

# taichi FUNDAMENTALS

## COURSE ONE: Adapted Program Basic Moves Training Optional Side Support, Walker Support and Seated Versions

Milwaukee/Waukesha, Wisconsin  
March 20-21, 2020  
September 25-26, 2020

**Instructor:** Patricia Corrigan Culotti

**Prerequisite:** None. Open to Anyone

**Options:** One or Two-day Course

### Tai Chi Fundamentals® Adapted Program Reviews

"...new and very timely....destined to become [a] widely used landmark program." —Peter Wayne, PhD, Author, *The Harvard Medical School Guide to Tai Chi*

"I highly recommend this program for experienced Tai Chi instructors teaching students with limited mobility."—Tai Chi Grandmaster William C.C. Chen

"A remarkable gift to the world of rehabilitation...brilliant, inspired work."—Jennifer M. Bottomley, PT, MS, PhD, President: International Organization of Physical Therapist working with Older People

"This is the most all-inclusive program for Tai Chi I have found for individuals that require adaptive techniques or external support..." —Marcella McGee OTD, OTR/L, Physical Medicine and Rehabilitation

Approved for 12 CEUS by Wisconsin Physical  
Therapy Association

### PROGRAM DESCRIPTION

**Tai Chi Fundamentals® Adapted Program (TCFA)** is an adaptable, accessible program for learning tai chi. Suitable for individuals with a wide range of abilities, it includes instruction in three versions: Standing with Optional Side Support, Walker Support and Seated. All program elements can be modified to accommodate individual needs.

**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 2014 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

At the end of this course participants receive a *Tai Chi Fundamentals Adapted Program Basic Moves Training Course Certificate of Completion*.

### CERTIFICATION

TCF Program certification requires additional contact hours, fees, written and movement tests. More information at <http://taichihealth.com>

### COURSE ONE REGISTRATION:

## TCF Adapted Program Basic Moves Training

Register online by credit card at:  
[www.taichihealth.com](http://www.taichihealth.com) under "Training"

### Registration Costs for Course One:

\$390 2 days (required for Certificate of Completion)  
\$230 Day 1 Only  
\$30 Late fee: enroll less than 20 days in advance  
\$50 cancellation fee. No refunds less than 20 days prior to course.

### Required Course Materials:

Order course materials at least a month before the course and practice the Basic Moves with the DVDs.

### Choose ONE Set:

- TCF Adapted Program book & 3-DVD Set (K95D)

Cost: \$112.50 includes S/H

or

- TCF Adapted Program book & 3-DVD Set plus TCF for Health Professionals and Instructors DVD (K70D)

Cost: \$149.50 includes S/H

### Purchase materials through the Store at:

[www.taichihealth.com](http://www.taichihealth.com)

Call: Tai Chi Health Office at 575-776-3470

Order when registering for course for additional \$10 fee

### Questions?

For online registration contact:

Rachel Sandretto: 608-630-4066

Email: [taichihealth.workshops@gmail.com](mailto:taichihealth.workshops@gmail.com)

For Course location and preparation contact:

Pat Culotti: 262-271-1061

Email: [Pat@EnhancingBalance.com](mailto:Pat@EnhancingBalance.com)

Provided by:



## COURSE ONE

### Tai Chi Fundamentals® Adapted Program (TCFA) Basic Moves Training

#### COURSE DESCRIPTION

*Prerequisite: None*

Course teaches *TCF Adapted Program Basic Moves*: Optional Side Support, Walker & Seated versions; introduces all versions of the TCF Short Form Part 1. Features Mind/body Skills training, applications for wellness, & rehab, partner teaching practicums, Includes introduction to the ROM Dance® Program.

At the end of this course, a *TCF Adapted Program Basic Moves Certificate of Completion* is awarded to participants who have demonstrated ability to teach Basic Moves. Course qualifies as partial contact hours fulfillment for TCF Instructor Certification.

#### COURSE OBJECTIVES

- 1) Learn all three versions of TCF Adapted Program Basic Moves.
- 2) Teach all versions of TCF Adapted Program Basic Moves.
- 3) Describe TCF's rationale, biomechanics & functional benefits.
- 4) Lead Centering, Breathing and Posture Awareness exercises.
- 5) Practice TCF Adapted Program Short Form, Part One.

