



# Standards & Teaching Guidelines



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SECTION 1

## STANDARD GUIDELINES OVERVIEW

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# STANDARD GUIDELINES OVERVIEW

## 1. Educational Categories of Study and Practice

1.1 The Forest Rock Taiji and Qigong School (FRTQS) Educational Categories:

- Techniques, Training and Practice
- Teaching Methodology
- Anatomy and Physiology
- Qigong Philosophy/Ethics/Lifestyle/Monastery School Rules
- Taiji Philosophy and Practice
- Practicum

1.2 Please see each standard detailed description for the definition of each educational category as it relates to that specific designation. (See Section 1. Educational Categories)

## 2. Teacher Qualifications

Definitions	
CFRQT 200	(Certified Forest Rock Qigong Teacher)
RCFRQT 200	(Registered Certified Forest Rock Qigong Teacher)
CFRTT 200	(Certified Forest Rock Taiji Teacher)
RCFRTT 200	(Registered Certified Forest Rock Taiji Teacher)
CFRQT 500	(Certified Forest Rock Qigong Teacher)
RCFRQT 500	(Registered Certified Forest Rock Qigong Teacher)
CFRTT 500	(Certified Forest Rock Taiji Teacher)
RCFRTT 500	(Registered Certified Forest Rock Taiji Teacher)
CFRQT 1000	(Certified Forest Rock Qigong Teacher)
RCFRQT 1000	(Registered Certified Forest Rock Qigong Teacher)
CFRTT 1000	(Certified Forest Rock Taiji Teacher)
RCFRTT 1000	(Registered Certified Forest Rock Qigong Teacher)

- 2.1 **CFRQT 200** - This is a person who has completed the Level One 200hr Qigong Teacher Training either by attending an in-person Teacher Training course or by an online Teacher Training course. For details of the criteria to qualify for the 200hr QTT and the different pathway options, click [here](#).
- 2.2 **RCFRQT 200** - This is a person who has completed the Level One 200hr Qigong Teacher Training course and is a registered member in the Forest Rock School Teacher's Directory. For details of the criteria to qualify for the 200hr QTT and the different pathway options, click [here](#).
- 2.3 **CFRRTT 200** - This is a person who has completed Level One 200hr of the Taiji Teacher Training course. (This training is not available at the moment.)
- 2.4 **RCFRRTT 200** - This is a person who has completed the Level One 200hr Qigong Taiji Training course and is a registered member in the Forest Rock School Teacher's Directory. (This training is not available at the moment.)
- 2.5 **CFRQT 500** - This is a person who has completed Level Two 500hr Qigong Teacher Training either by completing an in-person Teacher Training course or by an online Teacher Training course.
- 2.6 **RCFRQT 500** - This is a person who has completed the Level Two 500hr Qigong Teacher Training course and is a registered member in the Forest Rock School Teacher's Directory.
- 2.7 **CFRRTT 500** - This is a person who has completed Level Two 500hr Taiji Teacher Training course. (This training is not available at the moment.)
- 2.8 **RCFRRTT 500** - This is a person who has completed the Level Two 500hr Taiji Teacher Training course and is a registered member in the Forest Rock School Teacher's Directory.
- 2.9 **CFRQT 1000** - This is a person who has completed Level Three 1000hr Qigong Teacher Training either by completing an in-person Teacher Training course or by an online Teacher Training course.
- 2.10 **RCFRQT 1000** - This is a person who has completed the Level Three 1000hr Qigong Teacher Training course and is a registered member in the Forest Rock School Teacher's Directory.

- 2.11 **CFRTT 1000** – This is a person who has completed Level Three 1000hr Taiji Teacher Training course. (This training is not available at the moment.)
- 2.12 **RCFRTT 1000** – This is a person who has completed the Level Three 1000hr Taiji Teacher Training course and is a registered member in the Forest Rock School Teacher’s Directory.

### 3. Trainer Qualifications

- 3.1 To teach at the Forest Rock Taiji and Qigong School, Trainers must be documented as having either:
- CFRQT or
  - RCFRQT or
  - CFRTT or
  - RCFRTT
- 3.2 Other Faculty and School Trainers that are not registered with the Forest Rock Taiji & Qigong School, in order to teach for FRTQS, need to meet the following qualifications:
- Relevant degree, certification or documented substantial education in the subject they will teach.
  - A minimum of 500 hours teaching experience or two years of relevant experience in the subject they will teach.

### 4. Forest Rock Lead Trainers & Contact (in person) Teaching Hours

- 4.1 Lead Trainer(s) are RCFRQT or RCFRTT at the appropriate level to teach the relevant Forest Rock Qigong Student (FRQS) designation (see table below) and certified to teach contact hours in a Forest Rock Qigong or Taiji training. Lead Trainers must be actively teaching and registered with Forest Rock Taiji & Qigong School.
- 4.2 In order to meet the criteria for a lead trainer, they must have completed the minimum numbers of contact hours required in any of the five Educational

Categories to teach/instruct in that category. The minimum number of contact hours by subject category are defined in the individual Standards for each RCFRQT or RCFRTT designation.

