

**2022-2023 DAYAN QIGONG 1<sup>st</sup> SET TEACHER TRAINING COURSE**  
**Wen Wu School**  
**10124 San Pablo Ave. El Cerrito, CA 94530 (510) 524-1057**

**-Course description-**

This course is designed for Dayan Qigong students who have high and sincere interests in becoming future Qigong teachers.

This class will concentrate on two areas:

- The theoretical background for each qigong movement according to Traditional Chinese Medicine (TCM). These include Meridian and Collateral theory, the Yin and Yang theory, the Five Element theory, the Qi and Blood theory, and the Zang-Fu theory, and Medical Qigong.
- Ensuring the accuracy of the movements, so that teachers can be sure of conveying the practice faithfully and their students receive full benefit from their practice.

The Wen Wu School represents excellence in training the practice and core spirit of Chinese martial arts in not just their physical forms, but also the intellectual theories and spiritual traditions from which the physical forms arise. We are looking for students who are genuine and sincere practitioners to share our trainings with to further spread the benefits of practicing and teaching of Dayan Qigong.

Anyone who wants to learn more about TCM and the theoretical background of the movements is welcome to audit the lectures and pay per session.

Anyone who wants to be certified as a teacher needs to

- 1) complete the entire program.
- 2) demonstrate proficiency with the basic exercises, the 64 movements, and the three meditation forms. (The instructors will check each person individually). Pass the physical exams.
- 3) pass written exams demonstrating their familiarity with TCM theory, both the general concepts and the applications in specific movements. Homework assignment is also to be expected.

The core instructors include, but need not be limited to: Edith Chiang, Erlene Chiang, and Bob Rosenbaum. Many guest instructors will be included on modified Qigong forms, teaching experiences, and marketing.

### **-Course meeting dates-**

TT Course will start on September 10<sup>th</sup>, 2022. The class dates are as follow:  
(we encourage long-distance students to speak with the School prior making their travel plans)

Section 1: The Meridians & Collaterals; Basic Warm-Ups, Movements 1-50; and Meditation:  
Sept 10, 17, 24; Oct 8, 15, 22; Nov 12, 19; Dec 10, 17; Jan 14, 21, 28; Feb 11, 18, 25; Mar 11, 18

Section 2: Theory: Qi and Blood; Zang-Fu; Yin-Yang; Five Elements; Medical qigong, Meditation;  
Movements 51-64:

March 25; Apr 8, 15, 22; May 13, 20, 27; June 10, 17, 24; July 8, 15, 22; Aug 12, 19;  
Sept and Oct final exams (no instruction, exams only)

Each class starts at 2:00 pm and ends at 5:00 pm. Class will start with group practice of the basic warm up exercises, 1<sup>st</sup> set and meditation; teaching of the movements; teaching of the warm up movements; TCM theories, special guest speakers and medical qigong, and a small break. A complete syllabus will be available in the coming month.

### **-Attendance policy-**

Every student is expected to attend every class on time. If you are unable to attend, please inform Wen Wu School at least 48 hours.

We expect 90% of attendance and not skipping the class more than 2 weeks consecutively.

Long distance students (at least 100 miles distance away) will be allowed to attend in-person once a month and virtually on all the other classes. For written and physical exams, a separate arrangement will be made. Long distance students are required to make their own lodging arrangement. Make up classes must be arranged with the core instructors.

### **-Tuition or Refund policy-**

Tuition is \$4,000 or \$330 per installment and is due on the 1st class of each month (payment is due from September 10<sup>th</sup> 2022 to the end of September 2023; total of 13 installments). If you decide to drop this course from becoming a certified teacher for any reason, please drop no later than Oct 30<sup>th</sup>, 2022 with official withdraw intention. After you withdraw from training as of a certified teacher, you can down grade to audit the class. (see below)

Auditing: Returning 1<sup>st</sup> set Qigong teachers \$30 per person per class. For new students that want to audit without receiving a teaching certificate, tuition is \$60 per class. The auditing students are not required to take any physical and written exams. Auditing tuition is paid by each class.

Refund: If you paid for the full tuition of \$4,000 and needs to withdraw or downgrade, a prorated refund will be given minus 3% bank fee towards the final prorated refund. Please contact Erlene Chiang for details should a refund becomes needed.

Scholarship: Scholarship is available through Hui Liu Chiang's memorial scholarship offered by the Fountain Project Foundation. Students with financial difficulties need to apply to Fountain Project directly for scholarship for 2022's assistance and if needed for 2023's tuition assistance. Wen Wu School is not responsible for Fountain Project's memorial scholarship. Application for YC Chiang memorial scholarship will re-open for the year of 2023 (2022 scholarship is no longer available)

and 2023 application is accepted for YC Chiang memorial scholarship during the month of December of 2022. Please contact [info@fountainproject.org](mailto:info@fountainproject.org) for information on Hui Liu Chiang memorial scholarship yourself. (Wen Wu School is not responsible for your scholarship). One or both scholarships maybe rewarded to an individual based on the availability and financial needs. You are not guaranteed the scholarship until you are formally informed.

### **-Qigong class expectations-**

Please wear exercise shoes, long pants, and dress up **as if you were a teacher** at all classes. Wear TT class t-shirts and jackets to each class. No fragrance is allowed.

Physical exams, Written exams and homework assignment are expected. We will make announcement about the exams in the coming month.

### **-Certificate renewal policy-**

Once you become a teacher and have received your certificate, Wen Wu School requires you to take a form check with designated instructors on odd years (so the next renewal will be in 2025, 2027 and so on). This usually occurs at the 1<sup>st</sup> quarter of each year. There is a fee of \$120 per student for recertification. **No one is exempt from this policy.** If for any reason you did not pass the recertification exam, a separate arrangement for re-test will be scheduled. You'll receive one free makeup test if it becomes needed. The importance of keeping yourself certified every two year is for accuracy of your own form and health of yourself and students. Also, for purchasing insurance purposes. Many teaching facilities and institutions require you to have an updated Qigong certificates from Wen Wu School. More details on recertification will be announced in the coming months.

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**Wen Wu School reserves the right to alter any part of this course without prior notice. If there should be any changes, each student will be informed.**

**Questions? Please contact Wen Wu School at [info@wenwuschool.com](mailto:info@wenwuschool.com) or call (510) 524-1057.**