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# Kimberly M. Ivy

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## Education

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**2002 - current Chen Family Taijiquan**, with Grandmaster Chen Xiao Wang & the Chen Family:

Disciple of Grandmaster Chen Xiao Wang: Teaching Endorsement, 6<sup>th</sup> Duan Rank by Chinese Wu Shu Association

**2002 – 2012 Luohan Gong Qigong System** with Grandmaster Gaspar Garcia: Teaching Certification

**1997 – 2005 Chen Style Taijiquan** with Madame Gao-Fu & Andy Dale: Teaching Endorsements

**1993 - 2000 Soaring Crane, Essence, Turtle Longevity Systems** with Master Chen, Hui Xian: Teaching Certification Level 1 & 2, Soaring Crane, Teaching Certification, Essence & Turtle Longevity

**1989 – 2009 Yang Style Taijiquan** with Masters David Ross, Don Leathers, Jane Hallendar, Sam Masich: Teaching Endorsements

**1988 - 2003 Multnomah & Seattle Aikikai's**, Aikido with Sensei's Aki Fleschler & Bruce Bookman: Shodan (First Degree Black Belt)

**1988 – 1991 Tai Hsuan Monastery Qigong System** with Master Don Leathers: Teaching Certification

**1988 - 1991 Holiday's Health & Fitness**; Hatha Yoga with Holiday Johnson: Teaching Certification

**1988 Oxford University**, England, Continuing Education: The History of Medicine

**1978 - 1988 Rendokan Dojo**; Kodokan Judo with Sensei Ken Carson: Shodan (First Degree Black Belt)

**1975-1979 Lake Forest College**, Lake Forest, IL; **University of Arizona**, Tucson B.A. with honors in Speech Communications: double minors in Business, Psychology

## Teaching Experience

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- Founder & Chief Instructor, Embrace The Moon Taijiquan & Qigong 1995 - current
- Seattle Institute of Oriental Medicine, Qigong Instructor 2012 - current
- King County Department of Health & Human Services, Qigong, Taijiquan 2008 - 2011
- Gencare Retirement Communities, Taijiquan 2007 - 2009
- Seattle Parks & Recreation, Taijiquan 1995 - 2003
- Norse Retirement Home, Taijiquan 1995 - 2009
- Northwest Institute of Acupuncture & Oriental Medicine, Taijiquan 1995 - 1997
- Woman's University Club, Taijiquan 1995 - 2000
- Center for Comprehensive Care, Qigong 1995 - 1997
- Swedish Medical Center Pain Clinic, Taijiquan, Qigong 1994 - 1995
- Seattle Athletic Club, Taijiquan 1993 - 1995
- Nike Corporation, Taijiquan 1990 - 1991

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## Research Experience

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- Consultant and Tai Chi Instructor: “Tai Chi for Chronic Low Back Pain in Older Adults” Group Health/Kaiser Permanente 2016 - current
- Consultant and Tai Chi Instructor: mTai Chi Study for measuring mHealth App for enhancing adherence to Tai Chi home exercises designed for older adults with chronic back pain who are at risk for falls, Group Health 2015
- Consultant and Tai Chi Instructor: Tai Chi, Qigong & Yoga for over 70; Gencare Retirement Community in conjunction with Bastyr University 2007 – 2009
- Consultant and Tai Chi Instructor: Efficacy of Multigenerational Exercise Programs Pre-Trial University of Washington Nursing Program 2007 - 2008
- Consultant and Tai Chi Instructor: Tai Chi, Massage & Mindful Meditation for Low Back Pain, Group Health & the National Institute of Health (NIH) <https://clinicaltrials.gov/show/NCT00070915> 2003 - 2004
- Consultant and Tai Chi Instructor: Tai Chi & Qigong for Fibromyalgia & Chronic Fatigue Syndrome, Center for Comprehensive Care 1995 - 1998

## Program Development & Creative Consultant

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- Ongoing Classes, Workshops, Instructor Training & Mentorship - Taijiquan, Qigong, Embrace The Moon School for Taijiquan & Qigong 1995 - current
- Seminars & Event Planning & Coordination, United States, China 1995 - current
- Sole Motion, Senior Fitness program for Gencare, Inc. 2008 - 2011
- Ling International Healing Qigong School 2000 - 2002

## Affiliations & Memberships

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- International Chenjiagou Taijiquan School – WA State (Seattle) Branch 2013 - present
  - National Qigong Association, Board of Directors 2010 - present
  - Association of Women Martial Arts Instructors 2011 - present
  - International Wu Shu Federation 2007 - present
  - Chen Xiao Wang World Taijiquan Association 2002 - present
  - National Qigong Association 2002 - present
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## Publication Highlights

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- Ivy, K., "What Makes Practice, Practice?" *Pacific Association of Woman Martial Artists Newsletter* May Issue, 2009
- Ivy, K., "Just One Movement," A Tribute to Madame Gao Fu, *Tai Chi Magazine* April Issue, 2005
- Schmidt S. & Ivy, K., "Alternative & Complementary Medicine" in *Back Pain, A Guide for the Primary Care Physician*, Andrew J. Haig, MD & Miles Colwell, MD Published 2003
- Ivy, K., "Tai Chi & Qigong for Chronic Pain" in *Group Wellness Programs for Chronic Pain & Disease Management* by Carolyn McManus PT MA MS Published, 2003
- Ivy, K., "Goddess Flying To The Moon" in *The Empty Vessel Magazine* Fall Issue, 2002
- Ivy, K., "Chinese Medicine, Tai Chi and Qigong" in *Alternative Treatments for Fibromyalgia & Chronic Fatigue Syndrome* by Mari Skelly & Andrea Helm 1999

## Guest Presenter & Teacher Highlights

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- Fred Hutch Cancer Research Center 2017
- WA State Parkinson's Association 2015
- National Association of Women Martial Artists 2015
- Association of Women Martial Arts Instructors 2012
- Bastyr University, Group Health, Providence, Swedish Medical Centers 1995 – 2012
- The Guiding Lights Conference on Mentorship 2008, 2009
- The Seeds of Compassion Conference 2008
- Pacific Association of Women Martial Artists Fall Camp 2006
- National Qigong Association Conference 2002, 2014

## Media Highlights

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- "Qi Talks," National Qigong Association March 2015
- "Better Body, Better Brain, Better You," Seattle Metropolitan Magazine January 2010
- "Pluck The Stars and Change the Dipper" by Eileen Nicol, Seattle Woman Magazine March 2009
- "Exercisers Slow It Down With Qigong" By Nora Isaacs, The New York Times April 5, 2007
- "Breathe a Little Easier with Tai Chi & Qigong" By Brad Wong, The Seattle Post - Intelligencer April 27, 2007
- "55 Ways to Stay Young" With Jean Enerson, King 5, January 1, 2005

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## **Awards**

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- Woman's Martial Arts Hall of Fame March 2012
- "Best of Western Washington" 5<sup>th</sup> Place in Martial Arts December 2009
- "Best Of City," Seattle Metropolitan Magazine July 2007
- Numerous Competition Awards 1979 - 1995

## **[Embracethemoon.com](http://Embracethemoon.com)**

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- For more details, references available on request