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Certification Information

For the Original Tai Chi Fundamentals® (TCF) Program and The Tai Chi Fundamentals® Adapted Program

General Description

The purpose of TCF Program and TCF Adapted Program certification is to assure that instructors demonstrate skills and knowledge necessary to teach all program elements accurately and effectively. During the certification process, you demonstrate movement and verbal communication skills and create your personal written handouts for teaching the program to your students and patients To keep certification current, attend workshops or classes with qualified instructors a minimum of 12 contact hours every two years.

Benefits of Certification

1. Enhance your professional resume with a nationally recognized certification.
2. Create opportunities for teaching tai chi in a wide range of settings.
3. Educate your peers: conduct in-services to other professionals.
4. Get referrals from being listed as a certified instructor the Tai Chi Health website.
5. Become part of TCF certified instructors network.
6. Take the first step in becoming Advanced Certified Course as an instructor and/or Certification Testing Reviewer.

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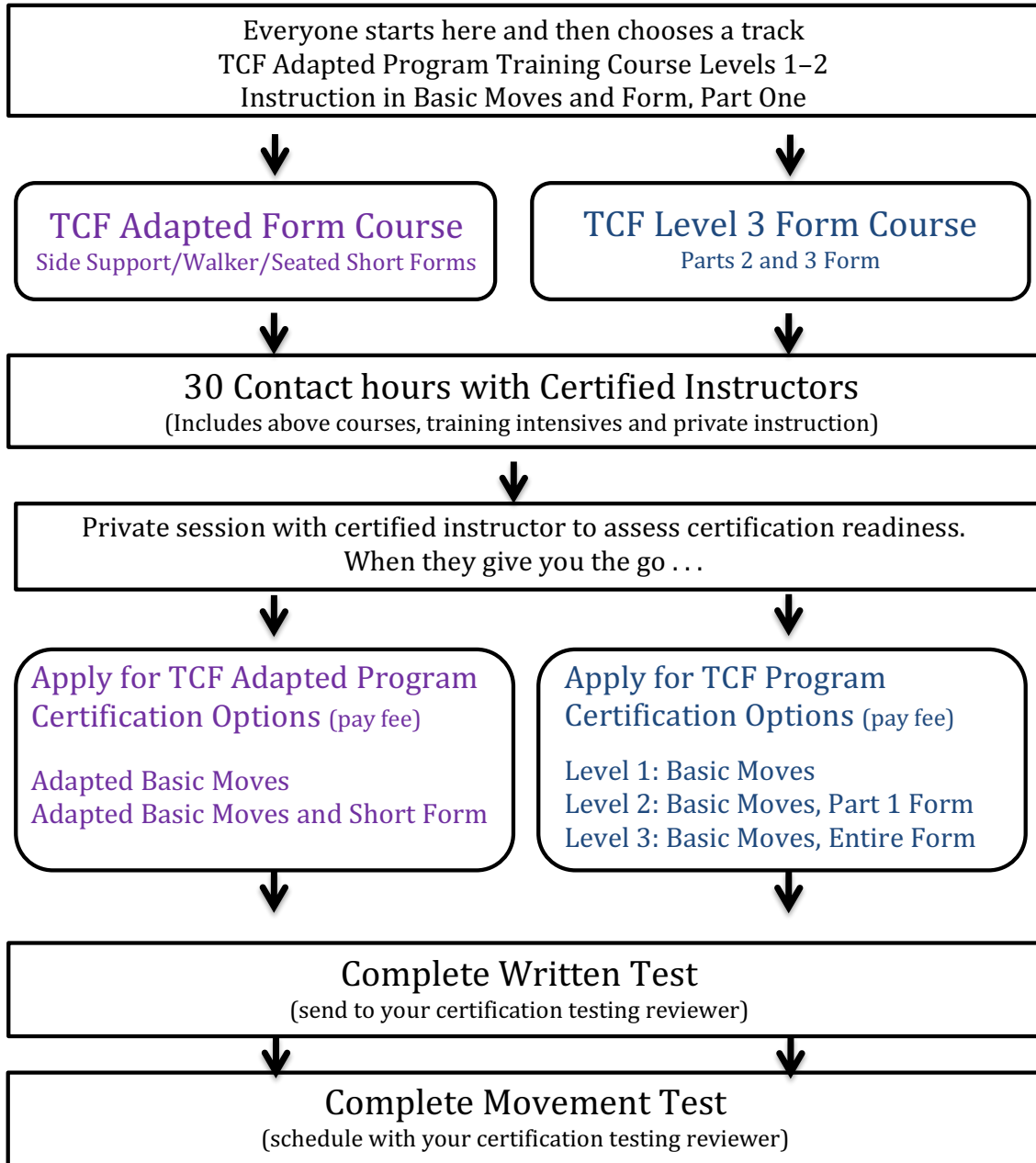
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Tai Chi Fundamentals® (TCF) Certification

