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.

<table>
<thead>
<tr>
<th>White Tiger Levels</th>
<th>Target Persons/ Level</th>
<th>Output - what the course certifies a candidate to do</th>
</tr>
</thead>
</table>
| White Tiger Practitioner | • Persons interested in healthy lifestyle, wellbeing, martial arts, eastern practices.  
                              • Entry level                                                                         | • 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   | • Persons interested in being a Qigong Instructor who have entry level knowledge of White Tiger Qigong  
                              • Mid-level                                                                              | • Instruct in the certified form undertaken from the 200 hour courses                    |
| White Tiger Graduate Instructor | • 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                                                                           | • Instruct in all of the certified forms undertaken from the 200 hour courses            |
| White Tiger Expert Instructor | • Persons who have a desire to teach others how to teach White Tiger Qigong to groups of people  
                                   • Advanced level                                                                          | • Conduct train the trainer modules for the White Tiger Graduate Instructor course        |
| White Tiger Master Instructor | • Persons who are committed to Qigong lifestyle and holistic practice                  | • 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.

White Tiger Practitioner
WT100-8T5EP
100 HOUR 8 Trigram & 5 Element (Module C)
Practitioner
- 8 Trigram Qigong
- 5 Element Qigong

White Tiger Practitioner
WT100-5ASRP
100 HOUR 5 Animals (Module A)
Practitioner
- 5 Animals Forms 1+2

White Tiger Practitioner
WT100-5AWRP
100 HOUR 5 Animals (Module B)
Practitioner
- 5 Animals Forms 3+4

White Tiger Instructor WT200-8T5EI
200 HOUR 8 Trigram & 5 Element (Module C)
Instructor
- WT100-8T5EP
- 100-hour independent practice-at home study course

White Tiger Instructor WT200-5ASRI
200 HOUR 5 Animals (Module A)
Instructor
- WT100-5ASRP
- 100-hour independent practice-at home study course

White Tiger Instructor WT200-5AWRI
200 HOUR 5 Animals (Module B)
Instructor
- WT100-5AWRP
- 100-hour independent practice-at home study course

White Tiger Graduate Instructor
WT600

White Tiger Expert Instructor
WT1000
1000 HOUR EXPERT INSTRUCTOR is by invitation only
- 600-hour Graduate plus the following:
  - White Tiger and Circle Walking

White Tiger Master Instructor
MASTER INSTRUCTOR is by selection only
- Qigong Healing and Practice - lifestyle