

# FOUNDATIONS OF CHINESE ENERGETIC MEDICINE (1)

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**WEDNESDAY, AUGUST 14TH, 2019**

Opening Story -Beijing China - Master Sha - powerful beams coming from eyes - Master's Journey-pg 319.

## 8:00 a.m. History & Energetic Terminology

Chapter 1 covers the historic overview of Chinese Energetic Medicine - from ancient shaman mystics to imperial court healers.

Reading Assignment: V1, Ch. 1-2 (pages 3-98); V3, Ch.28. (pages 339-341) -

**Prof. Feng Lida - cancer cells in 3 petri dishes Vol #3, Chapter 28 - pages 339-341 (WASMQ)**

- **3 Bodies** - Physical Body (bones, muscles, tissues, cells); Energy Body (energetic seas, rivers, pools, and misty clouds), Spirit Body (subtle radiant vehicle of the eternal soul).

Example - "phantom pain" after an amputation.

- **3 Realms** – Matter (manifests as shape & form), Energy (as sound vibration, color, heat, and electromagnetic fields), Spirit (expressed as the subtle realm of thoughts and feelings).

Reading Assignment: V2, Ch. 11 (pages 3-8)

- **3 Treasures of Heaven (Chinese Astrology)** – Sun, Moon, Stars (5 planets & 28 constellations).

- **3 Treasures of Earth (Feng Shui)** – Wind, Water, & Soil (mineral, plant, insect, animal realms).

- **3 Treasures of Man (Yi Jing)** – Jing (Essence), Qi, (Energy) and Shen (Spirit).

- **The Divine Energy Field of your Eternal Soul** - the soul's Yuan Shan (Original Spirit) its Divine Nature and 5 Virtuous states: Compassion, Inner-Peace, Trust, Integrity, Wisdom - are associated with the Righteous Qi and the Hun (Ethereal Soul).

Your Shen Zhi (Acquired Personality) and its 5 Emotional states: Anger, Excitement, Worry, Grief, Fear - are associated with the animal passions of the Po (Corporeal Soul).

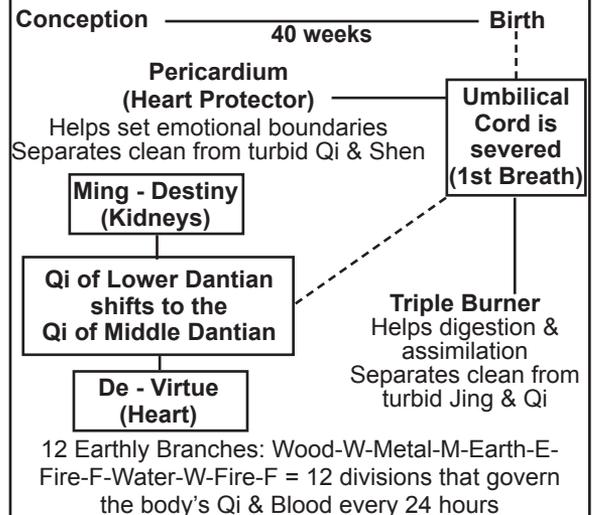
## 9:00 a.m. Energetic Anatomy and Physiology

Reading Assignment: V1, Ch. 2 (pages 99-134)

- **The Creation of Matter**

From Dao (Radiant Light) - to Wuji (Infinite Space) - to manifested Taiji (Yin and Yang: heaven & earth/light & dark) - to 5 Element constructions of matter, shape, and form.

10 Heavenly Stems: Wood-W-Fire-F-Earth-E-Metal-M-Water-W = 10 divisions occurring every 4 weeks which govern the mother's uterus & construction of baby



Pre-Natal Qi (Heaven) Created from:	Post-Natal Qi (Earth) Created from:
Spirit Body — Meditation	Air — Spirit Body
Physical Body — Prayer	Food — Physical Body
Physical Body — Sleep	Water — Physical Body

The Divine Mind manifested through sound vibration and light - and sets into motion the blueprint of all creation - which is then manifested through the 5 elements: earth, water, fire, wood/wing (air), and metal (space).

**Spirit (thought and feelings) molds energy - and manifests as form...**

**In the same way - our bodies are simply external reflections of our internal thoughts and feelings.**

## 10:00 a.m. Energetic Embryological Development

Reading Assignment: Cover All of Volume 1, Chapter 2 (pages 55-153)

From Dao (Radiant Light of our soul) - to Wuji (mother's womb) - to manifested Taiji (Yin and Yang: sperm & egg=fused DNA) - to 5 Element construction of tissue matter, shape, and form.

