

Instructor Membership Assessment Checklist

Your assessment needs to demonstrate your understanding of the main principles of your chosen Internal Art and your ability to teach.

We assess you in two ways:

1. Written information
2. Video demonstrations

Questions about your assessment?

Email us at: enquiries@taichiunion.com

Full information is on [our website](#). This includes:

- Standards we expect
- Application process support including
 - hints and tips for making the videos
 - templates and worked examples (also available below)

No	Submission	Comments
Written Information - REQUIRED		
1.	Training history Included in the Application Form	New member form Existing member – email us for a form
2.	Explain your teaching approach	Teaching approach template with hints and tips Teaching approach example
3.	Lesson Plan	Lesson plan template with hints and tips Lesson plan example
4.	Review your teaching video demonstration	Teaching video review template with hints and tips Teaching video review example
5.	Risk Assessment <i>Send your own OR send relevant course certificate dated in last 12 months (*)</i>	Risk assessment template - UK Health & Safety Exec. Risk assessment example – Tai Chi Lesson
Written Information – optional		
6.	Reference from your Instructor	See process guide for further information
7.	Other documentation	See process guide for further information
Video demonstration - REQUIRED		
8.	Practice demonstration	See process guide for further information
9.	Teaching demonstration	See process guide for further information

(*) Union members can access an online Risk Assessment Awareness Course assured by Royal Society for the Prevention of Accidents (RoSPA). We accept certificates from this course or similar.

Access to online Professional Skills courses at a discounted rate is one of the membership benefits.

Checklist

Standards we expect

You must have been training for at least 5 consecutive years before you apply.

Below is a list of the principles we expect Instructors to know. You should be able to demonstrate your understanding of these in your videos and your written submission. As an instructor you must also be able to effectively convey these principles to others.

Tai Chi Principles

- 1) Alignment of the crown to the spine.
- 2) Sinking and rooting or grounding.
- 3) Stability and structure.
- 4) Relaxation and softness.
- 5) Relaxed shoulders and elbows
- 6) Whole-body connectedness.
- 7) Breathing should be relaxed, smooth and inaudible
- 8) Intent and focus

These principles are common across the stated internal art and NOT style specific

For a full explanation please see our [Standards Guide](#)

Qigong Principles

- 1) Correct posture and alignment before movement commences.
- 2) Correct posture and alignment and during the specific chosen form/s,
- 3) Level of whole-body connectivity and openness
- 4) A well-grounded connection with the earth, with clear and robust use of legs throughout.
- 5) Connection to heaven, earth and the environment, as evidenced in choreography and intent.
- 6) Relaxed body with no inappropriate tension visible (unless part of a deliberate routine).
- 7) Stable and balanced movements.
- 8) Appropriate regulation of breath, and sounds (if applicable), where discernible
- 9) Evidence of qi movement, discernible within the performance of Qigong set/s
- 10) Correct sequence, choreography and transitions within forms.
- 11) Steady presence, focus and intent.
- 12) Qualities of yin-yang interplay.
- 13) Smoothness and fluidity.
- 14) A vibrant aliveness

Baguazhang & Xingyiquan Principles

Please contact us for more information: enquiries@taichiunion.com