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| **Tai Chi & Qi Gong Mapping Toolkit** **Intermediate 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 | The candidate must provide practical evidence that they can demonstrate a specific set of movements for health classes, showing the Fundamentals of Correct Body alignment:* Connection to the ground and alignment through the body
* Straight and extended head and trunk (as if suspended from above)
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| *Option 1 (and/or Option 2)* |
| 2 | Fundamentals of Tai Chi movement which use and incorporate not less than the 5 Steps and 4 Primary Hand Postures of the 13 Gates (see Posture list below), showing: * Beginning movement for breath/coordination and flexion
* Standing and weight shifting left to right and back again
* Rotational movement
* Combined rotation and weight shifting

 **and** * Demonstrate knowledge of the all 13 gates.
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| *Option 2 (and/or Option 1)* |
|  | Fundamentals of a Qigong Set * Precision of movement
* Flow
* Breathing: 2 of the following
	+ - Diaphragmatic
		- Reverse
		- Application of movement to breathing
* Modifications or adaptations.
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| **Knowledge** | **Mapping Evidence** |
| 3 | The candidate must provide evidence that they have knowledge of not less than 3 of the following:* The History of Tai Chi or Qigong
* The Philosophy of Tai Chi or Qigong
* Form and function – both health & martial
* Visualisations associated with the movements
* The Internal energy flow of the movements
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| 4 | The candidate must show evidence that they have knowledge of all performance Health and Safety issues including client initial assessment and movement health and safety issues. |  |

# 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