At a Glance

TCF Adapted Track

TCF (original) Track





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Original Tai Chi Fundamentals® (TCF) Program Certification Information

Detailed info at www.taichihealth.com Tai Chi Fundamentals > Certification

Overview

The purpose of TCF Program certification is to assure that instructors demonstrate skills and knowledge necessary to teach all program elements effectively. During the certification process, you demonstrate movement and communication skills, and create written handouts for teaching the program to students, patients and peers.

There are three levels of certification based on movement testing and one written exam. Once you have been certified at Level One, you can progress Level Two or Three simply by demonstrating your skills in performing the more complex movements required for that level. There are no additional written exams. To keep certification current, attend workshops or classes with qualified instructors a minimum of once every two years.

Benefits of Certification

1. Nationally recognized certification which enhances professional resume.
2. Provides opportunities for employment and teaching in a wide range of settings.
3. Qualifies you to conduct in-services, workshops and outreach to other professionals.
4. Listed on Tai Chi Health Website for referrals.
5. Becomes part of certified instructors network.
6. First step in becoming an Advanced Certified Course instructor and/or Certification Testing Reviewer.

Outline of Certification Requirements

Prerequisite for Application

1. Participation in TCF Training Courses Levels 1-2 and 3 (24 hours) and Intensives (6 hours): 30 contact hours minimum. Home practice is required, and additional study with TCF certified instructors usually necessary. Please note: these requirements may be met, in part, by study with approved teachers.
2. Experience with TCF in individual or group settings. This may include the following:
 - a. Applying, or observing application of TCF Basic Moves in individual therapy.
 - b. Learning, teaching, substituting, and/or assisting in group classes.
3. Working knowledge of DVD and text: *Tai Chi Fundamentals® for Health Professionals and Instructors*, familiarity with *Tai Chi Fundamentals®: For Mastering Basics* video/DVD, *Tai Chi Mind and Body* text, and familiarity with reviews about the program and its applications.
4. Accurate performance of movements and ability to teach all program elements at your certification level.
5. Recommendation by Certified TCF Instructor that applicant is ready to successfully movement test. This requires a private lesson or long distance DVD evaluation billed at instructor's hourly rate.

Application Process:

Submit the following:

1. Certification Application
2. Application fee of \$250 payable to: Kelly Rehder
3. Send photo, resume and application along with fee to Kelly Rehder, PO Box 378, Red Wing, MN 55066

Evaluation Process: (Described below)

There are two parts in the certification process:

1. Written exam: open book test demonstrating knowledge of program; also for the purpose of creating participant/patient handouts. **Must be submitted before you do Movement Testing.**
2. Movement Test: individual demonstration of proficiency in performing and teaching movements. Can be done remotely. Note: *Private interactive session with a reviewer takes 1.5 - 2.00 hours.*

Certification Process

There are two parts in the certification process:

1. Written exam: open book test demonstrating knowledge of program; also for the purpose of creating participant handouts. *Must be submitted before Movement Test.*
2. Movement Test: individual demonstration of proficiency in performing and teaching movements. Can be done remotely. Note: *Private interactive session with a reviewer takes 1.5 - 2.00 hours.*

