



Universal Healing Tao System®

taught by

Grandmaster Mantak Chia

Internal Martial Arts Education Path 2026



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Grace Period till 30th /June 2031


The Mantak Chia Canon

Requirements to get certified in the Healing Art UHT Internal Martial Arts



- You are qualified as a UHT Inner Alchemy Certified Instructor
- You have participated in UHT training workshops
- Workshops can be done also online, but not for all certifications
- Practice/study time, can be done alone at home or with other Students, Instructors and with books, video's, online etc.
- As evidence of your own teaching practice with your students, fully completed UHT Case Study Forms are to be submitted if required
- Evaluation (can also be done online, but not for all certifications)

Basic recommendations for the use of the UHT Case Study Forms (CSF)



Students:

These UHT Case Study Forms are designed to help everyone improve the quality of teaching. There is no shame in saying 'I don't know that' or 'I didn't understand that' when asked questions after the Instructor's lesson. All personal data will be kept anonymous and confidential. The UHT Case Study Forms will be deleted after the evaluation of your Instructor.

Instructor:

All UHT Case Study Forms, depending on the exam you are aiming for, can be done as individual one-to-one sessions, but a maximum of 5 per student. A maximum of two thirds of the required UHT Case Study Forms can be approved for group teaching. Each participating student will complete a UHT Case Study Form after the group session. This is to ensure that at least one third of the required UHT Case Study Forms are completed as one-to-one sessions.

Tan Tien Qigong (key TTQ) & Tao Yin Qigong (key TYQ)



- ▶ The training rules for Tan Tien Qigong and Tao Yin Qigong are part of the training for UHT Inner Alchemy Qigong Instructor Level 2
- ▶ Please follow this link:
Tao Energy Cultivation - Inner Alchemy Qigong Education Path

Iron Shirt I Rooting (key IS1)



- Needs total min. 10 hours workshop education in UHT Iron Shirt I (key IS1).
- Educator Grandmaster Chia, updated UHT Inner Alchemy Senior Instructor or updated UHT Certified Instructor with UHT Iron Shirt I certification (key IS1).
- Is certified as updated UHT Inner Alchemy Certified Instructor
- Passed practical examination (only possible in person) with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level UHT Iron Shirt I (key IS1), Has knowledge of all animal postures and has passed the rooting test for 1) Embrace the Tree, 2) Turtle and 3) Golden Urn
- Passed oral examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Iron Shirt I (key IS1).

Iron Shirt II Tendon Nei Kung (key IS2)



- Needs total min. 10 hours workshop education in UHT Iron Shirt II Tendon Nei Kung (key IS2).
- Educator Grandmaster Chia, updated UHT Inner Alchemy Senior Instructor or updated UHT Certified Instructor with UHT Iron Shirt II Tendon Nei Kung certification (key IS2).
- Is certified as updated UHT Inner Alchemy Certified Instructor
- Passed practical examination (only possible in person) with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level UHT Iron Shirt II Tendon Nei Kung (key IS2),
- Has knowledge of all eight Tendon Nei Kung postures and has passed the timing and pushing test
- Passed oral examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Iron Shirt II Tendon Nei Kung (key IS2).

Iron Shirt III Bone Marrow Nei Kung (key IS3)



- Needs total min. 10 hours workshop education in UHT Iron Shirt III Bone Marrow Nei Kung (key IS3).
- Educator Grandmaster Chia, updated UHT Inner Alchemy Senior Instructor or updated UHT Certified Instructor with UHT Iron Shirt III Bone Marrow Nei Kung certification (key IS3).
- Is certified as updated UHT Inner Alchemy Certified Instructor
- Passed practical examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level UHT Iron Shirt III Bone Marrow Nei Kung (key IS3). Has knowledge of all Bone Marrow Nei Kung practices and has shown:
1) Hitting all lines and tools, 2) Theory of male and female practice, 3) Testicle and breast self massage of male and female, 4) Weight lifting aspects, 5) Collecting minimum 15 Iron Shirt III Case Study Forms
- Passed oral examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Iron Shirt III Bone Marrow Nei Kung (key IS3).

Tai Chi Chi Kung I Yang Style (key TC1)



- Needs total min. 10 hours workshop education in UHT Tai Chi Chi Kung I (key TC1).
- Educator Grandmaster Chia, updated UHT Inner Alchemy Senior Instructor or updated UHT Certified Instructor with Tai Chi Chi Kung I certification (key TC1).
- Is certified as updated UHT Inner Alchemy Certified Instructor and certified in UHT Iron Shirt Chi Kung I (key IS1)
- Passed practical examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Tai Chi Chi Kung I (key TC1), showing the complete clockwise and counterclockwise form (13 postures) and is tested in two of the applications (only possible in person).
- Passed oral examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Tai Chi Chi Kung I (key TC1).

