

TAI CHI INSTRUCTOR TRAINING COURSE

DUBLIN ~2017/2018

Certify as a Level I Tai Chi Instructor

A COURSE GROUNDED IN THE TAI CHI SHORT FORM ACCORDING TO TRADITIONAL YANG FAMILY STYLE TEACHINGS.

This qualification will certify a student to teach the Jade Sun School of Tai Chi & Qi Gong's Tai Chi Short Form and related exercises, at Level I by the standards of the Jade Sun School of Tai Chi and Qi Gong.

On this course you will also learn Fundamental White Crane Qi Gong, a core Taoist Yoga sequence and engage in Interactive Energetic Partner work & Sensitivity Training.

Taoist tradition gives us these beautiful arts.

THE WHITE CRANE SYSTEM OF QI GONG

We will explore the Taoist perspective in a way that empowers the individual to move directly into their own inner-heart knowing.

The approach to Qi Gong that you will be taught is called 'The White Crane System of Qi Gong'. This method emphasis opening and moving the arms like wings in such a way that the focus of our awareness and feeling is heart-centred. It particularly awakens the energetics of our heart channel. It allows the person to gently learn to consciously feel their own energetic nature and, over time, penetrate into the compassionate inner heart self. This is a gentle, safe but powerful way to work with your qi (energy), enhancing healing and evolution at the same time.

This approach was bequeathed to humanity by the Buddhist Bodhisattva Guan Yin (the incarnation of compassion). This being is dedicated to lifting humanity out of suffering through the science of compassion. She helps us source the unadulterated compassionate essence of our own hearts. The specifics of the tools you will be taught can be seen in the syllabus.

INTRODUCTION

- White Crane Qi Gong (Method)

QI GONG TRAINING

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- Opening the Energy Gates through posture and breath
- Standing with the Self
- Standing Tree Qi Gong – feeling the self & activating the whole Qi [Energy] Field

OPENING THE ENERGY GATES THROUGH POSTURE AND BREATH

You will learn to align the Qi Field and gently start to open the main "Energy gates" of the body's meridian system. This is achieved through postural technique and by embracing the inner Mind/Heart technology of 'Letting Go'.

EFFECT: This practice improves overall Qi flow and the releasing of stagnation in the meridian system. Tension, anxiety and fatigue will start to dissipate.

STANDING WITH THE SELF

Grounding, harmonising, regulating and consolidating the Qi Field through Taoist breath-work method of sinking qi and breath to the lower Dantien (Energy Centre). Now you are 'Standing with the Self'.

LAO GONG ACTIVATION QI GONG

Engaging the self & learning to breathe energetically. This practice is to open the heart centre of the hand (Lao Gong) so that we can learn to feel and reference qi movement from the inside out.

STANDING TREE QI GONG

Initiates the 'White Crane' method of opening the arms, activating the Heart Channels, feeling the self and moving to whole-body breathing.

QIGONG BREATHING SYSTEMS

This leads to the body breathing from the lower abdomen in the correct way; in a way that consolidates and enhances the effects of the energetic postural principles. This is a kind of bio-feedback healing loop that gets stronger and stronger with practice.

FUNDAMENTAL KUA QI GONG

Now we focus on the pelvic area and learn to energetically squat. This is called opening and closing the Kua. It includes movement of the legs and its main three joints (hip, knee and ankle). As a result there is continuous movement or pumping of the energy channels and gates of the lower body.

EFFECT: The lower Dantien energy centre is gently but powerfully pumped enhancing the movement of qi. Particular benefit comes to the lower organs and energy pathways (e.g. Urogenital and reproductive functions). As the sacral area and legs are pumped spinal/lumbar functions also benefit.

RELEASING QI GONG (WHITE CRANE SHAKES OFF DISEASED ENERGY)

Here we combine breath, movement and Crane Qi Gong technique to shake off/expel diseased energy through the main energy gates of the feet and hands.

These practices enhance the healing of the practitioner as described and prepare them for the internal practices of Tai Chi.

TAI CHI TRAINING

This involves the learning and practice of the Tai Chi Short form according to traditional Yang Family Style teachings. This is a deep internal teaching that enhances the healing benefits Tai Chi Ch'uan.

TAI CHI STANCES (FOOT FRAMES)

- I. Standing
- II. Bow Stance
- III. Empty Stance
- IV. Back Stance



These stances are designed to create the foot frames that allow the practitioner to move and pump energy around the body's Qi system. They teach the exponent how to move from the centre without losing contact with their own Qi system.

TAI CHI WALKING

Tai Chi Walking involves learning how to move within the stances in such a way that you stay grounded (rooted) which further allows you to pump the Qi of the body's energetic system.

