

## IIQTC's instructor training method

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**Dr. Roger Jahnke**, a respected Traditional Chinese Medicine (TCM) doctor, [Tai Chi/Qigong](#) master and scientific researcher, is a visionary. He founded [Institute of Integral Qigong and Tai Chi](#) ten years ago to create an integral view to honor all Tai Chi/Qigong families and their philosophical views. It teaches people and citizens Tai Chi as well as teachers who will train other citizens. He and the Institute have trained more than thousands of Dr. Jahnke's Tai Chi Easy system both in the U.S. and abroad. Furthermore, they have trained and certified more than 300 teachers in the U.S., Canada, England, Europe, Mexico and Thailand.



Dr. Roger Jahnke  
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Dr. Jahnke's teacher training program is methodical. His 200-hours instructor training program consists of two parts: workshop and practicum. The workshop includes three levels: Qigong training, Tai Chi training and alchemy or internal training. Each level of training is one-week long or 50 hours. Students can practice and teach what they learn in between phases and must learn 50 practicum hours to complete the certification.

Level-One Qigong training focuses on principles of Qigong and Tai Chi, and various Qigong forms (i.e. Bu-Zhen Qigong to enhance the vitality, nine phases of cultivated Qi, seven precious gestures, connective tissue transforming practice, and bone marrow bathing.)

Level-Two training focuses on integral Tai Chi including Tai Chi Easy and nine traditional Tai Chi movements. Dr. Jahnke explains that the nine movements are not family specific and they draw essence of all families to express the traditional principles. Nine movements include Cloud Hands, Single Whip, Brushing Knees, Twisted Steps and others.

Level-Three training focuses on internal cultivation. Tai Chi is a [mind-body exercise](#). This level of training is not about the martial side of Tai Chi. Instead, students study [Dao De Jing](#), [The Secret of the Golden Flower](#) and [The Book of Balance & Harmony](#). Dr. Jahnke states that Tai Chi is the exploration of balance while Level-Three teaching is emphasizing the meaning of Wu Ji or oneness.

Recently, [martial arts](#) master and international movie super star Jet Li commented that Chinese cuisine has won recognition from global food critiques but what served most in the U.S. and Europe are Hot Sour Soup and Kung Pao Chicken. He thinks Tai Chi is extremely profound and its health benefits are

enormous. But to popularize Tai Chi, he thinks it is important to simplify it or make it easy as Hot Sour Soup and Kung Pao Chicken. Actually many have tried to simplify Tai Chi and some of them even offer Tai Chi instructor certification with a two or three-day training program. In comparison, Dr. Jahnke's program is complete with integrity. Many of his instructors testify how they are able to help people from all walks of life to improve their health and reduce their sickness. With his success, Dr. Jahnke has been invited to be a keynote speaker at the reputable [Mind-Body Week](#) in Washington DC this October.

To learn more about Dr. Jahnke's instructor program, you can visit IIQTC [website](#) or watch the video on the left-hand-side.

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**Violet Li**

Tai Chi Examiner