

Universal Tao Center (UTC) Certification Requirements

(Founder: Master Mantak Chia can certify on all levels)

Living Tao Practice Instructors

- 1) **Associate Instructor: Microcosmic Orbit, Simple Chi Kung in Local Area (AI) Simple Tai Chi (AT)**
 - A) 1 year of practice including 70 hours of instruction by a Senior Instructor and a Certified Instructor
 - B) Attendance at an UTC, North American, or European Training Week, plus another Retreat or Workshop Week
 - C) Signed approval and interviewed by 1 Senior Instructor and 1 Certified Instructor who they studied under
 - 2) **Certified Instructor: Cosmic Inner Smile, Cosmic Healing Sounds, Chi Organ Massage, Cosmic Orbit (M)**
 - A) **Hours of Living Tao Training:**
Option 1: Two weeks (80 hours) of Retreats with Master Chia or Senior Instructors, Basic & Fusion I, II, III Retreats
Option 2: 100 hours of Training with 2 Living Tao Certified Instructors in Basic (Orbit, Iron Shirt, HL, TC) & Fusions
 - B) **Recommendation:**
Option 1: Practice for 1 year & 20 hours of training and review with a Living Tao Certified Instructor
Option 2: Letters of Recommendation: 1 from a Senior Instructor and 1 from a Certified Instructor or 3 IHT Students
 - C) **4 Weeks of Instructor Training or as an Associate Instructor 2 weeks at Tao Garden (Basic, Fusion, Tao Yin Weeks) over 2 years**
 - D) **Evaluated in Theory & Structure and approved by 2 Living Tao Certified Instructors and 1 Senior Instructor**
 - E) **3 year Certificate Renewal: Basic Retreat Week (40 hrs), or 50 hrs of Senior Instructor Workshops or Classes**
 - 3) **Iron Shirt Chi Kung I (I1)**
 - A) Certified in Microcosmic Orbit (M)
 - B) Evaluated in Theory & Structure and approved by 2 Certified Living Tao Instructors and 1 Senior Instructor
 - 4) **Iron Shirt Chi Kung II (I2)**
 - A) Certified in Iron Shirt Chi Kung I(II) and attend Iron Shirt Chi Kung II Retreat Week
 - B) One year of practice
 - C) Evaluated in Theory & Structure and approved by 2 Certified Living Tao Instructors and 1 Senior Instructor
 - 5) **Tao Yin (Y1)(Y2)**
 - A) Certified in Microcosmic Orbit (M) and attend Tao Yin Retreat Week
 - B) 1 year of practice, and tested in Theory & Posture & approved by 2 Certified Instructors and 1 Senior Instructor
 - 6) **Cosmic Cleansing (CC)**
 - A) Certified in Microcosmic Orbit (M) and attend Cosmic Cleansing Retreat Week
 - B) One year of practice and teaching to (10) students completing (10) Cosmic Cleansing Questionnaires
 - 7) **Healing Love (HL)**
 - A) Certified in Microcosmic Orbit (M) and Iron Shirt Chi Kung I (I1)
 - B) Evaluated in Theory & Practice and approved by 2 Living Tao Certified Instructors and 1 Senior Instructor
 - 8) **Fusion of the Five Elements I (F1)**
 - A) Certified in Healing Love (HL)
 - B) 1 year teaching Basic, then retake Fusion I, II, III Retreat Week & interview
 - C) Teach Fusion I to students completing (20) Fusion I Questionnaires & mail with addresses to Tao Garden for certificate
 - 9) **Fusion of the Five Elements II (F2)**
 - A) Certified in Fusion of the Five Elements I (F1) and 1 year teaching Fusion I, then retake Fusion Retreat Week & interview
 - B) Teach Fusion II to students completing (20) Fusion II Questionnaires & mail with addresses to Tao Garden for certificate
 - 10) **Fusion of the Five Elements III (F3)**
 - A) Certified in Fusion of the 5 Elements II (F2), & 1 year teaching Fusion II, then retake Fusion Retreat Week & interview
 - B) Teach Fusion III to students completing (20) Fusion III Questionnaires & mail with addresses to Tao Garden for certificate
 - 11) **Bone Marrow Nei Kung (BM)**
 - A) Certified in Iron Shirt Chi Kung I (I1) and teach Iron Shirt for 1 year, then attend Bone Marrow Retreat Week & interview
 - B) Teach Bone Marrow to students completing (10) Bone Marrow Questionnaires & mail with address to Tao Garden
 - C) Evaluated in Theory & Practice (Lift 20 lbs-men, 2.5 lbs-women) & approved by 2 Certified Instructors & 1 Senior Instructor
 - 12) **Tai Chi Chi Kung I (T1)**
 - A) Certified in Microcosmic Orbit (M) and Iron Shirt Chi Kung I (I1)
 - B) Evaluated in Structure & Practice and approved by 2 Certified Living Tao Instructors and 1 Senior Instructor
 - 13) **Tai Chi Chi Kung II (T2)**
 - A) Certified in Tai Chi Chi Kung I (T1)
 - B) Evaluated in Structure & Practice and approved by 2 Certified Living Tao Instructors and 1 Senior Instructor
 - 14) **Tai Chi Chi Kung III (Wu Style) (T3)**
 - A) Certified in Microcosmic Orbit (M) and Iron Shirt Chi Kung I (I1)
 - B) Evaluated in Structure & Practice and approved by 2 Certified Living Tao Instructors and 1 Senior Instructor
 - 15) **Senior Instructor (S)**
 - A) 8 years of practice in the Healing Tao
 - B) Certified in Iron Shirt Chi Kung I, Fusion of the Five Elements I,II,III (F1), (F2), (F3), and Tai Chi Chi Kung I (T1)
 - C) Approved by Master Manatak Chia and other Senior Instructors
- Chi Nei Tsang Practitioner**
- 16) **Practitioner (C1)**
 - A) 170 hours of Chi Nei Tsang Training
Option 1: 2 Chi Nei Tsang Retreat Weeks (80 Hrs), plus (10) Clinical hours & 80 hrs of CNT Teacher Classes
Option 2: 1 Chi Nei Tsang Retreat Weeks (40 Hrs), plus (40) Clinical hours & 80 hrs of CNT Teacher Classes
 - B) 80 hours of Living Tao Basic Classes
Option 1: 1 General Retreat Week (40 hrs), and 1 Fusion I, II, III Retreat Week (40 hrs)
Option 2: 1 General or Fusion Retreat Week (40 hrs), and 40 hrs of Living Tao Certified Instructor Basic Classes
 - C) 100 Case Studies: 20 Students/5 Sessions each or 120 Sessions with no more than 40 Students

