



Linda's T'ai Chi June 19, 2021

I am Delighted to Announce



I am pleased to announce my Certification as a Level II T'ai Chi & Qigong Instructor with the American T'ai Chi & Qigong Association. If it were not for you, my students, I could not have achieved this milestone in my journey and goal to be the most effective, true to form and creative T'ai Chi Instructor possible. I remain committed to giving you my best by providing an environment where each student can learn, have fun and improve his/her overall health and wellbeing.

Some of you have asked me about the levels and about the American T'ai Chi & Qigong Association. For those who are interested, read on. There are multiple levels:

- The initial level is a Practitioner who can document 150 hours of teaching and 2 references.

- The next level is Associate T'ai Chi Instructor with 200 hours of teaching and 3 references
- The next level is Level I with 500 hours of documented teaching and 3 references.
- A teacher at Level II has demonstrated 1000 hours of teaching and 3 reference letters
- Level III is a teacher who can demonstrate 2000 hours of teaching
- The final Level is Master Instructor Level with 5000 hours of teaching with references.

Once certified, the instructor must document 10 hours of additional training and continuing education per year. My goal is to achieve the Master Level Instructor and with your help, I believe I can do that.

About ATCQA

American T'ai Chi and Qigong Association (ATCQA), formerly American T'ai Chi Association (ATCA), is a national non-profit organization. Its ultimate goal is to promote T'ai Chi and Qigong in any style, lineage, or application - in the United States for American people's health, fitness and wellness.

The Mission of ATCQA

1. Promote T'ai Chi and Qigong as a Complementary and Alternative Medicine to benefit the public health.
2. Promote T'ai Chi and Qigong as physical activities for fitness and overall wellness.

3. Represent and serve T'ai Chi and Qigong teachers nationwide.
4. Educate the public of the knowledge about T'ai Chi and Qigong.

ATCQA's Honors

Since its inception, ATCQA has received wide recognitions from Federal government agencies, T'ai Chi and Qigong experts and many other professionals in the industries such as health and fitness. Over the years, the ATCQA has been awarded a grant by the National Library of Medicine to create a website of reliable T'ai Chi and Health information.

It joined forces with the American Heart Association, Institute for Cancer Research, the YMCA and other organizations in the Healthier America Project and has been highlighted in the media including the magazine, *Bicycling* and the *Ladies Home Journal*

Members of the Advisory Board

Members of the Advisory Board are made up of prestigious practitioners in the world of T'ai Chi and Qigong. You may know Bill Douglas from World T'ai Chi Day and/or Dr Lam who is a masterful marketer in videos and books on T'ai Chi and a strong advocate for T'ai Chi and Qigong.



Bill Douglas

Bill Douglas

Bill Douglas is the Founder of World T'ai Chi & Qigong Day which Linda's T'ai Chi has participated in the last 3 years. Bill is the author of the #1 bestselling T'ai chi book "The Complete Idiot's Guide to T'ai Chi & Qigong" (Penguin/Alpha Books, New York, 3rd edition), and is the presenter in "Anthology of T'ai Chi & Qigong: The Prescription for the Future" DVD. Bill also presented in and helped produce a T'ai Chi & Qigong DVD for people with Parkinson's Disease that has been provided to patients all across the United States through their physicians. Bill also is the author of a mind-body related thriller novel, "2012 The Awakening," which explores research on human consciousness.

Bill has received the "Lou Gehrig Hero Award" from the ALS Association, the "Extraordinary Service in the Field of Qigong Award" from the National Qigong Association, the "Media Excellence Award" from the World Congress on Qigong, and the "Team Leadership Award" from the National T'ai Chi C'huan Association.



Dr Roger Jahnke

Dr. Roger Jahnke

Dr. Roger Jahnke, O.M.D., has dedicated his professional life to sharing the powerful ancient healing traditions of China. He is the director and chief instructor of the Institute of Integral Qigong and T'ai Chi, Santa Barbara, California; and a cofounder and recent chairperson of the board of the National Qigong Association.

