

Iron Shirt Chi Kung I Instructor Training Evaluation

Name:

Date of Birth:

Sex: M/F

Address:

Email:

City:

State:

Zip:.....

Country:

For Office Use Only: Iron Shirt Chi Kung I Evaluation Results

Grading	Excellent 90-100	Good 75-90	Fair 50-75	Poor 50 or below
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GRADING OF PUSHING AND TEACHING

A. Evaluation of Candidate in Iron Shirt Chi Kung I:

I FORMS	Embrace the Tree	Turtle	Golden Urn
Rooting
Tan Tien/Perineum / Inner Strength
Structure and Alignment:			
- Nine Points of foot
- Ankle/Knee Alignment
- Kwa (groin) open and relaxed
- Connection from Lower Back to Feet
- Power in the Back
- Sacrum
- T-11
- C-7
- Jade Pillow
- Chest and Chin in
- Shoulders Round and Open
- Neck and Head straight
- Tendons connection
Relaxation-