**In transforming Postnatal Qi after birth - the Pericardium (Heart Protector) and Triple Burners separate the clean from turbid energies.**

## **12:00 (NOON) - BREAK FOR LUNCH**

### **2:00 p.m. Rooting the Three Bodies**

- **Pulling Down the Heavens:** Purging the body's internal organs of turbid qi - using the descending "Haaah" sound application. Reading Assignment: V4, Ch. 47 (pages 163-164).
- **The 1 Through 10 Meditation and 3 Divine Invocations:** used to gather and fuse the Qi of the 3 Heavens and the 3 Earths into your Three Bodies - enter center of space & time. Reading Assignment: V2, Ch. 20 (pages 575-582).

## **THURSDAY, AUGUST 15TH.**

### **8:00 a.m. Review and Examination**

- Exam #1: Explain the importance of the Three Powers of Heaven, Earth, and Man, and their energetic interactions with the Three Bodies and Three Worlds.
- Exam #2: Demonstrate and explain the importance of the 1-Through-10 Meditation.
- Exam #3: Demonstrate and explain the importance of energetic Purging before Tonifying.

### **9:00 a.m. Prenatal Seas of Yin & Yang Qi**

- **An Introduction to the Eight Extraordinary Vessels.** Reading Assignment: V1, Ch. 6 (pages 319-361).

To understand the flow of life-force energy moving within the Governing Vessel (Sea of Yang), Conception Vessel (Sea of Yin), Belt Vessel & Thrusting Vessels (both are Yin and Yang), and the Taiji Pole - all originate from the Lower Dantian.

### **10:00 a.m. The Six Extraordinary Organs**

- **An Introduction to the Six Extraordinary Organs.** Reading Assignment: V1, Ch. 7 (pages 369-400).

### **11:00 a.m. Nature, Nurture & Reincarnation**

- You are composed of 3 Influences:
- **Nature** (how you were formed-DNA) - corresponds to "the Qi of Man," your ancestral traits, innate skills, and hidden talents.

- **Nurture** (how you were raised) - corresponds to "the Qi of Earth;" influenced by your culture, religion, society, and school/education.

- **Reincarnation** (why you came here) - corresponds to "the Qi of Heaven;" defined as being both your Destiny (Kidneys) & your Fate (Heart).

- **3 Dimensions Wuji Meditation - page 64**

## **12:00 (NOON) - BREAK FOR LUNCH**

### **2:00 p.m. The Postnatal Channel Flows**

- **Understanding the Body's Internal Organs and Energetic Channels.** Reading Assignment: V1, Ch. 8 (pages 401-422).

### **3:00 p.m. The Body's Shadow Organs & Channels**

- **Understanding the Hun and Po influence the Shen & how the body's internal Shadow Organs and Shadow Channels were formed.** Reading Assignment: V1, Ch. 8 (pages 555-556); V3, Ch. 21 (pages 88-90).

### **4:00 p.m. The Channel Dredging Exercise**

- **Dredging and Purging all of the body's external Yin and Yang Channels of Turbid Qi.** Reading Assignment: V2, Ch. 16 (pages 377-378).

### **5:00 p.m. Purging Organs and Channel**

- **The Counter Swing (muscles), Dropping Post (bones), & Trembling Horse (tendons) exercise to remove turbid Qi from the tissues.** Reading Assignment: V4, Ch. 46 (pages 161-162).

## **FRIDAY, AUGUST 16TH.**

### **8:00 a.m. Natural (Prenatal/Fetal) Breathing**

- **Band Heating Exercise**
- **Natural Breathing and the "Beating and Drumming the Qi" meditation exercise.**
- \* **Inhale - Expand -** Absorb Golden Qi from Earth - Feet - and L. Dantian; Absorb Silver-White Qi from Heaven - Nose & L. Dantian
- \* **Exhale - Contract -** Roll and combine Heaven and Earth Qi and colors.

Reading Assignment: V4, Ch. 47 (pages 163-167).

### 9:00 a.m. Review and Examination

Exam #4: - Open Book: Name the first 4 Eight Extraordinary Vessels, and explain their importance.

Exam #5: - Open Book: Name the Six Extraordinary Organs, and explain their importance.

Exam #6: Name and explain the importance of understanding a person's Nature, Nurture, and Reincarnation pattern.

Exam #7: Name and explain the difference between the body's normal internal organs and channels, and the body's internal shadow organs and channels.

