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| **Tai Chi & Qi Gong Mapping Toolkit** **Foundation Level** |
| These industry standards have been set by SkillsActive, the sector skills council for health and fitness, in partnership with representatives from the Tai Chi and Qi Gong sector in order to establish a benchmark for endorsed training for the fitness industry, endorsed by PD:Approval and recognised by the Register of Exercise Professionals (REPs). |
| **How to use this Mapping Toolkit** |
| Using the right hand column, indicate where in your training materials the evaluator can see the relevant criteria evidenced. |

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| **Evidence/Knowledge Requirements** | **Mapping Evidence** |
| 1 | Fundamentals of Qigong & Tai Chi which must include:* Stabilisation - with particular emphasis on
* Correct body alignment
* Rooting
* Breathing
* Diaphragmatic
* Application of movement to breathing
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| 2 | The candidate must show evidence that they have knowledge of all health and safety aspects of taking a class that includes: * Advice on suitable progression
* Environment
	+ Temperature
	+ Flooring
	+ Lighting
	+ Ventilation
	+ Space
	+ Layout
	+ Resources and equipment
	+ Performance Health and Safety issues including client initial assessment and movement health and safety issues.
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| **Practical Demonstration** | **Mapping Evidence** |
| 3 | * Mandatory Correct body alignment and stability

**and 1 of the below*** Precision and flow of movement for Qigong postures
* Precision and flow of 5 Steps and 4 Primary Hand postures for Tai Chi
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| 4 | The candidate must show evidence that they can perform:* Modifications or Adaptations of the movements or postures
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# Postures

**The postures named above are:**

**5 Steps (part of the 13 postures):**

* Forward Step
* Backwards Step
* Step to Left side
* Step to Right side
* Central Equilibrium

**4 Primary Hand Postures (part of the 13 postures):**

* Ward off left or right
* Roll Back
* Press
* Push

**13 Gates/Postures (core to ALL recognised styles of Tai Chi):**

* Ward off left or right
* Roll Back
* Press
* Push
* Pull down
* Split
* Elbow
* Shoulder
* Forward Step
* Backwards Step
* Step to Left side
* Step to Right side
* Central Equilibrium