TAI CHI FORM FRAMES: ALIGNMENT WITHIN EACH POSTURE OF THE 24 STEP TAI CHI FORM

Tai Chi Form Frames involve different upper body postures that open different energy channels from the central channel outwards. These are combined with the foot frames as we learn the transitional movements between each of our body postures.

The result of this is the opening and closing of different channels of the meridian system and the continuous pumping of Qi through these systems.

24 STEP TAI CHI FORM

When Tai Chi is practised with this intent it becomes a complex Qi Gong healing system in itself with profound healing benefits. Research has been carried out in relation to the benefits of Tai Chi and/or Qi Gong in relation to the following:

- ❖ Increased Relaxation
- ❖ Heart Disease
- ❖ Type 2 Diabetes
- ❖ Balance & Mobility
- ❖ Osteoarthritis
- ❖ Sensory Acuity
- ❖ The Immune System
- ❖ Parkinson's Disease
- ❖ DNA Damage
- ❖ Sleep Quality
- ❖ Tension Headaches
- ❖ Psychosocial Well-Being



This list is not exhaustive as not all benefits have been documented e.g. spiritual growth. Further details on the above list are available from the School upon request.

The benefits of Tai Chi & Qi Gong works in the way that Traditional Chinese Medicine works, clearing blockages and strengthening deficiencies.

At the end of this course you will have learnt the 24 Step Tai Chi Form according to Yang Family Principles.

THE TAI CHI PRINCIPLES

The Inner Tai Chi Principles that we will practice within the form are distinguished between:

- I. Yin and yang
- II. Full and empty
- III. Rising and sinking

IV. Pulling and pushing

V. Opening & Closing

These are natural principles that the Taoists associated with harmony, health and spiritual growth.

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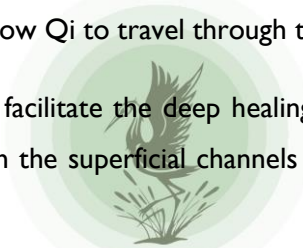
The Taoist philosophy behind these principles will be discussed and demonstrated during the practice of the above Tai Chi form.

TAOIST YOGA (QI GONG STRETCHES)

This sequence of Taoist Yoga helps to open the energy channels which then deepens the healing benefits of your Tai Chi practice. Taoist Yoga is itself a complete energetic healing system. We will also be studying its fundamentals.

This is a method of stretching and opening channels from head to toe – the Taoist method of Yoga emphasises relaxing to stretch. This means training our capacity to consciously feel, and open, moving within the body in such a way that allow Qi to travel through the channels.

Now we have the understanding to facilitate the deep healing benefits of Tai Chi practice. The Qi Gong Stretching method works from the superficial channels into the deeper organ systems of the body.



INTERACTIVE ENERGETIC PARTNER WORK & SENSITIVITY TRAINING

Known traditionally as Push Hands (Tui Shou) this practice facilitates an in-depth study of the principle of Yin & Yang within the context of relationship to self and others.

The result is a powerful mirroring to us of where we run our energy from and how to work with changing this in order to move in alignment with the Tao (the intelligence behind life).

This personal awakening shows us how to bring the Taoist understanding of healing and growth into our everyday life circumstances.

DATES

Training: There will be a total of 32 training days over 16 weekends (one weekend a month).

This final weekend consists of a 2 day intensive training with Gary Collins, Senior Instructor of the school, in Elysium Sanctuary Wexford with exams being held the day after.

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Exams: For those who wish to take the Tai Chi Instructor Certification Examination the Exams will be held on **17th December 2018**.

The dates have been provisionally set as follows.

2017

Weekend 1: 23rd & 24th September

Weekend 2: 21st & 22nd October

Weekend 3: 18th & 19th November

Weekend 4: 9th & 10th December

2018

Weekend 5: 20th & 21st January

Weekend 6: 17th & 18th February

Weekend 7: 24th & 25th March

Weekend 8: 21st & 22nd April

Weekend 9: 19th & 20th May

Weekend 10: 16th & 17th June

Weekend 11: 14th & 15th July

Weekend 12: 18th & 19th August

Weekend 13: 15th & 16th September

Weekend 14: 20th & 21st October

Weekend 15: 17th & 18th November

Weekend 16 (Wexford): 1st & 2nd December – Exams: 3rd December

TIMES

Saturdays will run from 9:30 to 7:30 and Sundays will run from 9:30 and finish at 6:00. This allows for the required 240 hours training for this course.

Timings for each Saturday will be as follows:

9:30-11:30

30 minutes break

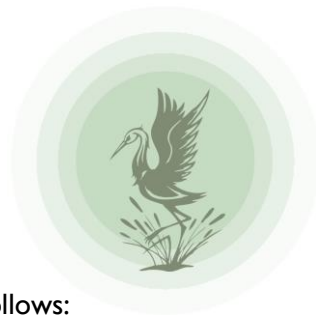
12:00-14:00

1 hour lunch

15:00 – 17:00

30 minutes break

17:30 – 19:30



Timings for each Sunday will be as follows:

9:30-11:30

15 minutes break

11:45-13:45

1 hour lunch

14:45 – 16:45

15 minutes break

17:00 – 18:00

We note that, given the nature of this course and of energetics, it may be challenging for the instructors and students and therefore the times when breaks are taken may vary.