- 4.3 The maximum number of RCFRQTs allowed for a training within each FRQS designation is shown in the following table:

FRQS Designation	Lead Trainer Eligibility for Designation	Maximum Number of Lead Trainers per Training	Lead Trainer Contact Hours Requirements for Designation
FR-1 DAY WORKSHOPS	RCFRQT 200	2	50
FR-4-5 DAY COURSE	RCFRQT 200	2	50
FR-QTT 200 (LEVEL 1)	RCFRQT 500	2	65
FR-QTT 500 (LEVEL 2)	RCFRQT 1000	4	135
FR-QTT 1000 (LEVEL 3)	RCFRQT 1000	4	200
FR-TTT 200 (LEVEL 1)	RCFRQT 200 or RCFRTT 500	2	65
FR-TTT 500 (LEVEL 2)	RCFRTT 1000	4	135

## 5. Subject of Study

- 5.1 Although Forest Rock Taiji and Qigong School honours and respects related disciplines and traditions, both contact and non-contact hours are limited to areas that fall within the scope of traditional Taiji, Qigong and Traditional Chinese Medicine (TCM) studies.

## 6. CPR and First Aid Training

- 6.1 CPR and First Aid training hours cannot be counted toward satisfying the minimum QTT curriculum hours or Continuing Education Contact Hours. Forest Rock Taiji and Qigong School suggests CPR (cardiopulmonary resuscitation) and First Aid training for all RCFRQT's or RCFRTT's.





SECTION 2

## FRCEP EDUCATIONAL CATEGORIES

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## 7. Educational Categories

- 7.1 Below you will find a list of descriptions for the educational categories for the Forest Rock Continuing Education Provider (FRCEP) designation.
- 7.2 Three Quick Tips:
  - 7.2.1 Please make sure you read the category descriptions below to make sure you understand what's covered in each category.
  - 7.2.2 As you add your courses to your FRCEP profile, you must make sure the content fits within our educational categories. This helps teachers know exactly what is covered and that your courses are eligible for Forest Rock CE hours in the categories that are listed.
  - 7.2.3 The Educational Categories do not include diagnosis or treatment of mental or physical health conditions.

## 8. Techniques, Training and Practice (TTP)

- 8.1 How to do (Practice) Qigong or Taiji
  - 8.1.1 Topics can include, but are not limited to: Qigong exercises, Medical Qigong, Qigong meditation and other traditional Qigong or Taiji techniques.

## 9. Teaching Methodology (TM)

- 9.1 How to Teach Effectively
  - 9.1.1 Topics can include but are not limited to: lesson plans, communication skills such as group dynamics, time management and prioritizing (how to address the specific needs of individuals and special populations to the degree possible in a group setting), principles of demonstration (observation, assisting and correcting), qualities of a teacher, teaching fundamentals, teaching styles and the student learning processes.

## 10. Anatomy and Physiology (AP)

### 10.1 The Physical and Energetic Bodies

- 10.1.1 Topics can include but are not limited to: both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology. This includes both the study of the subject and application of the principles of Qigong and Taiji practice (benefits, contraindications, healthy movement patterns, etc).

## 11. Philosophy, Lifestyle and Ethics (PLE)

### 11.1 History, Philosophy, Ethics and Lifestyle Practices of Qigong and Taiji

- 11.1.1 Topics can include but are not limited to: the study of Qigong and Taiji philosophies and traditional texts (lifestyle and precepts), ethics for Qigong and Taiji teachers (such as those involving teacher-student relationships), understanding the value of teaching as a service and being of service to others through Qigong and Taiji.



SECTION 3

## CONTINUING EDUCATIONAL REQUIREMENTS

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## 12. What are the Requirements for an RCFRTQT?

We are all students of Qigong. Regardless of how accomplished you are as a teacher, success should inspire continued learning and growth. Each RCFRTQT must meet the following Continuing Education (CE) requirements on an ongoing basis.

Qualified Education Providers have to be authorised by FR.

12.1 Every two years starting from your initial date of registration, each RCFRQT and RCFRTT must complete and log a minimum of:

12.1.1 40 hours teaching Qigong, and

12.1.2 30 hours of Qigong related training that is directly related to one of our Educational Categories, of which:

- At least 15 training hours must be Contact Hours.
- No more than 15 training hours may be Non-Contact Hours.

12.2 Teaching or training hours prior to registration do not count as Continuing Education.

12.3 If you earn more than the required hours in a two-year period, the extra hours may not rollover into the next two-year period.

12.4 Continuing Education hours should be spent learning something new, through research, study or experiential learning, rather than synthesizing or processing prior knowledge.