Exam #8: Demonstrate the Counter Swing, Dropping Post, and Trembling Horse exercise - and explain their energetic applications; as well as when this exercise is encouraged and/or contraindicated.

### 10:00 a.m. The Daoist Five Yin Organ Exercise

- **The Opening:** Stretch the spine and strengthen the body's central nervous system.

Reading Assignment: V4, Ch. 47 (pages 168-169).  
Spinal Injury healing - 2 to 5 Story -

### 11:00 a.m. The Daoist Five Yin Organ Exercise

- **Energetic Chambers/Cavities** - 4 that contain organs, fluids, and energy:

- (1) **The Dorsal (Cranial/Vertebral) Cavity** - that encloses the brain and spinal cord;

- (2) **The Thoracic Cavity** - that encloses the heart and lungs;

- (3) **The Abdominal Cavity** - that encloses most of the digestive organs and kidneys; and

- (4) **The Pelvic Cavity** - that encloses the bladder and reproductive organs.

- **The Lung Organ Exercise:** Relationship to the Po (corporeal soul); its congenital virtues and acquired emotions; Lung tonification exercise & modifications; Traumatology:

  - \* Relieving solar plexus spasm-Karate Tournament - Master's Journey-page 106.

Reading Assignment: V1, Ch. 2 (pages 135-153);  
V4, Ch. 47 (pages 170-171).

- **The Kidney Organ Exercise:** Relationship to the Zhi (will); congenital virtues and acquired

emotions; Kidney Tonification exercise & modifications; Traumatology:

  - \* Knee or Foot tapping - to treat Senility

  - \* Feet Massage - treating stress - insomnia

Reading Assignment: V1, Ch. 8 (pages 529); V4, Ch. 47 (pages 172-173).

- **The Liver Organ Exercise:** Relationship to the Hun (ethereal soul); its congenital virtues and acquired emotions; Liver Tonification exercise & modifications; Traumatology:

  - \* Beating the Bag exercise - to purge anger and treat depression (1st - shout "Ha!"; 2nd - shout "No!"; 3rd - Journal with wooden pencil and paper - when was the youngest you remember feeling this way).

Reading Assignment: V4, Ch. 47 (pages 174-176).

### **12:00 (NOON) - BREAK FOR LUNCH**

### 2:00 p.m. The Heart Organ Exercise

Relationship to the Shen (spirit); congenital virtues and acquired emotions; Heart Tonification exercise & modifications; Traumatology:

- \* Defibrillating a cardiac arrest - Twin Fish story - Shaolin student & paramedic-Master's Journey-page 107.

Reading Assignment: V4, Ch. 47 (pages 177-179).

- **The Spleen Organ Exercise:** Relationship to the Yi (intellect); virtues & acquired emotions; Spleen Tonification exercise & modifications.  
Reading Assignment: V4, Ch. 47 (pages 180-182).

- **The Ending - The Turtle Breathing Exercise:**  
Reading Assignment: V2, Ch. 16 (pages 288-294);  
V4, Ch. 47 (pages 182-185).

Master Choi story 1991 - "There are no secrets - just hard work." Most Qigong systems wipe-off excess Qi after training - we use Turtle Breathing. Master's Journey-page 247.

- **Pulling Down the Heavens:** Purging the body's internal organs of turbid qi using the descending "Haaah" sound application.  
Reading Assignment: V4, Ch. 47 (pages 163-164).

- **Retaining & Sealing the Body's Clean Qi:** using special Hand Seals and visualizations via the "Pulling Down the Heavens" exercise. Reading Assignment: V4, Ch. 47 (pages 186).

- **Wheelchair Qigong - Daoist 5 Yin & Yang Organ Training**

- **Qi Deviations - Organ Dysfunction Manifestations of Qi & Li (Energy & Patter):** Lungs-metal shakes-body jerks; Kidneys-water pours-body bends & sinks; Liver-wooden reed sways sideways; Heart-fire rises-body bounces up & down; Spleen-earth spins like a top. Reading Assignment: V2, Ch. 19 (pages 506-507).

## **5 ELEMENT CATEGORIES OF MANIFESTATION**

Physical - Earth Element - Shape & Form  
Energetic - Water Element - Energetic Fusion  
Emotional - Fire Element - Heat & Light  
Mental - Wind/Wood Element - Qi Movement  
Spiritual - Wuji/Metal Element - Infinite Space

### **4:00 p.m. Gwan Gong Stroking Beard -Kid. Ex.**

Used to Regulate the body's Sea of Yin and Sea of Yang Qi; Reverse Breathing and the Counterindications of using this breathing pattern.