Written Exam

This must be submitted before your movement test. It is an open book one-time exam that meets requirements for Levels One Two and Three Certification. It is designed to serve as handouts for your patients and class participants as well as for in-service and conference demonstrating the following

1. Understanding of the basic history of tai chi, as outlined in *the Tai Chi Fundamentals® for Health Professionals and Instructors* video and text and *Tai Chi Mind and Body* book.
2. Familiarity with research on health effects of tai chi as published in peer-reviewed journals.
3. Working knowledge of the TCF Program including: Rationale, background, guidelines, and mind/body principles.
4. Familiarity with reviews of the TCF Program in health care journals. Provided upon certification application
5. Experience using or observing TCF Basic Moves therapeutically and/or group classes.

Movement Testing: Outline of Certification Levels

1. Level One Certification: Basic Moves Proficiency

Qualifies instructors to teach TCF Movement Patterns/Basic Moves in individual and group settings and to give in-service and short introductory workshops. Licensed health professionals are qualified to apply tai chi movement therapeutically.

Demonstrate proficiency in performing all of the Basic Moves), verbal skills in communicating knowledge of rationale, movement guidelines, functional benefits, and proficiency in helping clients properly perform each Basic Move.

- a. Perform each Basic Move accurately in sequence.
- b. Name each Basic Move.
- c. Describe guidelines for properly performing each Basic Move.
- d. List one or two functional benefits for each Basic Move.
- e. Describe rationale for the sequence of movements.
- f. Demonstrate ability to effectively adjust clients into proper alignment

2. Level Two Certification: Proficiency in Basic Moves and the First Section of the TCF Form

Qualifies instructors to teach TCF Movement Patterns/Basic Moves and the first section of the TCF Form in individual and group settings and to give in-service and short introductory workshops. Licensed health care practitioners are also qualified to apply TCF movement therapeutically.

- a. Demonstrate proficiency in all of the Basic Moves. Described in Level One (*see above*)
- b. Demonstrate proficiency in performing and naming moves in Section One of the Tai Chi Fundamental Form

3. Level Three Certification: Proficiency in Basic Moves and All Three Sections of the TCF Form

Qualifies instructors to teach the entire Tai Chi Fundamentals® Program to the general public in individual and group settings, to assist at professional training workshops, and to give in-service and introductory workshops. Licensed health care practitioners are also qualified to apply tai chi movement therapeutically.

- Demonstrate proficiency in the Basic Moves Described in Level One (*see above*)
- Demonstrate proficiency in performing and naming moves in Section One, Two and Three of the Tai Chi Fundamental Form

Original *Tai Chi Fundamentals Program* Certification Application

Name _____ degrees _____ birth date _____

Home address _____

Phone: Home _____ Work _____ Cell _____

email _____ I am applying for Level _____ Certification

Professional/Technical Education and Degrees Received:

Experience/Training in Tai Chi and other Movement (list teachers, years):

Tai Chi Fundamentals® Contact Hours: *list dates & locations of workshops, intensives & classes:*

Name of TCF Certified Instructor who has given you the GO for certification testing.

| Name | Date |
|------|------|
|------|------|

Experience in teaching classes and/or applying Tai Chi Fundamentals therapeutically:

Signature _____ date _____

Remember to include resume, photo and \$250 application fee.

Questions? Contact Kelly Rehder <mkrehder@msn.com>

Checks payable to: Kelly Rehder. Send to: Kelly Rehder: PO Box 378, Red Wing, MN 55066

Tai Chi Fundamentals® Program Advanced Levels of Certification Outline

Detailed info at www.taichihealth.com Tai Chi Fundamentals > Certification

Prerequisite: TCF Program Level 3 Certification and Recommendation by Tricia Yu or Patricia Culotti

