

White Tiger Program Components



A brief description of the three components of the White Tiger Programs.

1. White Tiger Education and Training - The White Tiger Education and Training Courses are certifications related to individual practice, group training and train the trainer courses.
2. White Tiger Gym - White Tiger Gym Programs are certifications related specifically to the fitness industry with a focus on gym/fitness classes. The details for this do not feature in this scope of work.
3. White Tiger Events - The White Tiger events are experiences that are not certifications. The details for this do not feature in this scope of work.

1. White Tiger Education and Training

Certifications - The following table outlines the levels for the White Tiger Certifications along with a brief description of the target persons and what each level certifies a candidate to do.

White Tiger Levels	Target Persons/ Level	Output - what the course certifies a candidate to do
White Tiger Practitioner	<ul style="list-style-type: none"> • Persons interested in healthy lifestyle, wellbeing, martial arts, eastern practices. • Entry level 	<ul style="list-style-type: none"> • The ability to self-practice Qigong forms • Undertake the role of Assistant Instructor to a certified White Tiger Instructor • Hold free community classes
White Tiger Instructor	<ul style="list-style-type: none"> • Persons interested in being a Qigong Instructor who have entry level knowledge of White Tiger Qigong • Mid-level 	<ul style="list-style-type: none"> • Instruct in the certified form undertaken from the 200 hour courses
White Tiger Graduate Instructor	<ul style="list-style-type: none"> • Persons interested in further developing their knowledge and skills as a Qigong Instructor and who are interested in instructing in all of the White Tiger Instructor forms. • High Mid-level 	<ul style="list-style-type: none"> • Instruct in all of the certified forms undertaken from the 200 hour courses
White Tiger Expert Instructor	<ul style="list-style-type: none"> • Persons who have a desire to teach others how to teach White Tiger Qigong to groups of people • Advanced level 	<ul style="list-style-type: none"> • Conduct train the trainer modules for the White Tiger Graduate Instructor course
White Tiger Master Instructor	<ul style="list-style-type: none"> • Persons who are committed to Qigong lifestyle and holistic practice 	<ul style="list-style-type: none"> • Mentor and assess the White Tiger Expert Instructors and teach the Expert Level course

Certification Pathway - The visual maps the pathway and outlines course codes and brief content description.

