

# Qi Fit's The Foundations of Qigong Level 1

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To check out more information online please use the below link:

[www.qifit.com.au/qigong-teacher-training-level-1](http://www.qifit.com.au/qigong-teacher-training-level-1)

## 6 Month 170+ Hour Level 1 Qigong Teacher Training Program:

- ✓ **12 Full-Days/96 hours In-Person Workshop Training with Nicholas Blewett**
- ✓ **14 hours Online Pre-Course Content (4 weeks Pre-Workshop Content)**
- ✓ **22 hours Online Lessons and Training Content (1x hour p/week Online Training)**
- ✓ **30 hours Personal Logbook Practice**
- ✓ **8 hours Practical Training Hours**

**Total Hours – 170+ hours**

## **PLUS...**

- ✓ **Qigong Form Mentoring from Nicholas**
- ✓ **Access to a private FB Mastermind Group**
- ✓ **Extra Tips, Hints, and Training Drills**
- ✓ **And So Much More!!**

*\*COMPLETING THE FOUNDATIONS OF QIGONG - LEVEL 1 WILL ALLOW YOU TO ENTER OUR LEVEL 2 TRAINING PROGRAM.*

Please understand that *this program is not only* for those people wishing to become Qigong Instructors but is **FOR ANYONE LOOKING TO LEARN HIGH QUALITY QIGONG** who wants to create their own personal wellness program for their own health, longevity, and meditation practice.

So, while this program is directed at a professional level of Teacher Training for future Qigong Instructors, Qi Fit's Level 1 The Foundations of Qigong program has been created with the stark beginner who has no prior knowledge of qigong, firmly in mind. This is because Qi Fit's aim is to help Qigong becomes as popular and widely accepted as Yoga and other wellness exercises within our community while spreading the health, vitality, and values that Qigong promotes, believing that professional, high quality Qigong education will help establish Qigong as its own unique exercise system and a foundational wellness exercise within our health care industry.

## THE COMPLETE TRAINING PACKAGE:

- 2 Hour Live Online Zoom Introductory Group Meeting
- 4x Weeks Pre-Course Online Learning Workshops (12 Hours)
- Qi Fit Internal Movement Program Level 1 & 2
- 12 Days In-Person Workshops (96 Hours)
  - Workshop 1 – 3 days Immersion: Theory and Practice
  - Workshop 2 – 2 days Intensive: Theory and Practice
  - Workshop 3 – 2 days Intensive: Theory and Practice
  - Workshop 4 – 3 days Immersion: Theory and Practice
  - Workshop 5 - 2 days Intensive - In-Person Student Grading
- 22x Weeks of Online Videos and Live Zoom Lessons Qigong development (22 Hours+)
- 4x Weeks Student Post-Course Grading Preparation
- 150-page Course Handbook – Upgraded
- 250-page PDF Practical Training Manual – NEW!
- Full Instruction Videos on all Training Methods and Practices
- Cool Theoretical and Fun Practice Facebook Page Tips and Hints of Qigong and Chinese Medicine
- Access to Our Classes Private Facebook Qigong Mastermind Group
  - Online mentoring - ask me questions and get text or video replies
  - Build friendships, motivate and support each other and grow together as a group
  - Weekly hints, tips and training motivation
  - Access all the video lessons and class discussion and research content
- Accredited by the International Institute of Complementary Therapists Association.