COST & PAYMENT PLANS

A deposit of €500 secures a place on this course. Deposit to be paid by 23rd August 2017. This deposit is only refundable in the event of cancellation of the course by the School.

Course Cost: €3,200

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Instalment Plan:

These fees must be paid at a minimum rate of €250 per weekend. If payments are not maintained at this rate the School reserves the right to refuse admission.

NB: Please note that by enrolling for this course you are agreeing to pay the full amount whether you complete the course or not. The School cannot sustain provision of courses where students fail to honour their financial commitments.

Special Offers:

1) Early Bird

A one-off payment of **€2,900** can be made by 23rd August 2017.

2) Spouse Discount

Where a married couple both wish to attend the course the cost for the second person is halved.

Payments can be made by Cheque, Cash, Bank Transfer, Paypal or Sumup (using debit or credit card). Please ask Neal about any of these options if you require more information.

Exam Fee: €150

OTHER DETAILS

INSTRUCTOR

Neal Traynor

087 9085684

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LOCATION

All instruction will be held at: Lucan Sarsfield's GAA Club, 12th Lock, Newcastle Rd, Lucan, Co. Dublin.

ONLINE

Website: www.jadesuntaichi.com

Email: info@jadesuntaichi.com

Facebook: www.facebook.com/jadesunschoolTC (Please 'Like' the School on Facebook to keep up to date with our posts).



TERMS & CONDITIONS

By attending the Jade Sun School of Tai Chi & Qi Gong's Instructors Training Course you are agreeing to the following terms and conditions. If you would like to discuss any of the terms and conditions please speak to either Gary or Neal.

ENROLMENT

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1.1 Every student of the Instructor Training Courses at The Jade Sun School of Tai Chi & Qi Gong must enrol for the course and pay the fees appropriate to this course of study at The Jade Sun School of Tai Chi & Qi Gong.

1.2 No person shall be deemed to be an enrolled student unless:

1.2.1 they have completed and signed a The Jade Sun School of Tai Chi & Qi Gong enrolment form, and

1.2.2 agreed to meet the liability for the relevant fees.

1.3 In signing the enrolment form the student undertakes to observe The Jade Sun School of Tai Chi & Qi Gong Terms and Conditions of Study (including all current published The Jade Sun School of Tai Chi & Qi Gong Policies, Codes and Regulations) and consents to the Jade Sun School of Tai Chi & Qi Gong obtaining, recording, holding, processing etc. personal data including data of a sensitive nature. Students are responsible for informing The Jade Sun School of Tai Chi & Qi Gong of any changes to the information provided on enrolment.

WORK COMMITMENT

2. Students enrolling on courses at The Jade Sun School of Tai Chi & Qi Gong are entering into a partnership with The Jade Sun School of Tai Chi & Qi Gong to further their education and training. Students are expected to take full advantage of the opportunities for learning and study.

COMPLAINTS PROCEDURE

3 The complaints system is easy to use and students are encouraged to use it where necessary. Complaints are dealt with by the founders of the school and are acknowledged within five working days of receipt and are normally fully answered within fifteen working days. After a further three weeks there is a further letter to ensure the complainant is happy with the outcome of the investigation into their complaint.

COURSE CONTENT

4 Students should satisfy themselves from reading the available information that the Instructor Training Course meets their requirements before commencing the course.

CANCELLING OR CHANGING CONTENTS OF COURSES

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5 The Jade Sun School of Tai Chi & Qi Gong reserves the right not to run courses where the number of students is considered insufficient or where resources are unavailable or to change the contents of a course where it is considered appropriate by The Jade Sun School of Tai Chi & Qi Gong to do so.

LIMITATION OF ADMISSION TO COURSES

6.1 The Jade Sun School of Tai Chi & Qi Gong reserves the right to refuse admission to any course because of restricted availability of facilities due to accommodation or teaching requirements or for any other reason which The Jade Sun School of Tai Chi & Qi Gong deems it necessary to do so.

6.2 All admission to courses is at the discretion of the Founders of the Jade Sun School of Tai Chi & Qi Gong.

FEEES

7.1 All fees are payable in line with the specific course details provided. Details of methods of payment can be obtained from the course Instructors.

7.2 Liability for fees is incurred at enrolment and The Jade Sun School of Tai Chi & Qi Gong reserves the right to suspend any student who has not paid or arranged, to the satisfaction of The Jade Sun School of Tai Chi & Qi Gong, payment of fees within a reasonable time.