TCF Certification Testing Reviewer

1. Certification Testing Reviewer Level 1: Basic Moves:
 - a. Teach/apply TCF Basic Moves for a minimum of 3 years.
 - b. Complete Reviewer Training.
 - c. Training in the original TCF Program Form.
2. Certification Testing Reviewer, Levels 2: Basic Moves and Part 1 of Form
 - a. Teach/apply TCF Basic Moves and Part 1 of Form for a minimum of 3 years.
 - b. Complete Reviewer Training.
 - c. Training in Yang Style Tai Chi
3. Certification Testing Reviewer, Levels 3: Basic Moves and Parts 2-3 of the Form
 - a. Teach/apply TCF Basic Moves and Parts 2,3 of the Form for a minimum of 3 years.
 - b. Complete Reviewer Training.
 - c. Training in Yang Style Tai Chi

TCF Professional Course Instructor

1. TCF Levels 1-2 Adapted Program Training Course Instructor
 - a. Experience assisting/teaching TCF Adapted Program Training Courses.
 - b. Teach TCF a minimum of 3 years.
 - c. Complete Reviewer Training.
 - d. Currently a qualified Certification Testing Reviewer: Adapted Program Basic Moves and Short Form
2. TCF Level 3 Program Training Course Instructor
 - a. Experience assisting/teaching TCF Professional Training Courses.
 - b. Teach TCF a minimum of 3 years.
 - c. Complete Reviewer Training.
 - d. Training in Yang Style Tai Chi.
 - e. Currently a qualified Certification Testing Reviewer: Basic Moves and entire Form.



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Tai Chi Fundamentals® (TCF) Adapted Program Overview Training Courses, Certificates of Completion, and Certification Information

Detailed info at www.taichihealth.com Tai Chi Fundamentals > Certification

The Tai Chi Fundamentals® (TCF) Adapted Program is designed for individuals and organizations wanting a basic level tai chi program in their exercise programs. Easier to learn than the original TCF Program, the TCF Adapted Program makes tai chi accessible for a wide range of abilities and conditions and features Optional Side Support, Walker Support and Seated versions.

Training Courses

1. ***TCF Levels One - Two Adapted Program Training Course*** teaches Basic Moves: Optional Side Support, Walker Support and Seated versions, and introduces the TCF Short Form, Part One for all three versions. *No prerequisites required. This course fulfills all prerequisites for attending both TCF Adapted Program Short Form Training Course described below and TCF Training Course Level Three.*
2. ***TCF Adapted Program Short Form Training Course***: reviews Basic Moves and TCF Short Form, Part One for all three versions and teaches TCF Short Form, Parts Two and Three, all three versions. *Prerequisite: TCF Levels One and Two Adapted Training Course.*

Certificates of Completion

At the conclusion of both TCF Adapted Program Training Courses described above, Certificates of Completion are awarded to participants for attendance. These certificates qualify participants to begin teaching all program elements covered in the courses. We encourage everyone to continue to practice with the DVDs, attend intensives and to pursue certification described on the next page.

1. **TCF Levels 1-2 Adapted Training Course Basic Moves Certificate of Completion Requirements:**
 - a. Attend both days of this 12-hour course (hours apply toward TCF Certification).
 - b. Demonstrate ability to perform and teach at least one version of the Adapted Program Basic Moves. Proficiency monitored during supervised Partner Teaching Practicums.
 - c. Certificate of Completion awarded at the conclusion of the course.
2. **TCF Adapted Program Short Form Training Course Certificate of Completion Requirements:**
 - a. Attend both days of this 12-hour course (hours apply toward TCF Certification).
 - b. Demonstrate ability to perform and teach at least one version of the Adapted Program Short Form. Proficiency monitored during supervised Partner Teaching Practicums.
 - c. Certificate of Completion awarded at the conclusion of the course.

TCF Adapted Program Certification Information

Overview

Tai Chi Fundamentals® Program Certification process has been in place since 2000 and is an excellent option for achieving in-depth training. You may certify in a single Adapted Program version or certify in all three: Optional Side Support, Walker Support or Seated versions.

The purpose of TCF Program certification is to assure that instructors demonstrate the skills and knowledge necessary to teach all program elements effectively. Tai Chi Health recommends Certified instructors as individuals who accurately represent the program. During the certification process, you demonstrate movement and teaching skills, and create your written handouts for teaching the program. To keep certification current, attend workshops or classes a minimum of once every two years.