## 13. What are Continuing Education Contact Hours?

13.1 Continuing Education Contact Hours are classroom hours in the physical presence of a qualified Continuing Education Provider (CEP). All hours must be directly related to one of our Educational Categories. One Contact Hour equals one hour of any of the following activities:

- Qigong Workshops (single session or ongoing series)
- Courses

- Discussion or study groups
- Qigong Teacher Training

## 14. What are Continuing Education Non-Contact Hours?

14.1 Continuing Education Non-Contact Hours consist of learning outside of the classroom or without a qualified Continuing Education Provider present. All hours must be directly related to one of our Educational Categories. A Non-Contact Hour is earned by completing one hour of any of the following activities:

- Reading a book or article or watching a video
- Being a student participant in a webinar or taking an online or correspondence course
- Receiving remote mentoring
- Authoring content for public dissemination (e.g. in newsletters, CDs, DVDs, newspapers, magazines, online, etc.)
- Creating class materials for distribution to students.

14.2 Each RCFRQT or RCFRTT is required to submit a written reflection or evaluation of each activity to demonstrate what was learned and how it relates to one or more of our Educational Categories.

## 15. Who May Offer Continuing Education?

15.1 Each RCFRQT or RCFRTT must ensure they obtain Continuing Education from a qualified provider who meets any of the criteria below:

15.1.1 Qualified Education Providers have to be authorised by FR.

15.1.2 A Forest Rock Certified Education Provider (FRCEP)

15.1.3 Attend a FR certified Course conducted by a Lead Trainer(s) that are at the appropriate level to teach the relevant Forest Rock Qigong Student (FRQS) designation.

- 15.1.4 Someone who has a relevant degree, certification or substantial education in the subject that he or she will teach, which must be related to a Forest Rock Educational Category. Plus a minimum of 500 hours of teaching experience in that subject and/or the equivalent of two years of relevant experience in that subject area.

## 16. How do I log Continuing Education Hours?

- 16.1 Each RCFRQT or RCFRTT must log Continuing Education and send an email to [info@forestrockschool.com](mailto:info@forestrockschool.com) with the logged hours on a spreadsheet.
- 16.2 Educational Categories and where you learn something new may be logged as Continuing Education training hours.

## 17. FAQs

- 17.1 Can I count teaching or training hours towards both Continuing Education and upgrading my teacher credential?  
*Yes. You can use your teaching hours and training hours towards a higher hour qualification.*
- 17.2 Can I count an additional 200hr training toward CE?  
*Yes. Any additional Qigong Teacher Training hours that relate to our Educational Categories may count towards Continuing Education as long as you are already registered with Forest Rock.*

Example: You are an RCFRQT 500 and you complete a second 200hr QTT.



SECTION 4

## CODE OF CONDUCT

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## 18. Code of Conduct

- 18.1 Forest Rock Taiji and Qigong School Code of Conduct is a declaration of acceptable ethical and professional behaviour to which all registered Forest Rock Teachers agree with respect to conducting the teaching and/or business of Qigong. It is not intended to supersede the ethics of any school or tradition or country or regions legal codes of conduct but is intended to be a basis for Qigong principles.
- 18.2 Registered Certified Forest Rock Taiji and Qigong Teachers (RCFRTQTs) and Continuing Education Providers are representatives of Registered Forest Rock Qigong Schools (RFRSs) agree to uphold the following ethical principles:
- 18.2.1 Conduct themselves in a professional and conscientious manner. This includes but is not limited to ensuring that they live up to any commitments they make to their students or to the public and ensuring that their practices and behaviours conform to the representations they make about themselves in holding themselves as Qigong and Taiji practitioners who adhere to certain precepts.
  - 18.2.2 Acknowledge the limitations of their skills and scopes of practice and where appropriate referring students to seek alternative instruction, advice, treatment or direction.
  - 18.2.3 Create and maintain safe, clean and comfortable environments for the practice of Qigong and Taiji.
  - 18.2.4 Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation.
  - 18.2.5 Respect the rights, dignity and privacy of all students.
  - 18.2.6 Avoid words and actions that constitute sexual harassment or harassment based on other legal protected characteristics.
  - 18.2.7 Adhere to the traditional Forest Rock Taiji and Qigong Monastery School Principles and Rules.

- 18.2.8 Follow all local government and national laws that pertain to their Taiji and Qigong teaching and businesses.
- 18.3 Forest Rock Taiji and Qigong School reserves the right to immediately suspend any member's credentials and registration for the duration of any pending law enforcement investigation, criminal or civil legal proceedings or an internal investigation.
- 18.4 Separately, Forest Rock Taiji and Qigong School may also impose final sanctions on a member's credentials and registration for cause including failure to uphold any aspect of the Code of Conduct. For these purposes, prior to imposing final sanctions on the member, Forest Rock Taiji and Qigong School will provide notice of the basis for the potential final sanction and an opportunity to respond. After review of the evidence, Forest Rock Taiji and Qigong School will issue a decision as to whether to impose final sanctions based on its reasonable judgment of the evidence before it. All members agree to hold Forest Rock Taiji and Qigong School harmless for any losses or damage that they may incur because of the revocation of credentials.