



Tai Chi & Qigong for health and wellness.

A position statement from the Chartered Institute for the Management of Sport and Physical Activity, the Tai Chi & Qigong Union for Great Britain (TCUGB) and the British Council for Chinese Martial Arts (BCCMA)

March 2022

Introduction.

This position statement clarifies CIMSPA's position and its relationship with Tai Chi & Qigong Teachers/Instructors.

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) is the professional development body for the UK's sport and physical activity sector, an employer led body supported and funded by Sport England and Sport Scotland.

Key asks of CIMSPA from the sectors employers are to,

- Provide a membership opportunity that clearly outlines a member's scope of practice.
- Standardise, endorse and quality assure education and training for anyone working in the Sport and Physical Activity sector.

TCUGB - The primary aim of the Tai Chi & Qigong Union for Great Britain (TCUGB) is to unite UK practitioners in the development of Tai Chi Chuan, Qigong, and other internal martial arts. Key objectives in fulfilling this aim include:

- To improve the health and quality of life of the community, by advancing Tai Chi Chuan, Qigong, and other internal martial arts as a therapeutic exercise.
- To promote Tai Chi Chuan, Qigong, and other internal martial arts, in all of their aspects, including those of aesthetic, health, spiritual, philosophy, self-defence, and sports.
- To set and promote teaching standards of Tai Chi Chuan, Qigong, and other internal martial arts in the UK

BCCMA - The British Council for Chinese Martial Arts (BCCMA) aim to promote the study and safe practice of Chinese Martial Arts and regulate as far as possible, the ever-growing numbers of clubs and organisations claiming to teach Chinese Martial Arts. Affiliate to, assist, co-operate with the support national and international organisations having objectives approved by the Members Council. Act as an advisory body on all matters appertaining to the practice of the Chinese Martial Arts, through liaison with statutory and voluntary bodies, news media and other relevant parties and provide members with such services and support as may be available through their membership.

CIMSPA recently consulted with the sector for the technical standard for Tai Chi & Qigong Teacher Professional Standard. This consultation proved extremely popular and over 200 people provided feedback on the standard.

CIMSPA, TCUGB and BCCMA have recently met to agree the next steps in the development of a technical standard for individuals that currently work/aspire to work within the boundaries of Tai Chi & Qigong for health and wellness. It was agreed that CIMSPA will continue to work with the TCUGB on the standard, and our next steps will be to review key aspects of the standard in light of input provided by BCCMA and the feedback from respondents to the consultation. This will include, but is not limited to, the minimum requirements to instruct/teach within the industry.

The purpose of this standard will be for Tai Chi & Qigong Teachers/Instructors that are employed in the sport and physical activity sector to achieve the minimum requirements to work within that role. They are fitness professionals who teach, lead, and motivate groups and individuals through intentionally designed, pre-choreographed Tai Chi and/or Qigong based exercise classes. Teachers/instructors can provide class design and instruction according to the desired results of the participants specifically within a health and wellness setting.

This standard does not intend to cover the whole discipline of Tai Chi Chuan and Qigong, but to focus on Tai Chi & Qigong for health and wellness.

The feedback that has been submitted is currently being reviewed and any update on the standard will be published and shared with the sector.

If you would like further information on how to become a CIMSPA Training Provider Partner, please see [here](#).

If you have any further questions, please contact one of the below.

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