With almost 30 years of clinical practice as a physician of acupuncture and Traditional Chinese Medicine and ten search tours to China, Dr. Jahnke has emerged as a key spokesperson for *T'ai Chi (T'aiji)* and *Qigong* and is a master teacher of these arts. He has studied hundreds of forms of Qigong with master teachers and visited numerous hospitals, institutes, training centers, temples, and sacred sites in China, focusing on the cultivation of *Qi*.

Dr. Jahnke has presented at major conferences on advances in Complementary and Alternative Medicine (CAM) throughout the United States. He has lectured on self-healing and emerging trends in health care and medicine to numerous hospital systems and health care associations, including the HealthCare Forum; the Catholic Health Association; the American Medical Association; the National Wellness Institute, Stevens Point, Wisconsin; and the American College of Healthcare Executives, Chicago, Illinois. He is a contributing author to numerous books on health promotion methodologies for both clinical providers and health care administrators.



Dr Keith Jeffery, DVM

Dr. Keith Jeffery, DVM

Dr. Keith Jeffery, a 25 -year T'ai Chi veteran is a world leader in the field of T'ai Chi for fitness and health promotion. He has created many very popular and effective T'ai Chi instructional videos and nutritional audio tapes. Much of his time is devoted to teaching 4 Minute Fitness to businesses and organizations, helping employees learn easy and effective ways to decrease stress and find balance and peace.

As well, Dr. Jeffery certifies instructors and teaches the general public Easy T'ai Chi for health enhancement through videos, web- based distance learning programs and international seminars.

Dr. Jeffery has an extensive Western medical background (companion animal veterinarian) and Eastern Complementary and Alternative training in T'ai Chi and Qigong. By integrating the health benefits from Western and Eastern medicine, he developed consumer-oriented T'ai Chi video programs. Dr Jeffery is committed to promoting T'ai Chi for health improvement. He is an outstanding public speaker and coach of the coaches.



Dr Paul Lam

Dr. Paul Lam

You may know the name of Dr Lam from his videos on T'ai Chi, T'ai Chi and wellness and health.

Dr. Paul Lam, a family physician in Sydney of Australia, is a world leader in the field of T'ai Chi for health improvement. He has produced several T'ai Chi programs, instructional videos and written books that have helped many people improve their health and lifestyle. His "T'ai Chi for Arthritis" program is supported by many Arthritis Foundations worldwide. His "T'ai Chi for Diabetes" program is supported by Diabetes Australia.

Dr. Lam has been a family physician in Sydney, Australia since 1976. The founder of the Better Health T'ai Chi Ch'uan Academy that was established in the year of 1984, Dr. Lam conducts global workshops to train instructors of the "T'ai Chi for Arthritis" and "T'ai Chi for Diabetes" programs, and is participating in several research projects. He has given numerous talks and presentations on the subject of T'ai Chi for health at international and regional conferences. He is a prolific writer and advocate for the benefits of T'ai Chi.



Susan Mathews

Susan A. Matthews, M.S., N.D. has been practicing and teaching T'aijiquan, Qigong, and Spirituality for over 35 years. Her internal martial arts training is enhanced by over 20 years of study and research in the biomedical sciences, including Neuroscience, Anatomy, Physiology, Neuroendocrinology, and Neurochemistry, as well as a large number of Naturopathic healing technologies.

Dr. Matthews earned a Master's degree from the Department of Cell and Neurobiology at The University of Southern California where her primary research was in dopamine neuron electrophysiology for stem cell replacement therapy in Parkinson's Disease

In her work within the Department of Bio-kinesiology and Physical Therapy, she focused on neural circuitry in the developing spinal cord and is developing a computer model for the circuitry involved in synchronized movement. She also studied the processes of neural regeneration after stroke. These efforts refined her techniques using T'ai Chi for neurorehabilitation and specialty in movement disorders.

Dr. Matthews is a **Master Teacher of Chinese Internal Martial Arts, Founder, Shanti School of T'aijiquan, Internal Martial Arts Research Institute** in the Four Corners area of Colorado, since 1990. She specializes in movement disorders, neurorehabilitation, women's health, biomechanics, chronic pain, aging and nutrition.

If you made this far, thanks for reading and see you in class, soon.

Peace

Linda