

---

COURSE DESCRIPTION

Qi Gong is a form of art that utilizes one's intentions, breathing techniques, and subtle body movements to control the flow of qi in one's body, or that of a surrounding object. This practical course teaches the fundamentals of Qi Gong, with an emphasis on its myriad medical uses. Students will learn the various healing Qi Gong forms, techniques, and vocal sounds that they can use to prescribe to their patients.

---

LEARNING OBJECTIVES

Qi Gong applies specific Chinese health exercises used for thousands of years to promote health and longevity and address specific health conditions. These Chinese medical exercises may be used for self-healing and is traditionally used along with Acupuncture, Herbs and Body Work as treatments.

Students will learn to practice each Qi Gong exercise, understand their health benefits based on Chinese medical and Acupuncture theory and when to prescribe them to patients.

---

COURSE PREREQUISITES

None

---

REQUIRED TEXTS

Instructor Handouts

---

RECOMMENDED TEXTS

See "Reference Materials" below.

---

COURSE REQUIREMENTS

Out-of-Class Work

To successfully complete the program, students need to plan studying a minimum of 2 hours out-of-class for each academic in-class hour; and half an hour out-of-class for each hour of clinical training.

Grading:

50% Final Paper

50% Attendance and Participation

Grades: This course will be graded by letter grade A, B, C, or F. To pass the course, students must have no more than 2 absences. Two or more late arrivals or early departures from class will be counted as one class absence. Please arrive on time and have completed the reading assignments for each class.

Clothing suggestions:

It is suggested you wear sneakers or flat surfaced footwear which you can comfortable move and maintain your balance, loose comfortable clothing and layered clothing for weather changes is recommended. You may want to bring drinking water to class.

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

**EMPEROR'S COLLEGE**  
**MTOM COURSE SYLLABUS**  
**MEDICAL QI GONG I**

---

SPECIAL NOTES

Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

---

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

Introduction to Medical Qi Gong  
Qi Gong Warm Up  
Six Healing Sounds- Heart  
Wu Ji Gong  
Yi Jin Jing  
Qi Massage

---

CLASS TWO

Qi Gong Warm Up  
Six Healing Sounds- Stomach & Spleen  
Ba Duan Jin I  
Wu Ji Gong  
Yi Jin Jing  
Qi Massage

---

CLASS THREE

Qi Gong Warm Up  
Six Healing Sounds- Lungs  
Zhan Zhuang  
Ba Duan Jin II  
Wu Ji Gong  
Yi Jin Jing  
Qi Massage

---

CLASS FOUR

Six Healing Sounds- Kidneys  
Zhan Zhuang  
Ba Duan Jin III  
Wu Ji Gong  
Yi Jin Jing  
Qi Massage

---

CLASS FIVE

Six Healing Sounds- Liver

Course Code **OM351**  
2 Units  
20 Hours

**EMPEROR'S COLLEGE**  
**MTOM COURSE SYLLABUS**  
**MEDICAL QI GONG I**

MoraMarco, Jacques  
*Winter 2019*

---

Zhan Zhuang  
Ba Duan Jin IV & V  
Qi Balancing  
Wu Ji Gong  
Five Elements Qi Gong  
Yi Jin Jing  
Qi Massage

---

CLASS SIX

Review  
The Microcosmic Orbit Qi Gong  
Wu Ji Gong  
Yi Jin Jing  
Qi Massage

---

CLASS SEVEN

Healing Sounds  
Zhan Zhuang  
Microcosmic Orbit  
Ba Duan Jin  
Qi Balancing  
Yi Jin Jing  
Qi Massage

---

CLASS EIGHT

Healing Sounds  
Zhan Zhuang  
Qi Balancing  
Ba Duan Jin VI  
Yi Jin Jing  
Qi Massage

---

CLASS NINE

Healing Sounds  
Zhan Zhuang  
Qi Balancing  
Ba Duan Jin VII & VIII  
Yi Jin Jing  
Qi Massage

---

CLASS TEN

Review

---

Course Code **OM351**  
2 Units  
20 Hours

**EMPEROR'S COLLEGE**  
**MTOM COURSE SYLLABUS**  
**MEDICAL QI GONG I**

MoraMarco, Jacques  
Winter 2019

---

CLASS ELEVEN  
Final Practice

---

REFERENCE MATERIAL

Reference Texts  
Ba Duan Jin:

The Eight Pieces of Brocade, Dr. Yang, Jwing-Ming  
The Healing Art of Qi Gong, Master Hong Liu  
The Way of Energy, Master Lam Kam Chuen

Healing Sounds:  
Transform Stress into Vitality, Mantak Chia  
6-Healing Movement Qi Gong, Master Gin Foon Mark  
Taoist Qi Gong for Health and Vitality, Sat Cheun Hon

The Way of Qi Gong, Kenneth S. Cohen  
Qi Gong Empowerment, Master Shou-Yu Liang, Wen-Ching Wu  
Opening the Energy Gates, B.K. Frantzis  
Qi Gong for Health and Martial Arts, Dr. Yang, Jwing-Ming  
Chinese Medical Qi Gong Therapy, Dr. Jerry Alan Johnson  
Chi Self-Massage, Mantak Chia  
Awaken Healing Energy of Tao, Mantak Chia  
The Roots of Chinese Qi Gong, Dr. Yang, Jwing-Ming  
Way of Walking, Dr. Jacques MoraMarco

---

FACULTY INFO

MoraMarco, Jacques  
Please check with instructor during class to get updated contact info.  
310.453.8300 x108  
jacques @emperors.edu

Jacques MoraMarco has been practicing Tai Chi, qi gong, and kung fu for over forty years, and has studied with the leading masters of these arts in both America and China. He is a recognized instructor of Yip Man and Gu Lao Wing Chun kung fu. He is also a long term practitioner of the Hong Kong and Shanghai branch of Liu He Ba Fa, also known as water boxing. Dr. MoraMarco is a lineage disciple of the late Master Sun Shu Rong (Beijing), the granddaughter of the renowned Chinese martial arts master Sun Lu Tang. Dr MoraMarco learned his Wu-Hao style from the lineage of Hao Weizhen in Bangkok, Thailand. Dr. MoraMarco is currently the Academic Dean of Emperor's College in Santa Monica, California, and he is a teacher in the DAOM program at Emperors College. Please visit Sun [www.suntaichi.com](http://www.suntaichi.com)