Reading Assignment: V2, Ch.17 (pages 430-431); also Daoist Internal Alchemy: Neigong & Weigong Training (pages 485-501).

## **SATURDAY, AUGUST 17TH.**

### **8:00 a.m. Review and Examination**

Exam #9: Demonstrate the Daoist Five Yang Organ exercises, explain their energetic applications; and when is this exercise modified in order to treat specific clinical conditions.

Exam #10: Demonstrate the Daoist Five Yin Organ exercises, explain their energetic applications; and when this exercise is modified in order to treat specific clinical conditions.

Exam #11: Demonstrate the Daoist Turtle Breathing exercise; explain its energetic application; and when is this exercise encouraged or contraindicated.

Exam #12: Demonstrate the Gwan Gong Stroking Beard exercise; explain its important energetic applications - and mention when this breathing pattern is either encouraged or contraindicated.

Exam #13: Demonstrate "Wheelchair Qigong"

### **9:00 a.m. Old Man and Tide Pool Exercise**

This is a combined healing sound exercise, used to Purge toxic Qi from the body, and break up stagnation from deep inside the body's tissue.

Reading Assignment: V4, Ch. 45 (pages 76-77).

Story of Grace - Massage Therapist - 4 weeks - from disassociation to transformation.

### **10:00 a.m. Six Healing Sounds Exercise (A)**

Healing sound exercises to Purge individual organs and tissues of Qi & Blood Stagnation.

Introduction to Purging and detoxifying the Liver, Heart, and Spleen organs.

Reading Assignment: V4, Ch. 45 (pages 43-62).

## **12:00 (NOON) - BREAK FOR LUNCH**

### **2:00 p.m. Six Healing Sounds Exercise (B)**

Healing sound exercises to Purge individual organs and tissues of Qi & Blood Stagnation.

Introduction to Purging and detoxifying the Lungs, Kidneys, and Triple Burners.

Reading Assignment: V4, Ch. 45 (pages 63-73).

Bone Spur on thumb story -Yu sound- 4 weeks  
FBI-TB sound lady with Hot Flashes / Rx-cancer

### **4:00 p.m. The Clinical Applications of Sound**

Reading Assignment: V4, Ch. 45 (pages 74-75).

Reading Assignment: V4, Ch. 45 (pages 79-82).

- **Purge** with longer exhalation of Sound
- **Tonify** with longer inhalation of Color
- **Regulate** with equal exhalation of sound and inhalation of color

- **Multiple Organ Sounds:** Using Yin & Yang sounds for purging the 3 bodies. Example: treating breasts cysts using the Old Man & Tide Pool, Guo & Shang sounds & Journaling.

- **The Triple Burners:** The secret sounds used for purging the Triple Burners: Upper Burner sound-Weng; Middle Burner sound-Arr; Lower Burner sound-Hong. All are commonly used to treat digestive disorders.
- **The Three Dantians:** The secret sounds used for stimulating and energetically activating the 9 chambers of each of the body's three Dantians: Upper Dantian - Ahooun; Middle Dantian Haarr; and Lower Dantian Hiem.  
Reading Assignment: V4, Ch. 45 (pages 83-84).

### 5:00 p.m. The Golden Ball Regulation Exercise

Qigong exercise for Regulating the three body's "Eight Actions of Qi" (i.e., Rise-Fall, Expand-Contract, Flow-In & Flow-Out, Gather and Disperse).

Reading Assignment: V5, Ch. 71 (pages 397-399).

## **SUNDAY, AUGUST 18TH.**

8:00 a.m. Point Tapping (V4, Ch. 46 (p. 153-162).

### 9:00 a.m. Review and Examination

Exam #14: Demonstrate "The Old Man Searching for the Reflection of the Moon at the Bottom of the Tide Pool" exercise; explain its important energetic applications; and describe when this healing sound exercise is encouraged and/or contraindicated.

Exam #15: Demonstrate the Six Healing Sound exercises; explain their energetic applications, and describe when these sound exercise are encouraged and/or contraindicated.

Exam #16: Demonstrate the Golden Ball Regulation exercises; explain their important energetic applications, and when the exercise is contraindicated.

