



## Guide for Making Videos

If you are applying to be an Instructor with the TCUGB then video evidence of your skills is required by the Technical Panel, to help them assess your application.

In this, the Technical Panel is looking for the basic principles, whatever style you practice/wish to teach, Tai Chi, Qigong, Internal Arts i.e., bagua or hsing-I.

To help the TP your video should:

- A. Be viewable on a standard landscape format screen
- B. Clearly show head and feet
- C. Demonstrate on a flat surface (where possible)
- D. Have a clean background (where possible)
- E. Wear light coloured clothing, allowing us to see body alignments well
- F. Try to choose a location with no (or low) background noise (i.e., no traffic), especially if you are submitting a teaching demo with verbal instructions that we need to hear
- G. Supply a You Tube or website link, where just a link can be sent to assessors to view a video, without a need to download videos
- H. Don't walk out of the shot
- I. Don't stand motionless for a lengthy period of time (while preparing to move)

Following these guidelines, will give you the opportunity to present your video for the best outcome.

Thank you.

*TCUGB Technical Panel*