

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 PREREQUISITIES

None

REQUIRED TEXTS

Instructor Handouts

RECOMMENDED TEXTS

See "Reference Materials" below.

COURSE REQUIREMENTS

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

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.

MEDICAL QI GONG I

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
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

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

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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.

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