

# Tai Chi Fundamentals®

## COURSE ONE:

### TCF Adapted Program Basic Moves Training Optional Side Support, Walker Support and Seated Versions

Milwaukee/Waukesha, Wisconsin  
March 8-9, 2019  
September 20-21, 2019

**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, Author, *Body Mechanics of Tai Chi Ch'uan*

"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

### The Tai Chi Fundamentals® 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 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

I am registering for the following date and location:

\_\_\_\_\_ March 8-9, 2019, Waukesha, WI  
\_\_\_\_\_ Sept. 20-21, 2019, Waukesha, WI

Name \_\_\_\_\_ Title/Credentials \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

**I wish to register for:** Please Select One

\_\_\_\_\_ \$350 2 days required for Certificate of Completion

\_\_\_\_\_ \$200 Day 1 Only

\_\_\_\_\_ \$30 late fee: enroll less than 20 days in advance.

\_\_\_\_\_ TOTAL Enclosed

## Required Course Materials:

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

### \$140 TCF Adapted Program Course Materials

#### Discount Set includes:

- TCF Adapted Program book & 3-DVD Set

- TCF for Health Professionals & Instructors DVD

**Order Online:** at <http://taichihealth.com> or

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

## Course registration:

**By credit card:** call 262-271-1061

**By mail:** Make check to: Enhancing Balance

Mail to: Enhancing Balance

4595A Turtle Creek Dr

Brookfield WI 53005

**Questions?** Pat 262-271-1061

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

## COURSE ONE

# Tai Chi Fundamentals® (TCF) Adapted Program 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: \$350**                      **1-day Course: \$200**  
\$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

#### TCF Adapted Program Training Course Materials

No further materials required for attendance at follow-up TCF Adapted Program Short Form Course Two.

#### \$140 discount set includes:

- TCF Adapted Program Book and 3-DVD Set
- TCF for Health Professionals and Instructors DVD

**Purchase in advance & practice Basic Moves with 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

#### CERTIFICATION INFORMATION

### COURSE INSTRUCTORS

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

**Tricia Yu MA** creator of the *Tai Chi Fundamentals® Adapted Program* 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®* Program.

**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, MTF** 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: 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 Orientation to DVD  
12:45 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  
2:30 Flow movement: S Basic Moves: All  
TCF further training and certification information  
Flow: OSS/W Basic moves, Form Part 1  
Post test  
Participant evaluations  
Closing Circle  
3:45pm ADJOURN