### 10:00 a.m. The Sleeping Dragon Exercise

This is a long, five-stage Qigong & Shengong exercise, that was traditionally used in ancient times in order to energize and empower a doctor of Chinese Energetic Medicine. It trains the practitioner's three bodies for emitting qi, and prepare's them for clinical work. Reading Assignment: see Daoist Internal Alchemy: Neigong & Weigong Training (pages 225-234).

### Stage #1- Relaxing the Body, Breath, & Mind

- **Preparation:** Standing Wuji posture- tongue on Fire position- 3 smiles (Front- Back & Center)- relax - use Natural Breathing.

**A. Inhale through Nose** - Divine light from Celestial Pole Star fills body with radiant Qi - like filling an empty glass with crystal clear water.

With each breath - feel all of the body's tissues expand outward and radiant Celestial Qi - from your feet up.

**B. Exhale through Mouth** - relax and surrender all tension and stress from the head down to feet - cleansing & releasing all Toxic Qi into the Earth. Repeat for several minutes.

### Stage #2- Energetic Purification

- **Preparation:** Tuck chin-push ceiling - expand 3 Bodies in 6 Directions - Visualize under the Earth is an endless ocean of energetic power.

**A. Inhale through Nose** - Open energetic portals in center of feet- allow Earth Qi to rush up legs and fill Lower Dantian.

**B.** Now Open energetic portals in center of hands- allow Earth Qi to rush through arms and join the Earth Qi as it ascends and fills the chest. All 3 rivers meet at the base of Throat.

Seal the hands -and pause for a moment

**C. Exhale through Mouth** - and lead the Earth Qi down the body, through legs into the Earth. Feel this Qi wash and cleans your bones, muscles, tendons, and internal organs - removing all tension. Repeat for several minutes.

### Stage #3- Energetic Expansion

**A. Inhale** through the bottoms of feet- feel the Earth Qi rush into the feet.

**B.** Seal the bottoms of the feet - Exhale and feel the feet expand. Repeat for several breaths.

**C. Inhale** through the bottoms of feet- feel the Earth Qi rush into the knees.

**D.** Seal the bottoms of the feet - Exhale & feel the lower legs expand. Repeat for several breaths.

**E. Inhale** through the bottoms of feet- feel the Earth Qi rush into the hips.

**F.** Seal the bottoms of the feet - Exhale and feel the hips and lower legs expand. Repeat for several breaths.

- G. Inhale** through the bottoms of feet- feel the Earth Qi rush into the waist.
- H.** Seal the bottoms of the feet - Exhale and feel the waist, hips, and lower legs expand. Repeat for several breaths.
- I. Inhale** through the bottoms of feet- feel the Earth Qi rush into the solar plexus.
- J.** Seal the bottoms of the feet - Exhale and feel the solar plexus, waist, hips, and lower legs expand. Repeat for several breaths.
- K. Inhale** through the bottoms of feet- feel the Earth Qi rush into the top of the chest & back.
- L.** Seal the bottoms of the feet - Exhale and feel the chest & back, solar plexus, waist, hips, and lower legs expand. Repeat for several breaths.
- K. Inhale** through the centers of the hands- feel the Earth Qi rush into the hands.
- L.** Seal the bottoms of the hands - Exhale and feel the palms expand. Repeat for several breaths.
- M. Inhale** through the centers of the hands- feel the Earth Qi rush into the forearms.
- N.** Seal the bottoms of the hands - Exhale and feel the palms and forearms expand. Repeat for several breaths.
- O. Inhale** through the centers of the hands- feel the Earth Qi rush into the arms.
- P.** Seal the bottoms of the hands - Exhale and feel the palms, forearms and arms expand. Repeat for several breaths.

#### **Stage #4- Energetic Compression**

- A. Inhale** and Open all 4 energetic portals in centers of the hands & feet- allow Earth Qi to rush up the arms & legs and fill the body.
- B.** Now Seal all energetic portals and compress the Earth Qi into the lower half of your body - Energetically Pack and create a water drop shape of Earth Qi around your Lower Dantian. Imagine and feel that your upper body is light and empty - yet at the same time your lower body is solid and full.
- C. Inhale** and visualize energetic tubes that run from deep under the earth - up through the centers of your feet - up your legs, join at the perineum - and creates a much larger tube that runs up the center of your spine to the top of your head.