	Theory Content	Practical Content
Section 1	<b>THE FOUNDATIONS OF QIGONG – ZEN AND THE ART OF GONG FU!</b> Discover the fundamental concepts behind Qigong practice and how this exercise is interwoven into Taoist philosophy and Chinese medicine theory. You will learn the main functions and principles of Qigong and how Qigong Internal movement meditation can help you create robust wellness.	<b>QIGONG BASICS:</b> Warm-Up Exercises Qi Fit movement drills Natural Diaphragmatic Breathing Mechanics The Classical Qigong Stance The 8 Structurally Balancing Postures Basic Zhan Zhuang Qigong
Section 2	<b>HOW QIGONG WORKS – WHAT IS INTERNAL EXERCISE?</b> In this section you will learn the foundational concepts behind internal exercise and discover the basic principles which drive internal movement dynamics. From this understanding you will learn how Qigong whole-body structure and movement kinematics generate holistic health and a state of mind/body wellness.	<b>QI DEVELOPMENT TOOLS 1:</b> Opening the Qua Preparation The Water Wheel Pack the Qi Tiger Paw Palms Close the Qua Spread the Qi - In and Out Spread the Qi - Up and Out Detox Breath Fajing Clap
Section 3	<b>THE PRINCIPLES OF QIGONG STRUCTURE AND MOVEMENT</b> Section 3 consolidates Section 1 & 2 by helping you understand and apply the classical principles of Qigong structure and movement correctly to begin gaining all the amazing benefits of qigong while avoiding injuries and impediments to your exercise progression. We also discuss the 5 levels of internal movement and the 5 stages of meditation so that you can clearly understand the progressions of internal qigong movement and the journey Qi Fit courses offer you toward mastery.	<b>QIGONG SETS 1:</b> Advanced Zhan Zhuang The Triple Heater Qigong Alleviation of the Triple Heater Spleen and Stomach Qigong Stars of Heaven Qigong Consolidate the Heavenly Essence

<b>Section 4</b>	<b>PHILOSOPHY OF LONGEVITY IN CHINESE MEDICINE 1 - WHAT IS QI HEALTH?</b> In Section 4 you will discover the foundation of Chinese medicine's holistic mind/body matrix and begin establishing the theories, philosophies and medical concepts underpinning the movements, functions, dynamics, and practical elements of Qigong exercise.	<b>QIGONG SETS 2:</b> <b>The 12 Zung Fu/Meridian Balancing sets:</b> Heart – Fire hands Small Intestine – Breathing Palms Spleen – Fortify the Centre Stomach – Wave Hands in Clouds
<b>Section 5</b>	<b>THE THREE REGULATIONS – BREATH, BODY AND MIND</b> In Section 5 you will dive deep into learning about The Three Regulations and how to incorporate the breath, body, and mind into your qigong practice to begin harmonizing the mind, body, and spirit.	<b>QIGONG SETS 3:</b> <b>The 12 Zung Fu/Meridian Balancing sets:</b> Lung – Circulate the Qi Large Intestine – Stir the Cauldron Kidney – Grasp the Qi and Firm the Will Bladder – Scoop Seawater into the Air
<b>Section 6</b>	<b>PHILOSOPHY OF LONGEVITY IN CHINESE MEDICINE 2 - CHINESE MEDICINE IN QIGONG</b> In Section 6 you continue your journey into Chinese Medical theory so that you can gain a greater depth of knowledge for your practice of Qigong and expertise when explaining the functions and applications of Qigong practices to your future students.	<b>QIGONG SETS 4:</b> <b>The 12 Zung Fu/Meridian Balancing sets:</b> Liver – Fill the Palace and Spread the Qi Gallbladder – Monkey Picks Fruit Pericardium – Pump Shen to the Gate of Vitality Triple Heater Qigong
<b>Section 7</b>	<b>PHILOSOPHY OF LONGEVITY IN CHINESE MEDICINE 3 - THE PRACTICE OF QIGONG PART 1</b> In Section 7 you will dive deeper into the practical elements of Qigong practice. Now that all the Level 1 Qigong sets have been learned, this class focuses upon the philosophical principles and qualities of movement that one applies during their qigong training and what to expect during practice or because of one's practice. This becomes important to help your own training or for guiding students training progression.	<b>QIGONG PRACTICE 1:</b> Revision and Form Development  <b>MEDICAL QIGONG:</b> Clear the Shen The Six Levels Balancing Techniques Qi Hara Balancing
<b>Section 8</b>	<b>Qigong in Integrative Medicine, Training Considerations and Special Populations</b> Section 8 is divided into two parts. Part 1 dives further into classical postural considerations using the Three Regulations and to help you understand and provide a range of considerations for different demographics. Part two continues this topic by discussing training and exercise considerations for common health issue, and specific training requirements for populations with special needs.	<b>QIGONG PRACTICE 2:</b> Revision and Form Development  <b>MEDICAL QIGONG:</b> Qi Hara Balancing – Jing Qi Organ Pumping Clear heat from the chest 1 Clear heat from the chest 2
<b>Section 9</b>	<b>CLASS MANAGEMENT, CREATIVE PROGRAMMING, GROUP PRACTICES</b> Section 9 moves into how to begin pulling all the above practical qigong exercises and theoretical and philosophical information and qigong exercises into creative class formats for private students and classes.	<b>QIGONG PROGRAMMING 1:</b> Class Programming and Management
<b>Section 10</b>	<b>INTEGRATION AND CONSOLIDATION</b> Section 10 focuses on workshoping and practicing a variety of classes and training formats to help you design and run fun, engaging classes with a variety of goals, intentions, and training intensities	<b>QIGONG PROGRAMMING 2:</b> Class Programming and Management
<b>Section 11</b>	<b>GROUP ROLL PLAY CONSOLIDATION AND PRACTICAL COMPETENCY</b> This is the Practical Competency component of Level 1 where students gain their teaching qualification. NB: This only applies to students wanting their teaching qualification and not those who do not wish to teach or run public Qigong classes.	