If your facility has a number of instructors who have TCF Adapted Program Certificates of Completion, we strongly recommend that at least two or three of them make the commitment to become certified. This will provide all instructors with leadership and opportunities for professional growth through having certified instructors onsite. They will bring expertise and benefits of certification to your organization.

Benefits of Certification

1. Tai Chi Health acknowledges TCF Certified Instructors as those who accurately model and teach all TCF Program elements.
2. Listed on Tai Chi Health website for referrals.
3. Nationally recognized certification, which enhances professional resume.
4. Included in TCF certified instructors network.
5. First step in becoming an Advanced Certified Course instructor or Certification Testing Reviewer.

Overview of Certification Requirements:

Minimum of 30 contact hours (Required: attendance at *TCF Levels One - Two Adapted Program Training Course*, and *TCF Adapted Program Short Form Training Course* (24 hours for two courses). Additional 6 hours may include attendance at *TCF Intensives*, *TCF classes* and/or *private sessions with TCF Certified Instructors*. (Private one-hour sessions count as 3 contact hours.)

Outline of Certification Requirements

Prerequisite for Application

3. Minimum of 30 contact hours (Required: attendance at *TCF Levels One - Two Adapted Program Training Course*, and *TCF Adapted Program Short Form Training Course* (24 hours for two courses). Additional 6 hours may include attendance at *TCF Intensives*, *TCF classes* and/or *private sessions with TCF Certified Instructors*. (Private sessions count as 3 contact hours.)
4. Experience teaching TCF in individual or group settings. This may include the following:
 - a. Learning, teaching, substituting, and/or assisting in group classes.
 - b. Applying or observing TCF Basic Moves applied in individual therapy.
3. Working knowledge of: *Tai Chi Fundamentals® Adapted Program book and DVD* and *Tai Chi Fundamentals® for Health Professional and Instructors DVD*.
6. Ability to perform moves accurately, effectively communicate their guidelines, benefits and rationale, and effectively adjust students into proper alignment.
7. Recommendation by Certified TCF Instructor that applicant is ready to successfully movement test. This requires a private lesson or long distance DVD evaluation billed at instructor's hourly rate.

Application Process:

Submit the following: 1) Certification Application and 2) Application fee of \$250 payable to: Kelly Rehder

TCF Adapted Program Certification Information (continued)

Evaluation Process

There are two parts in the certification process:

1. Written exam: open book test demonstrating knowledge of program; also for the purpose of creating participant handouts. *Must be submitted before Movement Test.*
2. Movement Test: individual demonstration of proficiency in performing and teaching movements. Can be done remotely. Note: *Private interactive session with a reviewer takes 1.5 - 2.00 hours.*

Written Exam

This must be submitted before you take your movement test. It is an open book one-time exam that meets requirements for both *Basic Moves and Short Form Certification*, all three versions. It is designed to serve as handouts for your patients and class participants as well as for in-services. It includes the following:

1. Understanding of tai chi, history of as outlined in *the TCF Adapted Program* book. (The book).
2. Familiarity with research on health effects of tai chi as outlined in the book.
3. Knowledge of TCF Program background, guidelines and principles as outlined in The book
4. Familiarity with reviews of the TCF Program. Provided upon certification application
5. Experience teaching TCF Adapted Program in group classes or individual therapy.

Movement Test: *You may certify in one or both versions. This can be done remotely*

1. TCF Adapted Program Basic Moves Certification: Proficiency in Basic Moves

Demonstrate: proficiency in performing one or all versions of the Basic Moves, verbal skills in communicating knowledge of movement guidelines, functional benefits, and proficiency in helping clients properly perform each Basic Move. (Same requirements as TCF Level One Certification):

- a. Perform each Basic Move accurately in sequence.
- b. Name each Basic Move
- c. Describe guidelines for properly performing each Basic Move.
- d. List one or two functional benefits for each Basic Move.
- e. Describe rationale for the sequence of movements.
- f. Demonstrate ability to effectively adjust clients into proper alignment

2. TCF Adapted Program Basic Moves and Short Form Certification: Proficiency in Basic Moves and the entire TCF Adapted Program Short Form

- a. Demonstrate proficiency in demonstrating and teaching all Basic Moves. Same as #1 above: *TCF Adapted Program Basic Moves Certification.*
- b. Demonstrate proficiency in performing and naming all moves of one version of the TCF Short Form. (Note: this includes movement demonstration only, no teaching required.)