- D. Exhale** and visualize this same energetic tube going over your head - down your face and chest - curve inward at your navel - and end in the center of your Lower Dantian.
- E. Inhale** and visualize opening 2 powerful valves located under your feet - which release a powerful flow of Earth Qi - that rushes up your legs into your perineum - and surges up your spine, over your head - down your face and chest - and rushes into your Lower Dantian - filling it. Repeat for several breaths.
- F. Water Drop** - eventually the Lower Dantian Qi overflows and expands to form a massive water drop - that sinks and extends under the Earth. This Water Drop creates a large energy bubble that surrounds you body in 6 directions.

#### **Stage #5- Energetic Extension**

- A. Inhale** Earth Qi into each arm joint: fingers - wrists- elbows- and shoulders.
- B. Exhale** and visualize the each joint (fingers, wrists, elbows, and shoulders) shining white light brighter than the previous joint.
- C. Inhale** - from shoulder joints and visualize Qi flowing towards the Big Hammer (GV-14) - joining & fusing together the Qi of the arms at the upper back.
- D. Exhale** and seal the tips of the fingers - and feel the energy of the arms being balanced.
- E. Inhale** and move the Qi from your left arm into the Back Bridge Bar.
- F. Exhale** and from the Back Bridge Bar - pour all of the left arm Qi into the right arm - and feel it double in size and energetic power. Go back & forth between each arm several times - Repeat for several breaths.
- G. Inhale** and move the Qi from one arm into the Back Bridge Bar.
- H. Exhale** and from the Back Bridge Bar - pour part of the Qi into the other arm - and feel it become balanced in size and energetic power.
- I. Inhale** - open the tips of the fingers and lead the Qi from the environment - up the arms- across the Back Bridge Bar - up the center of the neck - and to the top of the head.

**J. Exhale** - and visualize an Energy Ball the size of a small melon - forming at the top of your head - Maintain this image for several breaths.

**On the count of 3 -  
Imagine and feel the Energy Ball bursting,  
and Qi flowing down the sides of your head.**

**As the Qi flows into your neck -  
it creates a radiant blue collar of light.**

**K. Inhale** - and visualize the blue collar of light radiating energy like a pulsating spotlight - and start spinning in a clockwise direction.

**L. Exhale** - and visualize the blue collar of light descending your body in a clockwise rotation - flowing down the Solar Plexus, Navel, Pelvic Bowl, Knees, Ankles, and Bottoms of the Feet.

**M. Inhale** - Now - visualize the Earth Qi rushing up the center of the legs - up the spine - over the head - down the face & chest - through the navel into the Lower Dantian.

**N. Exhale** - From the Lower Dantian - the Qi flows up the center of the chest - divides into 2 rivers - that descend down the arms and out the centers of each palm like a fire hose.

- **Blast Qi Forward:** Shift on the balls of your feet - open your palms- and blast the Earth Qi towards the front of your body
- **Blast Qi Backward:** Shift on the heels of your feet - open your palms- and blast the Earth Qi towards the back of your body.- Repeat for several breaths.

### 9:00 a.m. Dragon Waking and Thrashing

The Dragon Waking & Thrashing exercise is used for consciously training Qi emission - and the Dragon Plays With Pearl exercise is used for consciously molding the life-force energy you have been previously projecting with your palms.

Reading Assignment: V3, Ch. 25 (pages 201-205); V3, Ch. 26 (page 277); and Daoist Internal Alchemy: Neigong & Weigong Training (234-236)

- **Preparation:** Step to the side of your body - wrap your left arm behind your back - and connect it to your right Kidney.

- **Dragon Waking Application:** Visualize Golden Earth Qi flowing up your legs and spine, over your head, down your face, chest and abdomen, into your Lower Dantian, up the center of your chest - and out your right arm - blasting everything within the surrounding environment with Golden Earth Qi - like a powerful fire hose. Repeat for several breaths - then switch arms.

- **Dragon & Pearl Application:** Bring both hands in front of your Lower Dantian - visualize both rivers of Earth Qi creating a powerful Energy Ball - embrace and roll the ball. Maintain this pattern for several breaths - then absorb the pearl into your Lower Dantian.

## **12:00 (NOON) - BREAK FOR LUNCH**

### 2:00 p.m. The Four Guardians Meditation

This Qigong meditation was traditionally used in ancient China by imperial doctors to strengthen their body's energetic fields & to protect them from invasion of pathogenic qi.

Reading Assignment: V2, Ch. 20 (pages 570-574.)

### 3:00 p.m. Review and Examination

Exam #17: Demonstrate the Four Guardians Meditation exercises, and explain its important energetic applications.

Exam #17: Explain how to recognize and categorize different types of Qigong exercises.

### 5:30 p.m. Graduation and Certification