- D) Evaluated in Theory & Practice and approved by Chi Nei Tsang Committee with 1 Senior Teacher
 - E) 3 year Certificate Renewal: Chi Nei Tsang Retreat Week (40 hrs), or 50 hrs of CNT Teacher Classes
- 17) Intermediate Practitioner (C2)**
- A) Practice 1 year as Chi Nei Tsang Practitioner (C1)
 - B) Attend Chi Nei Tsang II Retreat Week
 - C) 100 Case Studies: 20 Students/5 Sessions each or 120 Sessions with no more than 40 Students
 - D) Evaluated in Theory & Practice and approved by Chi Nei Tsang Committee with 1 Senior Teacher
- 18) Assistant Teacher (C3)**
- A) Practice 1 year as Chi Nei Tsang Immediate Practitioner (C2)
 - B) Attend Chi Nei Tsang III Retreat Week
 - C) 100 Case Studies: 20 Students/5 Sessions each or 120 Sessions with no more than 40 Students
 - D) Evaluated in Theory & Practice and approved by Chi Nei Tsang Committee with 1 Senior Teacher
- 19) Teacher (CT)**
- A) Practice 1 year as Chi Nei Tsang Immediate Practitioner (C3)
 - B) Retake Chi Nei Tsang I, II, III Retreat Weeks, & 70 hrs of Healing Love, 5 Finger Kung Fu, & Fusion I, II, III
 - E) 100 Case Studies: 20 Students/5 Sessions each or 120 Sessions with no more than 40 Students
 - C) Evaluated in Theory & Practice and approved by Chi Nei Tsang Committee with 1 Senior Teacher
- 20) Senior Teacher (ST)**
- A) 2 years of teaching as a Chi Nei Tsang Teacher (CT)
 - B) Approved by other Senior Chi Nei Tsang Teachers
- Cosmic Healing Practitioner***
- 21) Cosmic Healing Practitioner (H1)**
- A) Attend General & Fusion Classes (80 hrs) from Living Tao Certified Instructor
 - B) Attend Cosmic Healing Retreat Week with Cosmic Chi Kung receiving an attendance certificate
 - C) Practices with students completing (20) Cosmic Healing Questionnaires & mail with addresses to Tao Garden for certificate
- 22) Advanced Practitioner: (H2)**
- A) Practice 1 year as a Cosmic Healing Practitioner with CH I (H1)
 - B) Attend Cosmic Healing II Retreat Week
 - C) Practices with students completing (20) Cosmic Healing Questionnaires & mail with addresses to Tao Garden for certificate
 - D) Evaluated in Theory & Practice and approved by Cosmic Healing Committee with 1 Cosmic Healing Senior Teacher
- 23) Assistant Teacher (H3)**
- A) Practice 1 year as a Cosmic Healing Practitioner with CH II (H2)
 - B) Attend Cosmic Healing III Retreat Week
 - C) Practices with students completing (30) Cosmic Healing Questionnaires & mail with addresses to Tao Garden for certificate
 - D) Evaluated in Theory & Practice and approved by Cosmic Healing Committee with 1 Cosmic Healing Senior Teacher
- 24) Teacher (HT)**
- A) Practice 1 year as a Cosmic Healing Assistant Teacher with CH III (H3)
 - B) Retake Cosmic Healing I, II, III Retreat Weeks, & 80 hrs of Healing Love, Cosmic Chi Kung, & Fusion I, II, III
 - C) Practices with students completing (30) Cosmic Healing Questionnaires & mail with addresses to Tao Garden for certificate
