

Total Hours:

EXPERIENCE: VIRTUAL QIGONG TRAINING

Virtual Qigong Training: Classes or instruction where the teacher and student are connected online and can see and speak to each other in real time. It may be one-on-one or in a larger group. A letter of explanation from the teacher outlining the format of the virtual training and what was taught may be necessary as part of the Application Review Committee's assessment of the value of this training. The hours acceptable for virtual training vary depending on the course parameters.

Please list all relevant information:

Year	Form/Course Description	Instructor or School	Hours
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Total Hours:

EXPERIENCE:ADDITIONAL RELATED QIGONG TRAINING

Related studies: personal participation in healing art forms and personal practices that are meridian/acupoint based. These relevant studies need to incorporate some of the basic principles of Qigong such as Yin/Yang, the three Dan Tians, Jing, Qi and Shen, meridian/point knowledge and the Five Phases. This may include martial and religious Qigong training.

Please list all relevant information:

Year	Form/Course Description	Instructor or School	Hours

Related Studies continued...

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Total Hours:

EXPERIENCE:TEACHING EXPERIENCE

Please list all relevant information:

Year	Form/Course Description	Instructor or School	Hours

Total Hours:

- ☐ I understand that I will need to provide supporting documents for my training hours.
(Examples include certificates of completion, training schedule, and letters of reference)
- ☐ I attest that all information submitted herein is truthful and accurate to the best of my knowledge. I understand that Incomplete and/or intentionally misleading information may result in the denial of certifications.

QUESTIONS

1. Are you now or have you been a student of a currently certified NQA Senior Teacher?

☐ Yes

☐ No

2. If yes, of whom? If no, what are the names of your primary teachers?

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 which 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 this Application.

If your primary Qigong teacher or other important teachers that helped mold your practice have died or cannot be reached, please include a reference letter from someone at the school or lineage or from a fellow student who trained with you at the time.

3. At what year did you begin practicing Qigong? Please share the name of the style you practiced back then and the ones you currently practice.

4. When did you begin teaching Qigong? (month/year)

5. What is your current teaching schedule?

6. In addition to Qigong, what other related subjects do you teach?

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

8. When did you begin writing articles, books, or published papers about Qigong?
(Please skip this question if it doesn't apply to you)

9. How would you explain Qigong?

10. How would you explain the basic principles of Jing, Qi, and Shen?

11. What is the role of mind/intention in Qigong practice?

12. How would you begin and end your class to be most effective?

13. Have you ever been convicted of a crime? If "yes", please explain briefly

14. Have you ever been denied a professional license/certification or had one revoked? If "yes", please explain briefly.

3 LETTERS OF REFERENCE

Please arrange for three letters of reference to be sent directly from your references to the NQA office at info@nqa.org.

A. Reference Letter from a Primary Qigong Teacher

This letter should include an explanation of the type of Qigong training that was stated in the "Qigong Instructor Certification" sections where you listed your in-person training hours.

This reference will want to include:

- A brief description of the 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 a Supervisor, Peer, Student or Client

This reference will want to include:

- How is this reference familiar with you?
- How long has this reference known you?

C. Reference to Personal Character

This reference will want to include:

- How is this reference familiar with you?
- How long has this reference known you?

ADDITIONAL INFORMATION

-- A maximum of 1% of the hours required for this 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.

- Correspondence courses where there is no real-time interaction between teacher and student would fall under the rules given above.

FINAL STEPS

Please contact info@nqa.org and let us know who your three letter of references will be. Please include their first and last name as well as their email address.

After you have finished filling out your application, please attach this pdf to an email and send it to certification.liaison@nqa.org.

If you have any questions, please reach out to certification.liaison@nqa.org.

THANK YOU!