

Tai Chi Chi Kung I Instructor Training Evaluation

Name: Date of Birth:.....Sex: M/F
 Address: Email:
 City: State:
 Zip:..... Country:

TAI CHI CHI KUNG I EVALUATION RESULTS

Grading	Excellent 90-100	Good 75-90	Fair 50-75	Poor 50 or below
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A. EVALUATION OF CANDIDATE'S TAI CHI CHI KUNG I FORM

	Counterclockwise	Clockwise
I. The Performance of the Form		
1. Positions
2. Relaxation
3. Smooth and coordination of the movements
II. Rooting and Spiraling Power
III. Movement from Tan Tien
IV. Tan Tien/Perineum and Inner Strength
V. Inner Structure
VI. Alternation of Yin and Yang
VII. Skin and Bone Breathing
B. Correcting the Forms of the Trainees

	Certified	Retry
1 st Evaluation
2 nd Evaluation
3 rd Evaluation

Evaluation given by and dated:

1) (Please print) (Signature)
 2) (Please print) (Signature)
 3) (Please print) (Signature)