 - D) Evaluated in Theory & Practice and approved by Cosmic Healing Committee with 1 Cosmic Healing Senior Teacher
- 25) Senior Teacher (SH)**
- A) 2 years of teaching as a Cosmic Healing Teacher (HT)
 - B) Retake Cosmic Healing I, II, III Retreat Weeks
 - C) Practices with students completing (100) Cosmic Healing Questionnaires & mail with addresses to Tao Garden for certificate
 - D) Evaluated in Theory & Practice and approved by Cosmic Healing Committee with 2 Cosmic Healing Senior Teachers
- Immortal Tao Inner Alchemy Instructor***
- 26) Inner Alchemy Instructor: Lesser Kan & Li (K1)**
- A) Senior Instructor for 5 years, & attend Tao Garden Lesser Kan & Li Retreat & interviewed by Inner Alchemy Instructors
 - B) 1 year teaching Lesser Kan & Li completing (20) Lesser Kan & Li Questionnaires, then retake Lesser Retreat Week for certificate
 - C) 3 year Certificate Renewal for all levels: attend Immortal Tao Retreats at Tao Garden for current teachings every 3 years
- 27) Greater Kan & Li (K2)**
- A) Certified in Lesser Kan & Li (K1) and 2 years of teaching Lesser Kan & Li (K1)
 - B) Attend the Tao Garden Sealing of Five Senses Retreat & interviewed by Inner Alchemy Senior Instructors
 - C) 1 year teaching Sealing completing (20) Sealing of 5 Senses Questionnaires, then retake Greater Week for certificate
- 28) Greatest Kan & L (K3)**
- A) Certified in Lesser Kan & Li (K1) and 2 years of teaching Lesser Kan & Li (K1)
 - B) Attend the Tao Garden Sealing of Five Senses Retreat & interviewed by Inner Alchemy Senior Instructors
 - C) 1 year teaching Sealing completing (20) Sealing of 5 Senses Questionnaires, then retake Greatest Week for certificate
- 29) Senior Inner Alchemy Instructor: Sealing of the Five Senses (FS)**
- A) Certified in Lesser Kan & Li (K1) and 2 years of teaching Lesser Kan & Li (K1)
 - B) Attend the Tao Garden Sealing of Five Senses Retreat & interviewed by Inner Alchemy Senior Instructors
 - C) 1 year teaching Sealing completing (20) Sealing of 5 Senses Questionnaires, then retake Sealing Week for certificate
- 30) Congress of Heaven and Earth (HE)**
- A) Certified in Sealing of the Five Senses (SF) and 2 years of teaching Sealing of the Five Senses (SF)
 - B) Attend the Tao Garden Congress of Heaven & Earth Retreat & interviewed by Inner Alchemy Senior Instructors
 - C) 1 year teaching Congress completing (20) Congress Questionnaires, then retake Congress Retreat Week for certificate
- 31) Reunion of Heaven and Man (HM)**
- A) Certified in Congress of Heaven & Earth (HE) and 2 years of teaching Congress of Heaven & Earth (HE)
 - B) Attend the Tao Garden Reunion of Heaven & Man Retreat & interviewed by Inner Alchemy Senior Instructors
 - C) 1 year teaching Reunion completing (20) Reunion Questionnaires, then retake Reunion Retreat Week for certificate