Tai Chi Fundamentals® *Adapted Program* Certification Application

Name _____ degrees _____ birth date _____

Home address _____

Phone: Home _____ Cell _____ email _____

I am applying for the following level of certification: _____ Basic Moves _____ Basic Moves and Short Form

Professional/Technical Education and Degrees Received:

Experience/Training in Tai Chi and other Movement (list teachers, years,):

Tai Chi Fundamentals® Contact Hours: *list dates & locations of workshops, intensives & classes:*

Experience in teaching classes and/or applying Tai Chi Fundamentals therapeutically:

Name of TCF Certified Instructor who has given you the GO for certification testing.

| Name | Date |
|-----------------|------------|
| Signature _____ | date _____ |

Include: resume, photo and \$250 application fee.

Questions? Contact Kelly Rehder mkrehder@msn.com

Make checks payable to: Kelly Rehder. Send to Kelly Rehder: PO Box 378, Red Wing, MN 55066

How Certified Adapted Program Instructors Certify in Original TCF Program and TCF Adapted Program Advanced Levels of Certification

Detailed info at www.taichihealth.com Tai Chi Fundamentals > Certification

Certified in TCF Adapted Program and want to certify in the Original TCF Program as well?

1. As a certified *TCF Adapted Program Basic Moves and Short Form instructor*, you already have completed all requirements for *TCF Program Level Two Certification*. Congratulations! You have completed: Written Exam and Basic Moves (Level 1), and Part One Form demo (Level 2).
2. Next, attend a TCF Level Three Training Course where you will learn Parts 2 & 3 of the TCF Form (12 hours). Practice on your own and attend however many intensives and privates you need in order to perform them accurately.
3. When you feel ready, schedule a private session with a TCF Certified Instructor who will give you the GO when they see that you are ready to test.
4. Then, schedule a session with a Certification Testing Reviewer where you will simply demonstrate the entire TCF form. Like your initial movement test, your reviewer will give you feedback and grant you Level 3 certification when you are ready.
5. Fees: Pay your instructors their usual fees. There is a \$35.00 fee for your new Level 3 certificate payable to: Kelly Rehder: PO Box 378, Red Wing, MN 55066.

TCF Adapted Program Advanced Levels of Certification

Requires current TCF Adapted Program Certification & Recommendation by Tricia Yu or Patricia Culotti

Adapted Program Certification Testing Reviewer

4. Certification Testing Reviewer, Basic Moves:
 - a. Teach/apply TCF Basic Moves for a minimum of 3 years.
 - b. Complete Reviewer Training.
 - c. Training in the original TCF Program Form.
5. Certification Testing Reviewer, Basic Moves and Short Form
 - a. Teach/apply TCF Basic Moves for a minimum of 3 years.
 - b. Complete Reviewer Training.
 - c. Training in the original TCF Form
 - d. Training in Yang Style Tai Chi

TCF Adapted Program Professional Course Instructor

3. TCF Levels 1-2 Adapted Program Training Course Instructor
 - a. Experience assisting/teaching TCF Adapted Program Training Courses.
 - b. Teach TCF a minimum of 3 years.
 - c. Complete Reviewer Training.
 - d. Currently a qualified Certification Testing Reviewer: Adapted Program Basic Moves and Short Form
4. TCF Short Form Adapted Program Training Course Instructor
 - a. Experience assisting/teaching TCF Professional Training Courses.
 - b. Teach TCF a minimum of 3 years.
 - c. Complete Reviewer Training.
 - d. Training in the original TCF Form.
 - e. Training in Yang Style Tai Chi.
 - f. Current Certification Testing Reviewer: Adapted Program Basic Moves and Short Form.