

T'ai Chi Fundamentals®

Adapted Program Professional Training Course

Madison, Wisconsin

Applications for Optional Standing
Support, Walker Support and Seated

July 11- 12, 2015

Provides you with tools for applying Tai Chi
in your practice

Instructor: Tricia Yu, MA

Prerequisite: Levels 1-2 Professional training

Options: Two-day Course

*"A remarkable gift to the world of rehabilitation...
makes a very strong connection between the exercise
form and its applicability in the clinical environment...
brilliant and inspired work."*

—Jennifer Bottomley PT, PhD,
Past President, Geriatric Section, APTA

Participant Comments:

*"This program is so flexible that it can be used both
personally and professionally with relative ease."*

*"This versatile mind/body program helps me stay focused
and gives balance to both my body and my life."*

*"As a long term tai chi practitioner, TCF has helped me
more clearly monitor my own movements and better
teach my students."*

TCF Adapted Program Certificate of Completion and
Wisconsin Physical Therapy Association CEUs granted at
conclusion of course.

PROGRAM DESCRIPTION

The Tai Chi Fundamentals® Adapted Program

Is a simple, accessible program for learning tai chi.
suitable for individuals with a wide range of abilities,
all program elements can be modified to
accommodate individual needs and interests.

Program Elements: All movements are taught in a
motor development progression and have been
modified for practice with optional side support,
walker support and seated. All 3 versions include:

Basic Moves: a series of exercises that trains
postural alignment, body mechanics and energetic
components of tai chi. Designed as building blocks
for learning tai chi, they are taught in a simple-to-
complex progression with discrete, measurable
increments in difficulty and have applications as
assessment and intervention tools.

Tai Chi Fundamentals Short Form: a flowing
sequence of tai chi movements based in Yang Style
tai chi and adapted from the original Tai Chi
Fundamentals® Form.

Mind/Body Skills Training: integrated into both
Basic Moves and Short Form instruction, fosters
attention and focus, a calm observant state of mind,
awareness of posture and breathing and physical
relaxation. Characteristic of all traditional tai chi
practice, Mind/Body Skills training helps foster the
cultivation of healthy qi or vital energy.

Development: in 2015 by Tricia Yu, MA based on
need for a program that is easier to learn than the
original TCF program and that includes modifications
for standing with support and seated applications.

CERTIFICATE OF COMPLETION:

24 contact hours. Attendance at TCF Levels 1-2
Course and TCF Adapted Program Course. At the
end of the Adapted Program Course you will receive
a Certificate of Completion qualifying you to teach
the TCF Adapted Program.

CERTIFICATION

30 contact hours, Attendance at TCF Level 3
Course, application, fees, demonstration of
movement proficiency, written exam. At least 6
months practice and study before applying.
More information at www.taichihealth.com.

REGISTRATION: TCF Adapted Program Professional Training Course

I am registering for the following date and location:

July 11-12, 2015

Name _____ Title/Credentials _____

Street Address _____

City _____ State _____ zip _____

Phone _____

Email _____

I wish to register for: *Please Select One*

_____ \$350 Entire Course

Course Materials: DVD _____

_____ \$100 Adapted Program Set

_____ **GRAND TOTAL Enclosed**

Register by credit card: call 575-776-3470

Questions? Call: 575-776-3470

Email: tyu@taichihealth.com

Tai Chi Fundamentals® Adapted Program (TCF) Training Course

With Optional Side Support, Walker Support and Seated Versions

COURSE DESCRIPTION

Prerequisite: proficiency in elements taught in TCF Professional Training Seminar Levels One and Two

Participants review standing Basic Moves and Form part one and learn standing Short Form parts two and three. Then participants learn Basic Moves and TCF Short Form walker and seated versions. Course includes partner teaching practicums, TCF applications for specific populations and training in sensing qi.

The course includes program applications for wellness and rehab settings. A Certificate of Completion is awarded to participants who have fulfilled the 24 contact hours requirement and have demonstrated ability to teach program elements. This course also qualifies as partial contact hours fulfillment for TCF Instructor Certification. See: Certificate of Completion and Certification

COURSE OBJECTIVES

- 1) Learn Basic Moves and Short Form, Optional Side Support, Walker Support and Seated versions.
- 2) Teach Basic Moves and Short Form for all versions.
- 3) Describe TCF's rationale, biomechanics & functional benefits.
- 4) Lead Centering, Breathing and Posture Awareness exercises
- 5) Apply Sequence for introducing Mind/body Skills

APPLICATIONS

Balance dysfunction, orthopedic and neurological rehabilitation, pain management, sports cross training, cardiovascular and respiratory diseases, medically complex, chronic fatigue, fibromyalgia, and special populations. Use in hospitals, sub-acute, outpatient clinics, and home care. Teach groups of all ages, abilities and fitness levels in community wellness classes, health clubs, tai chi & martial arts schools, senior centers and long term care facilities.

