

Fundamentals of Rehabilitative Qigong & Tai Chi Course Overview and Syllabus

Lesson 1 - Fundamentals Introduction (61:50 Minutes)

1. **Qigong & Tai Chi Overview**
 - 0–10:50 Terms / Definitions
 - 10:50-20:00 Tai Chi philosophy/psychology
 - 20:00-25:15 Tai Chi physiology/homeostasis
2. **Nervous System Review**
 - 25:15-26:40 Somatic vs. Autonomic
 - 26:40-40:13 Sympathetic Nervous System (SNS)
 - 40:13-43:50 General Adaptation Syndrome
 - 43:50-47:36 SNS and wound healing
 - 47:36-51:00 Parasympathetic Nervous System
 - 51:00-55:25 Autonomic Nervous System balance
3. **Qigong / Tai Chi Research**
 - 55:25-56:30 Comprehensive Qigong / Tai Chi Review
 - 56:30-57:40 Tai Chi in Medicine and Health Promotion

4.Rehabilitative Qigong & Tai Chi Overview

57:40-61:50 Core Qigong / Tai Chi principles

BodyMind Foundations

Body Focus Principles

Breath Fundamentals

Vision & Mental Imagery

Painless Rehabilitation & Movement

Self Massage Fundamentals

Lesson 2 - BodyMind Foundations (86:05 minutes)

1. **BodyMind Rehabilitation**
 - 0-3:40 Philosophy
 - 3:40-4:20 Components
2. **Bio-Energy Basics**
 - 4:20-8:05 Bio-energy forms
 - 8:05-12:42 History of Bio-energy
 - 12:42-16:40 Solid State Biochemistry
 - 16:40-24:10 Bio-electricity vs. Bio-electronics
 - 24:10-28:55 Connective Tissue properties
 - 28:55-33:50 Piezoelectric current
 - 33:50-39:50 Vibrational encoding
 - 39:50-50:50 Physiologic coherence
3. **BodyMind Connections**
 - 50:50-56:40 Posture-emotional correlations
 - 56:40-63:05 Primitive reflexes

63:05-68:40 Neuroendocrine-posture response
68:40-71:46 Neuropeptides
71:46-79:05 Epigenetics

4. **BodyMind Summary**

79:05-80:26 Bio-energy information encoding/propagation

80:26-82:30 Emotions as physiologic mediator/coherence/resonance

82:30-86:05 Physiologic therapeutic entrainment

Lesson 3- Body Focus Principles (106:30 Minutes)

1. **Posture**

0-7:10 Micro-current conductivity
7:10-18:00 Breath process efficiency
18:00-27:19 Bio-mechanical efficiency
27:19-31:50 Bio-tensegrity

2. **Slow / Fluid Movement**

31:50-36:30 Agonist/Antagonist Efficiency
36:30-37:30 Motor planning coordination
37:30-40:45 Movement accuracy
40:45-43:45 Power control exertion
43:45-45:40 Kinesiophobia

3. **Active Relaxation (Sung)**

45:40-48:48 Progressive muscle relaxation
48:48-50:10 Agonist/Antagonist Efficiency
50:10-54:30 Hypertonic resting states
54:30-59:35 Weber-Fechner rule
59:35-62:44 Bio-tensegrity/ resiliency

4. **Rounded Movement**

62:44-69:33 Neurological effects of play
69:33-71:40 Joint kinematics

5. **Dantien Focus**

71:40-72:30 Center of Mass
72:30-74:20 Gut brain
74:20-78:18 Balance control

6. **Silk Reeling**

78:18-82:00 Joint effects/circulation
82:00-83:10 Tendon/ligament proprioception
83:10-86:16 Efficient biomechanical movement
86:16-87:30 Joint safety

7. **Integrative Body Principle Practice Lab**

87:30-95:16 Progressive muscle relaxation (Squeezing the sponge)
95:16-97:10 Active relaxation (Wuji standing)
97:10-99:14 Active relaxation/Slow, fluid, rounded movement (Flowing motion)

99:14-101:33 Slow, fluid, rounded movement/Dantien focus-trunk rotation
(Cloud Hands)
101:33-104:33 Dantien focus/Silk reeling (Parting the Wild Horses Mane)
104:33-106:33 Active relaxation (Wuji standing)

Lesson 4 - RQTC Breath Fundamentals (85:09 minutes)