7.3 No person shall be permitted to enrol as a student of The Jade Sun School of Tai Chi & Qi Gong or to receive any qualification conferred by The Jade Sun School of Tai Chi & Qi Gong, unless all, if any, arrears of tuition fees and any other sums due to The Jade Sun School of Tai Chi & Qi Gong are paid in full or arrangements for the payment of fees have been made to the satisfaction of The Jade Sun School of Tai Chi & Qi Gong.

FINANCIAL MATTERS

8.1 Studying at The Jade Sun School of Tai Chi & Qi Gong may cause students to incur different costs, for example, tuition fees, books and equipment costs, accommodation costs, childcare fees, travel expenses and living expenses.

8.2 Students are required to supply their own stationery and materials. Details of specialist materials/equipment will be supplied at the commencement of each course.

DISCIPLINARY CODE

9.1 The Jade Sun School of Tai Chi & Qi Gong has a zero tolerance to the abuse of instructors or other students and students are reminded that any such conduct constitutes unacceptable behaviour and will result in disciplinary action which may, in turn, lead to your suspension or dismissal from the Jade Sun School of Tai Chi & Qi Gong.

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9.2 The Jade Sun School of Tai Chi & Qi Gong reserves the right to cease to facilitate attendance of any course for any reason which The Jade Sun School of Tai Chi & Qi Gong deems it necessary to do so.

EQUAL OPPORTUNITIES

10 The Jade Sun School of Tai Chi & Qi Gong is committed to promoting equality of opportunity for all its students and instructors in all aspects of The Jade Sun School of Tai Chi & Qi Gong life to ensure that no-one is discriminated against on the grounds of race, colour, religion, sex, marital status, disability, age, social position or sexual orientation.

DISABILITY

11 The Jade Sun School of Tai Chi & Qi Gong treats applications from students with disabilities on the same grounds as all applicants, taking into account the difficulties they may encounter.

ABSENCE

12 Absences at the time of examinations or assessments will result in the need to reschedule these for the absentee student, at a further cost to them.

ATTENDANCE AND PUNCTUALITY

13 Students are required to be punctual and, furthermore, attendance at The Jade Sun School of Tai Chi & Qi Gong must be sufficient to fulfil the requirements of the course concerned. Poor attendance may have implications for a student's continuance on a course. Each course will be advertised with the number of days attendance required to complete the course. Absence on more than 10% of the days will result in the need to arrange private classes, at a further cost to the student, in order to cover the required material. Attendance and absences are recorded on computerised registers which are kept for all classes.

For each day that is missed a 3 Hour Private session can be arranged with the course instructor and this will be recorded as the equivalent of attendance for the missed day. At the time of writing (May 2017) the fee for this session is €120 with Neal. These fees are subject to change.

INSURANCE

14.1 No insurance cover is held by The Jade Sun School of Tai Chi & Qi Gong to provide automatic compensation to students in the event of loss or damage to property, personal accident, injury or death. It is the responsibility of each student to insure for personal accident cover, if felt appropriate.

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14.2 The Jade Sun School of Tai Chi & Qi Gong does hold third party liability insurance which indemnifies The Jade Sun School of Tai Chi & Qi Gong with respect to claims from third parties, including students, who have suffered injury, illness, loss or damage arising from the negligence of The Jade Sun School of Tai Chi & Qi Gong. However, if there is no negligence, no claim would be accepted by the Jade Sun School of Tai Chi & Qi Gong or its Insurers.

ALCOHOL, DRUGS AND SUBSTANCE MISUSE

15 The Jade Sun School of Tai Chi & Qi Gong encourages the health and wellbeing of all students and wishes to minimise problems arising from the misuse of alcohol and drugs. The Jade Sun School of Tai Chi & Qi Gong will offer guidance and support to any students known to have an alcohol or drug related problem and assist them to seek appropriate help. However The Jade Sun School of Tai Chi & Qi Gong will report to the police all incidents involving the supply or taking of illegal substances on its premises.



DATA PROTECTION

16 The Jade Sun School of Tai Chi & Qi Gong takes its responsibilities under the Data Protection regulations seriously and respects the privacy of its students and staff. The Jade Sun School of Tai Chi & Qi Gong adopts measures as it deems reasonable to ensure that all data is processed in accordance with the regulations.

ELECTRONIC CONTACT

17 The Jade Sun School of Tai Chi & Qi Gong may contact you by electronic means (e.g. email and text) in connection with your course.

The information contained in this document, particularly relating to The Jade Sun School of Tai Chi & Qi Gong Policies, Terms and Conditions, courses and fees was correct at the time of going to print but it is subject to alteration without notice. Anyone wishing to confirm any of the information should speak to, write to or email Gary or Neal.