AUDIENCE

Physical and Occupational Therapists, PTAs, COTAs, Nurses, Activity Directors, Recreational & Fitness Professionals, tai chi & other Martial Arts Instructors, Acupuncturists and Integrative Health Practitioners and anyone wanting to teach tai chi.

FEES

2-day Course: \$350

1-day Course: \$200

\$30 late fee, \$50 cancellation. No refunds after 20 days prior to course.

REQUIRED COURSE MATERIALS

TCF Adapted Program Set: \$100

Includes *TCF Adapted Program Book and DVD*

COURSE CONTENT

TCF ADAPTED PROGRAM APPLICATIONS

- o Breathing, posture, functional relaxation
- o Flexibility & strengthening: Upper and Lower extremity
- o Mobility: ambulation, weight shifting, transitional movements
- o Neuromuscular re-education: spinal stabilization, coordination
- o Balance, double and single leg
- o Breathing, relaxation, pain management

TEACHING PRACTICUMS

PROGRAM ADAPTATIONS FOR SPECIFIC POPULATIONS

CERTIFICATE OF COMPLETION AND CERTIFICATION INFORMATION

COURSE INSTRUCTORS:

Tricia Yu MA is former director of the Tai Chi Center, Madison, WI, and owner, *Tai Chi Health*, training and certifying instructors nationally. Certified Yang Style lineage instructor, she has taught tai chi and qi gong full time since 1972 and is a pioneer in integrating tai chi into medical model exercise therapy. Co/creator: *ROM Dance® Program*, creator: *Tai Chi Fundamentals®* and *Tai Chi Fundamentals® Adapted Programs*.

Kristi Hallisy PT, DSc, OCS, CMPT, CEEAA is Assistant Professor UW-Madison Physical Therapy Program. Advanced Certified TCF Instructor. Her teaching responsibilities include musculoskeletal coursework, health promotion and wellness, orthotics, prosthetics and independent study in the application of tai chi to personal and professional practice She teaches TCF courses to PTs nationally.

Patricia Culotti. CTI is a TCF Master Teacher. She develops programs and trains professionals for TCF certification. Co-founder of Enhancing Balance, a multi-service wellness company, Pat has taught tai chi and qigong to diverse populations for hospitals and health care organizations since 1980. She teaches Cheng Man Ch'ing Yang Style form internationally

COURSE LOCATION:

Tai Chi Center of Madison
301 South Bedford
Madison, WI 53703

QUESTIONS, DIRECTIONS, LODGING INFORMATION:

WEBSITE: www.taichihealth.com **EMAIL:** tyu@taichihealth.com

OFFICE: 575-776-3470 **MOBILE:** 608-257-45171

AGENDA

DAY ONE: 6 hours

Basic Moves & Short Form:

Optional Side Support (OSS) & Walker (W) Versions

- 8:30 am On-site registration
9:00-10:30 Course overview, program background
Movement Lab: OSS Basic Moves
Group introductions
Movement Lab: OSS Short Form Part 1
10:45 Centering teaching sequence
Movement lab: OSS Short Form Parts 2 & 3
National Physical Activity Guidelines
Partner learning practicum:
OSS Short Form Parts 2 & 3
12:15pm LUNCH ON YOUR OWN
1:45-3:15 Breath awareness teaching sequence
Partner teaching practicum: OSS Basic Moves
Methods of measurement for TCF study
Sensing qi seated and standing
3:30 Movement lab: W Basic Moves & Short Form
5:00 ADJOURN

DAY TWO: 6 hours

Basic Moves & Short Form:

Optional Side Support (OSS & Seated (S) Versions

- 9:00- 10:30 Energize! warm-ups
Movement lab:
OSS Basic Moves & Short Form Flow
Research study overview
Partner teaching practicum: OSS Short Form
10:45 Group discussion: Adherence
Movement lab: S Basic Moves & Short Form
12:15 LUNCH ONSITE
12:45-2:15 Posture awareness teaching sequence
Teaching cues for different learning styles
Partner teaching practicum:
OSS Basic Moves & Short Form
2:30 Movement lab: Three versions
Orientation to DVD
Closing circle
4:00 ADJOURN

