



UNIVERSAL HEALING TAO® System

Associate Instructor - Case Study Form for becoming a UHT Associate Instructor

274/1 Moo.7, Luang Nua, Doi Saket, Chiang Mai 50220, Thailand

Email: certadmins@mail.universalinstructors.com

Website: www.mantakchia.com



Applicants' profile to become UHT Associate Instructor

Surname Trainee	First Name Trainee
e-mail	Mobil Phone
Zip/post code	City
Street / No.	Birthday
Country	State
Please note your UNIVERSAL HEALING TAO training hours: when, where, and with whom!	

Dear UHT Associate Instructor Trainee,

Nine completed Associate Instructor Case Study forms are required to reach the level of 'UHT Associate Instructor. In order to train and develop your skills, Grand-Master Mantak Chia wants you to show your UHT Basic practices for this part of your UHT Associate Instructor training. For each of the 9 teaching sessions with students (who can be: partners, clients, friends or relatives), ask your students to fill out the following questionnaire. These nine completed UHT Case Study Forms are part of your own training path, but please observe any legal regulations in your country.

Thank you very much!

UHT Associate Instructor is the first education step in the UNIVERSAL HEALING TAO® System of Grandmaster Mantak Chia. I confirm that I will not publish, teach, or in any form or way attempt to impart the principles of the Universal Healing Tao to the public, until such time as I have received personally from Grandmaster Mantak Chia, or his representative, the training and testing necessary to become a qualified practitioner of the UNIVERSAL HEALING TAO® practices.

Letter of agreement

I hereby confirm with my signature that I have been informed of the general conditions and principles of the UHT System; I agree with them and I will abide with them. I have also been informed that all my data collection is voluntary.

Date	Applicant's name in print letters	Applicant's Signature
------	-----------------------------------	-----------------------

Please send in or hand over this application 1. Page one, and the 9 completed case study forms to the UHT Senior Instructor who is going to certify you.

UHT CASE STUDY FORM - TO BE FILLED IN BY THE STUDENT/CLIENT

Please fill in after 3 – 5 trainings!

1. Name :	Surname :
2. Gender: ☐ female ☐ male ☐ other/don't wish to say	Age :
3. E-mail	Country:
1. UHT Inner Smile: first time? Yes/No if yes, how many times have you done it before? ☐ YES ☐ ?? ☐ NO Could you feel/visualize your organs? ☐ YES ☐ ?? ☐ NO Could you feel/visualize color of the organs? ☐ YES ☐ ?? ☐ NO Could you feel/visualize the emotions of your organs? ☐ YES ☐ ?? ☐ NO Could you feel/visualize the elements of your organs? ☐ YES ☐ ?? ☐ NO Could you feel any benefits? ☐ YES ☐ ?? ☐ NO Do you think you will make this a daily or regular routine? Describe briefly your experience:	
2. UHT Six Healing Sounds: first time? Yes/No if yes, how many times before? ☐ YES ☐ ?? ☐ NO Could you feel any transformation of negative emotions? ☐ YES ☐ ?? ☐ NO Could you feel any release of physical/emotional tension in your body? ☐ YES ☐ ?? ☐ NO Did you get the feeling that this mediation could help you in your life? ☐ YES ☐ ?? ☐ NO Did your sleep improve? ☐ YES ☐ ?? ☐ NO Can you handle your negative emotion/attitude better? ☐ YES ☐ ?? ☐ NO You think you will make this a daily or regular routine? Describe briefly your main experience:	
3. Chi Self-Massage first time? Yes/No if yes, how many times? ☐ YES ☐ ?? ☐ NO Did you feel that reflex zones /meridians are connected to the head, hands and feet? ☐ YES ☐ ?? ☐ NO Could you feel a relaxing effect or energy flow from the self-massage? ☐ YES ☐ ?? ☐ NO Can you imagine making self-massage a regular habit? ☐ YES ☐ ?? ☐ NO Can you imagine any improvement from doing it? Describe briefly your main experience:	
4. Self-Healing Qi Gong first time? Yes/No if yes, how many times? ☐ YES ☐ ?? ☐ NO I believe I can do a lot for keeping my body healthy and/or cure many illnesses myself ☐ YES ☐ ?? ☐ NO I believe Self-Healing Qi Gong works well in prevention ☐ YES ☐ ?? ☐ NO I believe Self-Healing Qi Gong can boost my immune system? ☐ YES ☐ ?? ☐ NO Could you feel any pain relief? Better blood flow? Emotional release? ☐ YES ☐ ?? ☐ NO Can you imagine daily or regular Qi Gong in your life? Describe briefly your main experience:	

I am aware that UNIVERSAL HEALING TAO® System is primarily an educational process enabling me to care for myself in a more informed way. I know that I am responsible for my own physical, emotional, mental, and spiritual well-being. This training will enable me to understand myself better and become capable of functioning more fully as a complete being in harmony with myself. I am not here to be treated for any illness, disease, or disability. With this Taoist meditation and Qi Gong practice after Grandmaster Mantak Chia no diagnoses are made, it can in no case replace the visit with the doctor.

