

# Tai Chi Fundamentals® Program Course Three Training Outline

## DAY ONE: 6 HOURS

**Objectives:** Review, Instruction and Partner Learning Practicums:  
All Basic Moves and TCF Form, Qi Gong

<b>Schedule</b>		<b>References</b>		
		<i>Course Handout</i>	<i>Tai Chi Mind Body</i>	<i>Adapted Book</i>
		<i>pp.</i>	<i>pp.</i>	<i>pp</i>
10:30 am	On-site registration			
11:00am	<b>Movement lab: modeling traditional standing class:</b>			
	<b>Energizer warm up exercises</b>	7-8	24-29; 148-49	
	<b>Wu Ji</b>		22	18
	<b>Flow Movement: Basic Moves, TCF Form</b>			
	<b>Wu Ji</b>		22	18
Noon	Group introductions			
12:15	<b>BREAK</b>			
12:30	<b>Movement lab:</b>			
	<b>Review: Basic Moves and Form, Part 1</b>		BM 33-51 F 86-99	28-57
1:15	Read/discuss: the Heavy and the Light			15
	Energy essentials: Awake Hands review			16-17
1:30	<b>Movement lab:</b>			
	<b>Basic Moves and Form, Part 2</b>		BM 53-65 F 101-117	
2:00pm	LUNCH ONSITE Bring Your Own			
2:30	<b>Movement lab:</b>			
	<b>Form, Part 2</b>		101-117	
3:00	<b>Sensing qi lying down and seated</b>			18-19
3:15	<b>Partner learning practicum</b>			
	Form, Part 2		101-117	
3:50	Tai Chi for pain and physical limitation			27; 130-131
4:00	<b>BREAK</b>			
4:15	Group read/discuss: Moving Around Obstacles			15
4:30	<b>Movement lab:</b>			
	<b>Basic Moves and Form Part 3</b>		BM 67-81 F 119-141	
5:00	<b>Guidelines for Critiquing Tai Chi Form</b>	11		
5:15	Mind/body Skills: <b>Calming, Uplifting Qi Gong</b>	9		
5:30	<b>Flow movement:</b>			
	<b>All Basic Moves and Form</b>			
5:55	<b>Closing Circle</b>		26	
6:00pm	<b>ADJOURN</b>			

# Tai Chi Fundamentals® Program Course Three Training Outline

## DAY TWO: 6 HOURS

**Objectives:** Review, Instruction, Partner Learning and Teaching Practicums:  
All Basic Moves and TCF Form, Qi Gong

### Schedule

### References

		Course Handout	Tai Chi Mind Body	Adapted book
		pp.	pp.	pp.
9:00am	Energize! Warm-ups	7-8		
	Flow Movement: Basic Moves, TCF Form			
9:30	Movement lab:			
	Form Part 3		118-141	
10:00	Read/discuss: Flexible and Rooted			16
	Guidelines for Critiquing Tai chi Form	11		
10:30	BREAK			
10:45	Movement lab: Modeling circle class		152-153	24
	Read/discuss: String of Pearls			16
	Sensing qi with movement	10		
11:15	General principles for tai chi intervention			123
	Teaching tai chi: leading group classes			24-26
11:30	Movement lab or Partner teaching practicum: Form Part 3 Form		118-141	
Noon	Martial Arts applications of TCF Form	12		
12:15pm	LUNCH ONSITE eating/ walking mindfulness			
1:00	Mindfulness: body scan /challenging emotions	13-15		
1:20	Movement lab/ Partner teaching practicum: group chooses what to work on together			
1:50	Engaging people in tai chi training			129, 132
2:00	Flow Movement: TCF Form			
2:15	BREAK			
2:30	Everyday Qi Gong	9		
2:50	Certification Information	17-22		
	Course Post Test	16		
3:15	Participant evaluations, CEUS			
3:30	Flow Movement: Basic Moves, TCF Form		F 142-143	
	Closing Circle			26
4:00pm	ADJOURN			

White or No highlighting = presentation/lecture time.

Blue = group movement. Yellow = partner practice (breakouts). Pink = on their own (no zoom)