

COURSE INSTRUCTOR

Diane Martin, PT, DPT is a practicing Physical Therapist since 1977. She has studied under Tricia Yu, founder of the TCF Program over the past 14 years, is an Advanced Certified Professional Training Instructor for TCF program and has presented numerous community and professional workshops. Diane has contributed in the development and training for the new Adapted Tai Chi Fundamentals® Program. Currently, she is an adjunct professor in the PTA Program at USF, a practicing physical therapist (PRN status) with Mellers & Swoverland Physical Therapy, consultant for development and use of Tai Chi in Rehab and Fall Prevention in practices as well as for groups and private use.

COURSE DESCRIPTION

Learn *Tai Chi Fundamentals*® (TCF) Adapted Program Basic Moves: Optional Side Support, Walker & Seated versions. Course features analysis and applications for wellness, and rehabilitation. Includes partner teaching practicums, training in attention and focus, posture and breath awareness and physical relaxation and introduction to TCF Adapted Program Short Form Part One.

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*

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

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.

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

CERTIFICATE OF COMPLETION AND CERTIFICATION INFORMATION

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.

AGENDA

Day One - Friday

- 12:30 pm On-site registration
1:00 Course overview, program background
Tai Chi as evidence-based practice
Centering teaching sequence
Movement lab: OSS Basic Moves Part 1:
Beginning Breath awareness teaching sequence
2:45 pm Break
3:00 pm Orientation to DVD
Movement lab: OSS Basic Moves Part 2/3
Teaching practicum: OSS Basic Moves Part 1
Movement Lab: W Basic Moves – All
Discussion / Closing OSS/W Basic Moves with intro to TCF Adapted form
5:30 pm Adjourn

Day Two- Saturday

- 8:30 am Energize! Warm-ups
Flow movement: OSS/W Basic Moves – All
Teaching practicum: OSS/W Basic Moves - 2/3
TCF for rehabilitation, examination and intervention
Medical billing of TCF in rehabilitation
10:30 am Break
10:45 am Movement lab: Seated Basic Moves – All
Teaching tai chi group classes
ROM Dance® Program
Movement lab: OSS/W Form, Part 1:
Beginning
12:30 pm Lunch on own (1 hour – return mindfully)
1:30 pm Flow: OSS/W / Seated Basic Moves – All
Discussion: Why Tai Chi Works
Teaching Practicum: Seated Basic Moves
2:45 pm Break
3:00 pm Movement lab: OSS/W Form, Part 1
TCF further training & certification information
Flow: OSS/W Basic moves, Form
Complete course evaluation
5:00 pm Closing Circle
Adjourn

CERTIFICATE of COMPLETION

At the end of this Adapted Program Course you will receive a *Tai Chi Fundamentals® Adapted Program Basic Moves Certificate* qualifying you to teach all Basic Moves taught in this course.

More information on TCF Program Certification at www.taichihealth.com.

For those interested in TCF Instructor certification for Level 1, 2 or 3, these hours will apply toward the 30 contact hours required. Please see www.taichihealth.com for more information or contact dmartin@sf.edu

COURSE FEES*

\$280 per individual
\$230 for USF PTA Clinical Instructors**
\$125 student (*limited 3 seats*)

*Required Course Materials:

- TCF Adapted Program Book & 3 DVD set (**\$95**) – **unless participant owns book through prior USF course participation**
- TCF Adapted 3 DVD set **only (\$65)** – **for participants who already own book**

**USF PTA Clinical Instructor is defined as the PT or PTA responsible for the clinical experiences of a USF PTA student. This is verified by the Clinical Instructor's signature on the USF Clinical Education I or II Assessment Form or on the CPI form for Clinical Education III or IV.

\$50 cancellation fee.
No refunds after September 23, 2016.

Participant must purchase these about 7-10 days prior to the course. Go to:
http://www.taichihealth.com/mm5/merchant.mvc?Screen=CTGY&Store_Code=TCHCMW&Category_Code=TCH

For Course Registration go to:

<http://taichifundadapted2016.eventbrite.com>

PROGRAM DESCRIPTION

The Tai Chi Fundamentals® Adapted Program 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 health 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.

T'ai Chi Fundamentals® Adapted Program Basic Moves Training Course

Applications for Optional Standing Support, Walker Support and Seated

September 30 / October 1, 2016
(half day / full day)

Approved for 12 contact hours

Instructor

Diane Martin, PT, DPT

SCHOOL OF
**HEALTH
SCIENCES**
UNIVERSITY OF SAINT FRANCIS.

 **PARKVIEW**
ORTHO HOSPITAL

University of Saint Francis
Physical Therapist Assistant Program
2701 Spring Street, Fort Wayne, Indiana

Doermer Center for Health Sciences
Room 231

Audience (course capacity is 22):

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