## ABOUT THE COURSE:

### COURSE BEGINS – 4 WEEKS ONLINE LEARNING

#### **ONLINE WORKSHOP - 2 HOURS**

##### **May 16<sup>th</sup> - Group Introductory Online Welcome Meeting**

- **4 Weeks Pre-Course Video Workshop Content**

In this online official welcome meeting Nicholas introduces the course, outlining its content, objectives, training expectations and answers all your questions about the course and its assessment and how to get the most from the course.

In the second part of this talk Nicholas goes over the introductory lesson discussing Qigong: what it is, its foundational components, some pre-history to put qigong in perspective and the how's, where's and why's that make qigong an integral part of Traditional Chinese medicine.

Once this session is over your study begins and you will gain access to the course material and begin learning foundational content to prepare for the first 3-Day Workshop. Much of this content will be self-paced and pre-recorded for you to undertake in your own time.

The Qi Fit Movement Program which forms the backbone of Level 1 training will be delivered as a Live Zoom class each week leading up to the first workshop.

### WORKSHOP'S 1,2,3,4,5

#### **2 and 3 day In-Person Workshop Events**

Each of the 2- and 3-day workshops will be held at the Qi-Studio in Capalaba, Brisbane. Each workshop is 8 hours of extremely practical training and Chinese medicine education.

Successive workshops expand and deepen all the foundational theoretical information and qigong training you will have already learned during the previous 4 weeks of online training.

By the end of this workshop series, you will have covered all the Qigong methods you will be covering in this entire course and have a solid introduction to the foundation concepts of Qigong and Chinese medicine.

*\*All workshop dates are listed below.*

### 22 WEEKS ONLINE CONTENT AND LIVE ZOOM LESSONS

#### **22 Weeks of Online Classes and Training Content**

In this course you will receive 22 weeks of online live Zoom classes and online based workshop content.

In these online classes you will be refining all your qigong exercises and developing your ability to deliver these methods in a class setting. Here you will continue to develop your Qigong training and knowledge on a weekly basis and retain these lessons for life!

## **WORKSHOP 5 – COURSE CONCLUSION**

**AUGUST 27<sup>th</sup> – 28<sup>th</sup>**

### **2-Day In-Person Workshop Event**

In day 1 of this final workshop weekend you will have consumed all the basic knowledge of the course and will be spending these 2 days adding more advanced tweaks into the Qigong exercises learned throughout the Level 1 program while refining your Qigong teaching skills, understanding of contraindications and considerations, and working with special populations, and group training exercises with other students in your Level 1 group.

In the second day of this final workshop, students take turns teaching the group their practical assessment class.

After successful completion of this class, you will be qualified to teach qigong classes. This certificate

qualification will allow you to be insured by The International Institute of Complementary Therapists to run Qigong classes.



