



Feedback from Tai Chi & Qigong draft standard.

15th July 2020.

The draft standard was issued to the Professional development committee (PDC) for consultation via survey on the 1st June 2020, all feedback has been reviewed and key points have been addressed in the below document.

Purpose of the standard

This standard is for teaching Tai Chi and/or Qigong exercise for health, fitness, and/or rehabilitation. We want to create a baseline standard that will reassure stakeholders (medical practitioners, patients, teachers, parents, and participants) that classes will be as safe and effective as any other exercise classes within the same context, whilst offering participants the opportunity to learn authentic/genuine Tai Chi and/or Qigong.

This standard is not intended to stop current teachers from continuing to teach. Rather it is to provide a means for teachers to evidence that they have achieved it. This is evidence that stakeholders (clubs, gyms, charities, the NHS and other potential employers or referrers) could rely on and be reassured that, in your hands, their clients will be safely learning an authentic Chinese internal exercise system to support their health, fitness, and rehabilitation. The standard can therefore be seen as a minimum of what knowledge and skills are required to practice.

How the standard can be used.

Within the standard there is a section on product development guidance, this sets out how the standard can be used. For example, it can be used to develop a qualification that meets the whole standard or training (CPD) that could be mapped to parts of the standard and be allocated CPD points. If an individual has demonstrated completion of the full standard this will allow them entry into CIMSPA membership in the appropriate category. This could have been met through a qualification that meets all the standard or if they have been practicing for many years they have the opportunity to individually map, in which they would provide evidence of how they have met the standard.

Chartered status opportunity

For those individuals that have been practicing for many years and feel they exceed the standard and have demonstrated excellence in their field, we have the opportunity to develop a chartered category for Tai Chi and Qigong professionals. CIMSPA already have this in place for managers and now recently launched the activity and health practitioner. You can read more about this opportunity [here](#).

Limitations of the role

Within the standard there is a section that is titled 'the scope of the role', this is the section that outlines the limitations of the role. This section can be used to really drill into what is required of someone within a specific role. We have seen this section used within job descriptions and other tools.

TCUGB involvement

The [TCUGB](#) is a UK-based non-partisan CIC with a broad membership of practitioners representing all authentic styles of Tai Chi and Qigong. The TCUGB have supported this process from the start and have been keen advocates of developing a professional standard for the industry to demonstrate the professionalism and great work that is happening in the industry. They are also recognised as an NHS network organisations for information on this see [here](#).

The TCUGB has elected committee members who take-on the task of assessing applicants for teacher-level membership. The intent is that this process be extended for would-be teachers who may not currently be members of the TCUGB.

The teacher-level membership is intended to be exclusive to teachers of authentic styles (in the same way that the BMA, IET, HEA, or any other professional body only accepts persons with pre-determined qualifications and experience).

Assessing the standard

Within all standard under product development guidance is usually states 'Their quality assurance meets the appropriate regulator's guidance. Including internal and external quality assurance, staffing requirements and assessment generation and evidence.'

It is important that delivery and assessment of the specialist topics of Tai Chi Teacher and/or Qigong Teacher qualifications mapped to this standard must be by persons who have met this CIMSPA Standard for the specialist topic being taught, and have also completed sufficient CPD activities to be able to teach the knowledge and skills specified. Eligibility for membership of the Tai Chi Union for Great Britain at 'intermediate Instructor' level or above is the only allowable 'Equivalent Prior Learning & Experience' for this. This must be evidenced either by holding current membership of the TCUGB, or sign-off by designated officials of the TCUGB. It is recommended that teachers [join](#) the TCUGB if they have not already done so.

CPD policy

CPD policy [here](#).

TPP partnership

See [here](#) for more information on the training provider partnership

Topic area Anatomy and Physiology

It is generally accepted that an exercise teacher needs to have a good grounding in A&P for Exercise. Fitness Instructor, Personal Trainer, Pilates Teacher, Yoga Teacher, and other similar qualifications have this element. Teachers need to understand the physical and physiological effects of the exercises they teach; what the risks are, and when adjustments may need to be made. Tai Chi and Qigong are the same in that they involve physical exercise, often involving movements that the lay person does not make in his/her everyday life. It is therefore important that Tai Chi and Qigong teachers have the same grounding in A&P for Exercise as all other qualified exercise teachers within the intended context.

Tai Chi styles

This standard is not intended to cover the whole art of tai chi chuan but is intended for the fitness, well-being, and rehabilitation/therapeutic fields.

Technical content

The draft standard attempts to specify the key technical knowledge and skills that would be a minimum baseline for the context that this standard is aimed at (see above). The product guidance tries to put a figure on how long it is likely to take for a practitioner to achieve that standard; we view this as a minimum and would not want to suggest anything less than this. A key part of this is the underlying definitions of the core components of genuine/authentic Tai Chi and Qigong; these consist of historical and other background information as well as key skills.

Although the Tai Chi Shi San Shi (13 postures) may be interpreted differently between styles, they are still present in all authentic styles. We appreciate that their translation into English tends to be nuanced between styles and teachers. We therefore propose to replace the '13 postures' quoted in the standard with the Chinese wording (ie Shi San Shi), and then provide a series of English translations (eg 13 Postures, Movements, Techniques, Energies, Stances, Powers) in the appendix, maintaining the overall structure of their very brief explanation. These things can only really be explained through teaching and demonstration, but we believe this is sufficient for the standard to make sense to an expert.

There is no bias towards any particular styles and forms. In Tai Chi, there are a number of styles that trace their lineages back to the five traditional styles (see glossary) and in Qigong there are many more. Examples shown in the standard are examples for reference only.

The draft standard will be amended based on all the feedback that was submitted, any further feedback can be emailed and will be reviewed prior to the standard going out for wider consultation.