing (Tao Te Ching) was written by Lao Zi (born 604 BC), the father of Daoism (Taoism). It is a short text of 5000 characters divided into 81 chapters and is one of the most widely translated books in the world. The Dao is the source of everything, the way the universe works, and is beyond human comprehension. In the West, virtue is thought of as righteousness; the virtue in this text refers to the potential energy that comes from being in the right place at the right time and in the correct frame of mind. The 81 verses are filled with metaphor and paradox and are intended to trigger insights into the nature of reality. The Daoist develops an awareness of the laws of nature and realises that what we observe may not be nature itself, but merely nature exposed to our method of questioning. The Dao De Jing is written on many levels and often you will find another level waiting for you, hidden beneath the one you currently understand.