Date

Students name in print letters

Students Signature



Iron Shirt Chi Kung I

IT Evaluation Results (Chemise de fer)



Name :
 Birth :
 M/F :

Grading :	Excellent	Good	Fair (moyen)	Poor (bas)
	90/100	75/90	50/75	50 or below (et en dessous)

Grading of Pushing and Teaching

A - Evaluation of Candidate in Iron Shirt I

I. Forms	Embrace the tree	Turtle	Golden Urn
Rooting (Enracinement)			
Tan Tien/Perineum/			
Inner Strength (Force intérieure)			
Structure and Alignment			
- Nine Points of foot			
- Ankle/Knee Alignment			
- Kwa (groin) open and relaxed			
- Connection from Lower Back to Feet			
- Sacrum			
- T-11			
- C-17			
- Jade Pillow			
- Chest and Chin in			
- Shoulders Round and Open			
- Neck and Head straight			
- Tendons connection			
- Relaxation			

II. Evaluating Postures

- Front			
- Right/Left			
- Back			

B - Evaluation of Trainee's Teaching (Évaluation de l'enseignement des stagiaires)

Correction of Students' postures			
----------------------------------	-------	-------	-------

Evaluators Guidelines for the Push

- Push must be straight and not too long - Slow building up of force and no jerking - The push must be rooted
- Women and man are evaluated in the same way - The same push may be repeated up to three times
- (- La poussée doit être droite et pas trop longue - Augmentation lente de la force et pas de secousse - La poussée doit être enracinée - Les femmes et les hommes sont évalués de la même manière
- La même poussée peut être répétée jusqu'à trois fois)

	Certified	Retry	Date
1 st Evaluation			
2 nd Evaluation			
3 rd Evaluation			

Evaluation given by and dated :

(1)
 (Please print)
 (Signature)

(2)
 (Please print)
 (Signature)

(2)
 (Please print)
 (Signature)





Microcosmic Orbit Instructor Evaluation



Name : Zip :

Date of Birth : Sex : M/F :

Address : Email :

..... State :

City : Country :

Microcosmic Orbit Evaluation Result

Name :

Passing Energy / Opening Microcosmic Orbit

Presence / Structure
 Quality of energy
 Hand technique
 General remarks

Opening of the Three Tan Tiens to the Six Directions

Self confidence and Presence
 Ability to express ideas and theory clearly
 Ability to attract, to hold and transmit energy during teaching
 General remarks

	Certified	Retry	Date
First Test			
Second Test			
Third Test			

Test given by and dated :

(1)
 (Please print) (Signature)

(2)
 (Please print) (Signature)

(2)
 (Please print) (Signature)





Inner Smile and 6 Healing Sounds Evaluation



Name : Zip :

Date of Birth : Sex : M/F :

Address : Email :

..... State :

City : Country :

Inner Smile Evaluation Result

Name :

- Theory / benefits / anatomy / ability to express ideas theory clearly
- Self confidence and Presence - Inner smile of trainee
- Ability to attract, to hold, transmit energy during teaching, also in yin phases
- General remarks

Six Healing Sounds - Evaluation Results

- Theory / benefits / anatomy / ability to express ideas theory clearly
- Self confidence and Presence - Inner smile of trainee
- Ability to attract, to hold, transmit energy during teaching, also in yin phases
- Postures
- General remarks

	Certified	Retry	Date
First Test			
Second Test			
Third Test			

Test given by and dated :

(1)
(Please print)
(Signature)

(2)
(Please print)
(Signature)

(2)
(Please print)
(Signature)





Examen Oral : Évaluation d'Instructeur Associé UHTS Universal Healing Tao System de Maître Mantak Chia

Nom – Prénom :

Date :

Les Bases du Nei Gong :

1. Pour la **Respiration Consciente** où est placée votre intention ?
(plusieurs réponses possibles)
2. Comment positionner le bassin, le corps, la tête et les mains pour la pratique du **Nei Gong** dans les positions Assis - Debout - Allongé ?
3. Quel est la fonction du **Sourire Intérieur** et Comment pratiquer les différents formules avec leurs bénéfices aux organes/fonctions ?
4. Quelle est la fonction des **Sons Guérisseurs** et leur bénéfices dans l'ordre des **5 Éléments** ?
5. Quels sont **les 5 Éléments**, la couleur de chacun, les organes liés, citer une émotion, une vertu et le son associé ?
6. Quels sont **les canaux de l'Orbite Microcosmique** ? Leurs termes anatomiques et noms (chinois ou français) ?
7. Quels sont **les centres énergétiques de l'Orbite Microcosmique** ? Leurs termes anatomiques et/ou noms (chinois ou français) ?
8. Où démarre la circulation de **l'Orbite Microcosmique** et comment l'amorcer?
9. Quelles sont les façons de faire circuler **l'Orbite** ?
 - a. Direction de l'Eau :
 - b. Direction du Feu :
 - c. Niveau de la Lune :
 - d. Niveau du Soleil :
 - e. Niveau Cosmique :
10. Comment clôturer la pratique de **l'Orbite** et sous quelle forme stocke-t-on l'énergie ?

Réveil Énergétique

- 1) Noter **5 exercices** et leur fonction/bénéfices dans un enchaînement simple qui réveillent l'énergie du corps

Les 3 DanTiens et 6 Directions

- 1) Quels sont les **3 Dan Tiens**, leurs fonctions et bénéfices ?
- 2) Quels sont les **6 Directions** – correspondances à l'intérieur et à l'extérieur du corps ?

Chi Gong – Chemise de Fer :

1. Décrire la technique de **la chemise de fer** et ses bénéfices :
2. Quel sont les 6 postures et leur fonctions et bénéfices ?
3. Décrire les fonctions de **la respiration** :
 - a. Respiration abdominales :
 - b. Respiration inversée :
 - c. Respiration complète :
 - d. Respiration à vide :
4. Comment mesurer le bon **placement des pieds** ?
5. Décrire le nombre et l'emplacement des **points d'ancrage des pieds** :
6. Quels sont les « **Kuas** » du bassin et **membres inférieurs/supérieurs** et comment appliquer la technique de torsion pour les ouvrir ?
7. Comment aligner **le corps, les niveaux osseux et énergétiques** ?
8. Comment positionner **les bras** ?
9. Où place-t-on **l'intention et la respiration** pendant la pratique ?
(Plusieurs réponses possibles)