Tai Chi Chi Kung II Discharging Form (key TC2)



- Needs total min. 10 hours workshop education in Tai Chi Chi Kung II (key TC2).
- Educator Grandmaster Chia, updated UHT Inner Alchemy Senior Instructor or updated UHT Inner Alchemy Certified Instructor with Tai Chi Chi Kung II Discharging Form certification (key TC2).
- Is certified as updated UHT Inner Alchemy Certified Instructor and certified in UHT Tai Chi Chi Kung II Discharging Form (key TC2)
- Passed practical examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Tai Chi Chi Kung II Discharging Form (key TC2), showing the complete clockwise and counterclockwise form with Fa Jin and is tested in two of the applications (only possible in person).
- Passed oral examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Tai Chi Chi Kung II Discharging Form (key TC2).

Tai Chi Chi Kung III Wu Style (key TC3)



- Needs total min. 10 hours workshop education in UHT Tai Chi Chi Kung III Wu Style (key TC3).
- Educator Grandmaster Chia, updated UHT Inner Alchemy Senior Instructor or any UHT Certified Instructor with Tai Chi Chi Kung III Wu Style certification (key TC3).
- Is certified as updated UHT Inner Alchemy Certified Instructor and in UHT Tai Chi Chi Kung III Wu Style (key TC3)
- Passed practical examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Tai Chi Chi Kung III Wu Style (key TC3), showing the complete clockwise and counterclockwise form and is tested in two of the applications (only possible in person).
- Passed oral examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Tai Chi Chi Kung III Wu Style (key TC3).

Tai Chi Chi Kung IV Ba Gua Zang (key TC4)



- Needs total min. 10 hours workshop education in UHT Tai Chi Chi Kung IV Ba Gua Zang (key TC4).
- Educator Grandmaster Chia, updated UHT Inner Alchemy Senior Instructor or any UHT Certified Instructor with Tai Chi Chi Kung IV Ba Gua Zang certification (key TC4).
- Is certified as updated UHT Inner Alchemy Certified Instructor and in UHT Tai Chi Chi Kung IV Ba Gua Zang (key TC4)
- Passed practical examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Tai Chi Chi Kung IV Ba Gua Zang (key TC4), showing the complete circle form clockwise and counterclockwise and all eight gates, animals and palms.
- Passed oral examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Tai Chi Chi Kung IV Ba Gua Zang (key TC4).

Tai Chi Chi Kung V Cane Stick Slow Form (key TC5)



- Needs total min. 10 hours workshop education in UHT Tai Chi Chi Kung V Cane Stick Slow Form (key TC5).
- Educator Grandmaster Chia, updated UHT Inner Alchemy Senior Instructor or any UHT Certified Instructor with Tai Chi Chi Kung V Cane Stick Slow Form certification (key TC5).
- Is certified as updated UHT Inner Alchemy Certified Instructor and in UHT Tai Chi Chi Kung V Cane Stick Slow Form(key TC5)
- Passed practical examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Tai Chi Chi Kung V Cane Stick Slow Form (key TC5), showing the complete clockwise and counterclockwise form and is tested in two of the applications (only possible in person).
- Passed oral examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Tai Chi Chi Kung V Cane Stick Slow Form (key TC5).

Tai Chi Chi Kung VI Cane Stick Discharge Form (key TC6)



- Needs total min. 10 hours workshop education in UHT Tai Chi Chi Kung VI Cane Stick Discharge Form (key TC6).
- Educator Grandmaster Chia, updated UHT Inner Alchemy Senior Instructor or any UHT Certified Instructor with Tai Chi Chi Kung VI Cane Stick Discharge Form certification (key TC6).
- Is certified as updated UHT Inner Alchemy Certified Instructor and in UHT Tai Chi Chi Kung V Cane Stick Slow Form (key TC5)
- Passed practical examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Tai Chi Chi Kung VI Cane Stick Discharge Form (key TC6), showing the complete clockwise and counterclockwise form and is tested in two of the applications (only possible in person).
- Passed oral examination with updated UHT Inner Alchemy Senior Instructor Level 1 or 2 with the level Tai Chi Chi Kung VI Cane Stick Discharge Form (key TC6).



Internal Martial Arts Senior Instructor (key IMASI)

- Needs to have 4 years active teaching as Inner Alchemy Senior Instructor Level 2 (key IASI-2)
- Needs additional certification in
 - * Tai Chi I (key TC1)
 - * Tai Chi II (key TC2)
 - * Tai Chi III (key TC3)and recommended
- Passed oral examination with Grandmaster Mantak Chia or two updated UHT Inner Alchemy Internal Martial Arts Senior Instructor (key IMASI).
- Can certify all the exams in the Healing Art / Branch UHT Internal Martial Arts for which he himself is certified.

Evaluation



- The practical and oral examination can be done present in person or for some tests online. For the country-specific recommended examination fees, please refer to 'Global evaluation fees'. (Public download in the UHT Instructor-Directory)
- The official digital UHT Certificate fee is presently 25 \$US/€
- If the evaluation has been passed, she/he can teach and educate students in the level of passed certification.
- Do not forget the agreement form and evaluation form (Download in the UHT Instructor-Directory, only for Instructors)