## **STUDENT TESTIMONIALS:**

### **Andy's Testimonial:**

[https://youtu.be/n\\_WA41Skry8](https://youtu.be/n_WA41Skry8)

### **Group Testimonial:**

<https://youtu.be/1yg-FYUOyvA>

<https://youtu.be/acABW7My4xM>

### **Leighs Testimonial:**

<https://youtu.be/0zP8EmeXP6s>

**MORE TESTIMONIALS AND Qi FIT VIDEOS CAN BE FOUND HERE:**

[Qi Fit YouTube Channel](#)

## **2022 LEVEL 1 TRAINING DATES:**

### **Level 1 - Semester 1, 2022**

*Online Start - 16th May – 4 weeks online content starts.*

*In-Person Workshops 1 – 17th, 18th & 19th June (Fri/Sat/Sun)*

*In-Person Workshop 2 – 23rd & 24th July (Sat/Sun)*

*In-Person Workshop 3 – 27th & 28th August (Sat/Sun)*

*In-Person Workshop 4 – 7th, 8th & 9th October (Fri/Sat/Sun)*

*In-Person Workshop 5 – 5th & 6th November (Sat/Sun)*

*Final Assessment - 3rd December (\*Teacher Training Students only)*

## **LEVEL 1 FEES:**

**Super Early Bird (Paid in full by 3<sup>rd</sup> April 2022)**

**\$2799.00**

## Early Bird (Registrations by 17<sup>th</sup> April 2022 - Payment Plans Available)

\$2999.00

## Regular Fee (Registration from 18<sup>th</sup> April 2022 - Payment Plans Available)

\$3359.00

### PAYMENTS:

#### **\$500 Deposit – Due on Sign Up**

Deposits and Super Early Bird Payments can be made directly via bank transfers into the bank account below. For all other payment information, payment plans or payment options please contact Nicholas for links to our online payment portal.

**Nicholas Blewett**

**BSB 484-799**

**A/C 170649066**

*\*Please use your name as the transfer Reference.*

*\*Please screenshot transfer receipt and forward to Nicholas via text or email.*

### PAYMENT PLANS:

If you require a payment plan or payment plan information, please contact Nicholas Blewett directly for links to our online payment portal.

Email: [nick@qifit.com.au](mailto:nick@qifit.com.au)

Phone: 0433775488

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*If you would like to discuss any of the above program details, payments or have any questions regarding Qi Fit's Level 1 Qigong Teacher Training Program please feel free to email or call/text Nick directly on email or number supplied.*

I hope that you have enjoyed looking over The Foundations of Qigong Program.

It brings me great pleasure and deep satisfaction to help people learn about Qigong and create robust health, wellness, peace, joy and extended longevity to their own lives, and the lives of others. If I can be of any assistance, or you have feedback, or just want to chat to find out more about me, this program or Qigong in general - please **do not hesitate** to get into contact with Nicholas Blewett, Chief Instructor of Qi Fit.

### Nicholas Blewett

*Founder and Chief Instructor Qi Fit – Qigong and Tai Chi Training*

*Dr Chinese Medicine Acupuncture*

*4<sup>th</sup> Degree Instructor World Taijiquan Boxing Association*

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0433775488

# QI FIT'S THE FOUNDATIONS OF QIGONG

## CLIENT DETAILS AND CONSENT FORM



Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

D.O.B. \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Occupation: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

### GENERAL STATEMENT OF PROGRAM OBJECTIVES AND PROCEDURES

I understand that Qigong is as much of a physical fitness and strength exercise and training program as it is an internal energy cultivation system. I understand that qigong exercise and programs are designed to work all the systems of the human body including, but not limited to the musculoskeletal system, cardiovascular system, neurological and nervous system, endocrine system, immune system, digestive system, reproductive systems. While Qigong is typical a safe and gentle exercise system, I understand that exercises will include stretching, bending, squatting, callisthenic/movement-based exercises, range of movement exercises and others which need to be practiced correctly to ensure the safety of the exercises performed.

### DESCRIPTION OF POTENCIAL RISKS

I understand that Qigong is a demanding exercises system which acts to affect the human being physically, energetically, emotionally, spiritually, and mentally and that the reaction of bodily systems can never be predicted with certainty or complete accuracy. Therefore, I understand that there are always health risks with any form of exercise training, and that, as with any exercise or physical training exercise or system there are risks of abnormal changes occurring without warning which can cause a range of temporary or long-term health conditions. Therefore, I understand that I undertake this training with the utmost care and personal responsibility ensuring all safe training practices are strictly always adhered too. I understand that the trainer (seller) shall not be liable for any damages arising from personal injuries sustained by the client (buyer) while or during the training program and that the client undertakes the training program at their own risk. The client (buyer) will assume full and complete responsibility for any injuries or damages which may occur during the training process.

