



Tai Chi & Qigong Union for Great Britain

Press Release

The leading Tai Chi and Qigong organisation in the UK, the Tai Chi and Qigong Union for Great Britain (TCUGB), are pleased to announce the completion of Professional Technical Standards for TC & Q for Health and Wellbeing. (Links provided at the end of this Press Release)

Following several years of investigation and determined efforts by long standing members of the TCUGB, these Professional Standards will provide the essential platform to meet the Aims and Visions of the TCUGB to have suitable TC and Q systems approved by the UK Government, as principal Complementary Therapies, within the framework of the recently formed national Integrated Care Systems

Additionally, commercial, charitable and private health providers will be important elements of these initiatives for the improved Health, Wellbeing and Lifestyle for our population. Exercises will be suitable for all ages, especially Our Ageing Population.

The TCUGB formed a Partnership with the Chartered Institute for the Management of Sports and Physical Activity, (CIMSPA), who are supported by Sports England and hold a Royal Charter from the UK Government.

Tai Chi and Qigong Instructors and organisations will be able to apply for Assessment and Certification through the partnership. This will result in the opportunity for TC & Q Health and Wellbeing Instructors to provide training courses, seminars, presentations and classes, safe in the knowledge they are endorsed by The Sports Councils relevant bodies.

Basic training for representatives including, Physiotherapists, Occupational Therapists, General Practitioners, Corporate Managers, Human Resources, Care Homes and Charities will be offered to promote TC & Q referrals and social prescribing.

Mark Peters

Chairman, Tai Chi and Qigong Union for Great Britain

11th July 2022

Tai Chi for Health and Wellbeing

<https://www.cimspa.co.uk/standards-home/professional-standards-library?cid=18&d=661>

Qigong for Health and Wellbeing

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