1. **Introduction**
 - 0-3:30 Breathing Statistics
 - 3:30-4:00 RQTC breathing goals
2. **Anatomy & Physiology Review**
 - 4:00-9:07 Pulmonary system
 - 9:07-11:18 Cardio-Pulmonary circuit
 - 11:18-15:38 Breath rate regulation
 - 15:38-18:40 Diaphragm activity
3. **Natural Breathing Methods**
 - 18:40-21:15 Stress
 - 21:15-22:15 Abdominal
 - 22:15-25:29 Reverse abdominal
4. **Abdominal Breathing Effects**
 - 25:29-29:34 Metabolic energy generation
 - 29:34-32:07 Immune function
 - 32:07-40:00 Lymph system
 - 40:00-45:00 Nervous system
5. **RQTC Breath Practice Lab**
 - 45:00-56:03 Efficient abdominal breathing posture
 - 6:03-66:00 Coordinating breath and movement (flowing motion, cloud hands, PWHM)
 - 66:00-71:33 Lymph pumping
 - 71:33-76:40 Circulated abdominal breathing
 - 76:40-81:12 Reverse abdominal breathing
 - 81:12-85:09 Paced breathing (4x4, 4-7-8)

Lesson 5 - RQTC Vision & Mental Imagery (73:34 Minutes)

1. **Introduction**
 - 0-7:00 Imagery and brain function
2. **Functional Vision**
 - 7:00-12:42 Anatomy & Physiology review
 - 12:42-23:40 Gaze direction and muscle activation
 - 23:40-29:40 Vestibular function
3. **Mental Imagery**
 - 29:40-33:19 Mental practice/Visuo-Motor Behavior Rehearsal
 - 33:19-37:10 Strength / motor recruitment research
 - 37:10-42:37 Skill performance research
 - 42:37-45:55 Immune function research

- 45:55-51:15 Therapeutic applications research
 51:15-53:45 Effective mental practice
4. **Vision & Mental Imagery Practice Lab**
 - 53:45-59:27 Mental imagery for balance (Standing posture)
 - 59:27-63:36 Mental imagery for fluid movement (Flowing motion)
 - 63:36-67:00 Visual scanning for cervical rotation (Cloud hands)
 - 67:00-69:00 Mental imagery for muscular resistance (Parting the Wild Horses Mane)
 - 69:00-73:34 Mental imagery for joint expansion (Wuji Standing)

Lesson 6 - Painless Rehabilitation and Movement (118:30 minutes)

1. **Pain Physiology**
 - 0-7:15 Somatic vs. Autonomic nervous systems
 - 7:15-11:37 Peripheral receptors
 - 11:37-31:53 Spinal cord contribution
 - 31:53-52:14 Brain adaptations
 - 52:14-62:48 Emotion/Action/Sensory/Thought components
2. **Autonomic Influence**
 - 62:48-68:11 Sympathetic/Parasympathetic Nervous System
3. **Neuromuscular Compensations**
 - 68:11-77:32 Mobilizers vs. Stabilizers
 - 77:32-88:04 “Yellow Zone” rehabilitative movement
4. **Cross Education**
 - 88:04-90:41 Contralateral limb training research
 - 90:41-92:20 Cast immobilization research
 - 92:20-93:30 Stroke Rehabilitation/Single leg balance research
 - 93:30-97:12 Cross Mapping process
5. **RQTC Painless Cross Mapping/Yellow Zone Movement Practice Lab**
 - 97:12-104:15 Mindfulness posture witnessing
 - 104:15-108:38 Symmetrical mirror movement (Accordion Breathing)
 - 108:38-113:12 Symmetrical mirror movement (Flowing motion)
 - 113:12-115:30 Asymmetrical mirror movement (Cloud Hands)
 - 115:30-118:30 Symmetrical lower extremity mirror movement (Horse Stance Pumping)

Lesson 7 - RQTC Self-Massage (57:09 minutes)

1. **Skin & Brain**
 - 0-8:45 Physiological importance of touch
 - 8:45-11:00 Ectoderm function
 - 11:00-13:15 Touch processing centers/plasticity
 - 13:15-14:33 Autonomic influence
2. **Self-Massage Techniques**
 - 14:33-16:10 Stimulation vs. Inhibition

16:10-25:08 Meridian tapping neurological rational

25:08-30:16 Acupressure

3. **Self-Massage Practice Lab**

30:16-36:00 Stimulation (Warm up)

36:00-47:44 Stimulation (Meridian Tapping)

47:44-57:09 Inhibition (Acupressure)