#### APPLICATIONS

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

#### AUDIENCE

Anyone interested in learning the program for personal use, or wanting to teach tai chi. Physical and occupational therapists, PTAs, COTAs, nurses, activity directors, recreational and fitness professionals, tai chi and other martial arts instructors, acupuncturists and integrative health practitioners.

#### FEES

**2-day Course: \$390**      **1-day Course: \$230**  
\$30 late fee if registering fewer than 20 days before course  
\$50 cancellation fee. No refunds after 20 days prior to course.

#### REQUIRED COURSE MATERIALS

**Purchase in advance & practice Basic Moves with DVD**

#### Choose ONE Set:

- TCF Adapted Program* book & 3-DVD Set (K95D)  
Cost: \$112.50 includes S/H.    **or**
- *TCF Adapted Program* book & 3-DVD Set plus TCF for Health Professionals and Instructors DVD (K70D)

#### COURSE CONTENT

##### TCF ADAPTED PROGRAM APPLICATIONS

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

##### TEACHING PRACTICUMS

##### PROGRAM ADAPTATIONS FOR SPECIFIC POPULATIONS

##### CERTIFICATION INFORMATION

#### COURSE INSTRUCTORS

**One of the following instructors will teach your course**

**Patricia Culotti, CTI, MTF** is a TCF Master Teacher. She develops programs and trains professionals for TCF and TCP 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.

**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.

**Rachel Sandretto** is an Advanced Certified TCF Instructor and Tai Chi Prime Master Trainer. She teaches traditional and adapted tai chi in community-based classes, residential retirement communities, and through the Tai Chi Center of Madison. She also manages online registration for Tai Chi Health Courses.

#### COURSE LOCATION: May Vary—please check

Enhancing Balance Studio--Brookfield  
Dreams Life & Wellness Center --Waukesha

#### DIRECTIONS, LODGING INFORMATION:

**WEBSITE:** [www.EnhancingBalance.com](http://www.EnhancingBalance.com)  
**EMAIL:** [pat@EnhancingBalance.com](mailto:pat@EnhancingBalance.com)  
**OFFICE:** 262-271-1061    **MOBILE:** 262-271-1061

#### AGENDA

##### DAY ONE: 6 hours

**Basic Moves Instruction and Teaching Practicums:**  
Optional Side Support (OSS) and Walker (W) Versions

- 10:30 am On-site registration  
11:00-12:30 Course overview, program background  
Tai Chi as evidence-based practice  
Centering teaching sequence  
Movement lab: OSS Basic Moves Part 1: Beginning
- 12:45 Orientation to DVD  
Movement lab: OSS Basic Moves Part 1: All moves  
TCF for rehabilitation, examination and intervention  
Flow Movement: W Basic Moves Part 1: All
- 2:15pm LUNCH ONSITE Bring Your Own  
2:45-4:15 Breath awareness teaching sequence  
Teaching practicum: OSS/W Basic Moves Part 1: All  
Movement lab: OSS/W Basic Moves Part 2-3: All  
Medical billing of TCF in rehabilitation
- 4:30 Teaching practicum: OSS/ W Basic Moves Parts 2-3  
Fab Four Basic Moves  
Closing Circle
- 6:00pm ADJOURN

##### DAY TWO: 6 hours

**Basic Moves Instruction and Teaching Practicums:**  
Optional Side Support (OSS) Walker (W), Seated (S) Versions  
**Short Form Part One Instruction:**  
Optional Side Support Version

- 9:00-10:30am Energize! warm-ups  
Flow movement: OSS/W Basic Moves - All  
Movement lab: S Basic Moves Parts 1,2,3: All
- 10:45 Teaching tai chi group classes  
Teaching practicum: S Basic Moves  
Energy essentials: awake hands  
Movement lab: OSS/W Form, Part 1: Beginning
- 12:15 LUNCH ONSITE Mindfulness Practice  
12:45-2:15 ROM Dance® Program  
Movement lab: OSS/W Form, Part 1: All  
Teaching practicum: Basic Moves: any version  
Flow movement: OSS/W Basic Moves: All  
Flow movement: S Basic Moves: All
- 2:30 TCF further training and certification information  
Flow: OSS/W Basic moves, Form Part 1  
Post test  
Participant evaluations  
Closing Circle
- 3:45pm ADJOURN