

Reset Password on the New TJQMBB Site: Step-by-Step Instructions

Step 1: When you see the following page, click the first bar where it says: “Click here to log in”

Already have an account with us?

Click here to log in

To register for access to Tai Ji Quan: Moving for Better Balance content, select the option that best matches you:

I am an Instructor

I am a Healthcare Professional

I am a Trainer

Step 2: This brings you to the following screen:



The screenshot shows the Tai Ji Quan website's login page. At the top is the logo with the text "tai ji quan" and "Moving for Better Balance". Below the logo, there is a red text prompt: "First time logging in to the new site? Please click here to reset your password." Below this is a white box with the text "You are now logged out." At the bottom, there is a login form with two input fields: "Username or Email" and "Password".

Step 3: Now, click the blue instruction which says: “click here to reset your password.”

Step 4: The above action brings you the following screen where you enter your username or e-mail (used to register the account) to reset your password. Click “Get the Password” after you entered the username or e-mail.

tai
ji
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*Moving for
Better Balance*

Please enter your username or email address.
You will receive a link to create a new password
via email.

Username or Email

Get New Password

[Log in](#) | [Register](#)

[← Back to Tai Ji Quan: Moving for Better Balance](#)

Step 5: Check your e-mail – if you do not see the email within 5 minutes, be sure to check your Spam/Junk folders as well. You will find the following example message:

From: TJQMBB <noreply@tjqmbb.org>
Date: October 24, 2016 at 10:24:27 PM PDT
To: <fuzhongl@gmail.com>
Subject: [Tai Ji Quan: Moving for Better Balance] Password Reset

Someone has requested a password reset for the following account:

<https://tjqmbb.org/>

Username: research

If this was a mistake, just ignore this email and nothing will happen.

To reset your password, visit the following address:

<<https://tjqmbb.org/wp-login.php?action=rp&key=WIKMebnhjAJ1ydXYjPHx&login=research>>

Step 6: Click the last link shown which will bring you to a screen where you would set up your new password. The site will suggest a very complicated password, but you can pick whatever you'd like. We suggest you try to pick something with a few letters and numbers to make it secure.

Step 7: Once you've reset your password, you will be taken back to the login screen. Use your username or email and your NEW password to log in to the site.