### DESCRIPTION OF POTENCIAL BENEFITS

I understand that as an exercise system, regular Qigong practice has many physical, mental, emotional, and spiritual benefits associate with it which can greatly improve personal life experience, health, wellness, and longevity as well as improve a vast array of physiological functions leading to improve health and fitness. I confirm that I have read the foregoing information and understand it. All questions which may have occurred to me have been answered to my complete satisfaction.

### INFORMED CONSENT FOR THE FOLLOWING PROGRAM ELEMENTS



*\*If necessary, please add details in space provided.*

I understand and confirm that I have received a medical check by a registered medical physician and that I have no condition, injury or reason that I cannot undertake:

- |  |   |
|--|---|
| <input type="checkbox"/> Squatting           | <input type="checkbox"/> Rotating my arms   |
| <input type="checkbox"/> Bending             | <input type="checkbox"/> Raising hips       |
| <input type="checkbox"/> Rotation / twisting | <input type="checkbox"/> Rotating hips      |
| <input type="checkbox"/> Raising my arms     | <input type="checkbox"/> Changes in posture |
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**PLEASE TICK ANY CONDITIONS WHICH APPLY TO YOURSELF**

*\*If necessary, please add any relevant details about below conditions or other conditions not listed in space provided:*

- |   |   |
|---|---|
| <input type="checkbox"/> Internal Disease     | <input type="checkbox"/> Allergies                            |
| <input type="checkbox"/> Heart disease        | <input type="checkbox"/> Mental health                        |
| <input type="checkbox"/> Respiratory Problems | <input type="checkbox"/> Acute anxiety / Panic attacks        |
| <input type="checkbox"/> High Cholesterol     | <input type="checkbox"/> Physical Impairment/disabilities     |
| <input type="checkbox"/> High blood pressure  | <input type="checkbox"/> Back problems (upper, middle, lower) |
| <input type="checkbox"/> Low blood pressure   | <input type="checkbox"/> Neck / Shoulder problems             |
| <input type="checkbox"/> Pregnancy            | <input type="checkbox"/> Arm problems                         |
| <input type="checkbox"/> Asthma               | <input type="checkbox"/> Leg problems                         |
| <input type="checkbox"/> Diabetes             |   |
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**PLEASE LIST AND MEDICATIONS YOU MIGHT BE CURRENTLY TAKING THAT MAY IMPACT YOUR PARTICIPATION IN QI FITS FOUNDATIONS IN QIGONG LEVEL 1 PROGRAM**

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### **MEDICAL SIGN OFF**

If you have any of the above medical conditions or any other medical condition which has been diagnosed by a Medical Doctor, GP, Medical Specialist or Medical Professional please confirm by signing below that you have informed your medical practitioners and obtained medical release to participate in an exercise training program.

**Initial:**\_\_\_\_\_ **Date:**\_\_\_\_\_

### **CONTRACT AND AGREEMENT TO UNDERTAKE QI FIT'S FOUNDATIONS IN QIGONG TEACHER TRAINING LEVEL 1 PROGRAM**

I hereby fully and forever release and discharge Qi Fit, its assigns, agents and my trainer from all demands, damages, rights of action, present and future therein.

I understand and warrant, release and agree (on behalf of myself and all my representatives, heirs, executors, administrators, agents and assigns) that I am in good physical condition and mental health and have no disability, impairment or ailment preventing or limiting me from engaging in active or passive exercise that will be detrimental to my own, or others, safety, comfort, participation or education (other than those disclosed on my health and personal case history form).

I state that I have had a recent medical check-up (no less than 3 months prior to program commencement by a registered medial physician and have gained their permission to engage in a physical training program. I hereby declare that the information contained in the above contract and agreement is true, complete, accurate and current to my best knowledge.

**Print Full Name:**\_\_\_\_\_

**Signature:**\_\_\_\_\_ **Date:**\_\_\_\_\_