

# Tai Chi Fundamentals® Certified Instructors Retreat 2018 with Yang Short Form Option

## Dear TCF Certified Instructors,

We are delighted to offer a range of activities at our 2018 retreat, featuring a special cost-effective opportunity to become TCF Adapted Program certified and trained to teach our tai chi grant classes. *Note: this is a residential retreat. Being in community optimizes our precious time together.* I look forward to a memorable time with you.

Trícia 575-776-3470 Cell 608-257-4171

### 1. CMC YANG SHORT FORM RETREAT

**Thursday - Friday afternoon, May 3-4**

(See p. 4 for complete information.)

Great opportunity to learn/review CMC Form and applications. Tai chi expert Russ Mason & Pat lead.

### 2. TCF CERTIFIED INSTRUCTORS RETREAT (Main Event)

**Friday evening – Sunday afternoon, May 4-6**

We welcome our fabulous TCF Advanced Certified Instructors to teach with Pat and me.

#### Opportunities:

- **Get trained** to teach the evidence based (in review) classes taught in the tai chi grant. Includes hard copy of all teaching materials.
- **Get certified** in the TCF Adapted Program. Required for teaching tai chi grant classes. Receive new certificate, files and permission for using teaching materials.
- **Review** Original TCF Form, holding postures
- **Select one concurrent session:**
  - **Instruction/Review:** TCF Adapted Program Basic Moves and Short Form all versions.
  - **Feedback/discussion groups:** teach an Original TCF move.
- **Present** a mini-course, **informally share ideas** or **show your stuff** at the Share Fair (see p.2).
- **Practice push hands/sword** (optional) we have several opportunities through the retreat.
- **Party!** Talent show/skits on Saturday night. Bring your instruments and party supplies.

12 WPTA CEUS keep certification current for 2 years.

### 3. TCF ADVANCED CERTIFICATION RETREAT Sunday evening - Monday noon, May 6-7

Become a TCF Certification Reviewer. This is the best and most cost effective way to begin the process. Includes Training Instructor information.

6 WPTA contact hours

## Certify in the TCF Adapted Program

[www.taichihealth.com](http://www.taichihealth.com) Tai Chi Fundamentals > Certification

TCF Adapted Program certification is required in order to teach tai chi grant classes. Since you are TCF Program certified, you can get TCF Adapted Program certification and teacher for training tai chi grant classes at our retreat...more time and cost effective than the usual requirements (see below).

#### Here's what you need to do:

Purchase the TCF Adapted Program Complete Program Set: book and 3-DVD set. Practice all three versions before our retreat. To order call 575-776-3470 or visit <http://taichihealth.com/>.

1. ~~Attend Course Two (2 day training): TCF Adapted Program Short Form Training (includes review of Basic Moves, all versions). Attend intensives and classes and practice until you feel ready to test.~~

Waived, you will meet these requirements by practicing ahead of time with your book and DVDs and attending the 2018 Certified Instructor Retreat.

2. Perform these during your movement test:
- a. TCF Short Form, Optional Side Support (OSS) version once without support.
  - b. TCF Short Form, OSS version again, demonstrating use of chair for support.
  - c. Name, perform and describe the following Seated Basic Moves: Bear Roots on One Leg, Stable and Open, Tai Chi Fold, Tai Chi Power Move.
  - d. Name, Perform/describe the following Walker Support TCF Short Form moves: Ward Off, Press, Push, Cloud Hands Arms, Cloud Hands Stepping.

3. ~~Schedule a session with a Certification Reviewer and demonstrate the moves listed above. Pay your Certification Reviewer their usual hourly rate.~~

Waived. A Certification Reviewer will conduct your movement test during our 2018 retreat.

4. ~~Send a \$50 administrative fee for your certification. Checks payable to Kelly Rehder. Send to: Kelly Rehder, Tai Chi Health, PO Box 378, Red Wing, MN 55066.~~

5. ~~Once you have your TCF Adapted Program certification, attend a 1 day Intensive to receive teacher training for the Tai Chi Grant Classes.~~

4 and 5 both handled during the retreat. Register for Tai Chi Grant Classes Teacher Training and Certification Testing. Receive your certificate at the retreat and all files for grant classes via email.

# Tai Chi Fundamentals® Certified Instructors Retreat 2018 with Yang Short Form Option

**Would you like to share your ideas  
And teaching successes with others?  
Here are some opportunities:**

## SHARE FAIR

Bring your posters, handouts, laptop presentations and business cards to display throughout the weekend. We provide one 8' table per person free of charge; you can share a table with others. *Would you like to reserve a Share Fair table? Please indicate it on your registration form.*

## INFORMAL SHARING AND PRACTICE

### DURING ADAPTED PROGRAM CERTIFICATION

We have scheduled two one-hour sessions for TCF Adapted Program certification testing. Four Certification Reviewers will conduct concurrent individual 20-minute sessions. During this time, everyone else can practice, prepare for testing and/or meet informally in small groups to share ideas and learn from others. *Would you like to share yours? Sign up onsite during registration.*

## TCF MINI-COURSE PRESENTATIONS

We will have just two 20-minute mini-course presentations this year. They are a great opportunity to share interesting, innovative ways that you structure, utilize, adapt or combine TCF with other disciplines in your classes and with clients. All presentations are TCF-focused.

We do not provide Xeroxing or AV equipment. Feel free to bring handouts and your computer for your presentation.

### Application for TCF Mini-Course Presentations

*Thank you for sharing! Please include the following information in a one-page word file and email to Tricia before March 31, 2018.*

1. Name, degrees and title.
2. Title of presentation.
3. Format: (lecture, teaching, demo).
4. Do you plan to provide handouts and/or include an AV presentation?
5. Where and to whom do you teach your innovative TCF? For how long?
6. In 200 words or less, please summarize the information that you will present.
7. How will your presentation will benefit TCF instructors and/or contribute to the accessibility, and dissemination of TCF?

## Registration

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ zip \_\_\_\_\_ phone \_\_\_\_\_

I would like a free Share Fair Table full \_\_\_ half \_\_\_

I am applying to be a Mini Course presenter \_\_\_\_\_  
*Complete application (see across) and email to Tricia*

### Select One Option:

| Retreat       | Lodging  | Meals | Room   | Cost        |
|---------------|----------|-------|--------|-------------|
| 1. CMC        | 1 night  | 4     | Single | \$310 _____ |
| 1. CMC Ext.   | 2 nights | 6     | Single | \$415 _____ |
| 2. Inst. Ret. | 2 nights | 6     | Single | \$700 _____ |
| 3. Adv. Cert. | 3 nights | 9     | Single | \$900 _____ |

### Combinations:

|          |          |    |        |              |
|----------|----------|----|--------|--------------|
| 1 & 2    | 3 nights | 10 | Single | \$985 _____  |
| 1, 2 & 3 | 4 nights | 13 | Single | \$1160 _____ |

### Additional Fees

Tai Chi Grant Classes Teacher Training \$50 \_\_\_\_\_  
*Includes hard copies of instructor manual, participant handouts, home practice planners, trackers and more.*

TCF Adapted Program Certification \$50 \_\_\_\_\_  
*Includes testing, certificate, website posting, all files for grant classes, permission to copy.*

**GRAND TOTAL** \_\_\_\_\_

**\$50 late charge after March 31, 2018**

**No refunds after April 15, 2018**

## Register

**By Check:** Fill out registration and mail to: Patricia Culotti, Enhancing Balance  
W249 S6680 Center Dr. Waukesha, WI 53189  
[pat@enhancingbalance.com](mailto:pat@enhancingbalance.com)

**By Credit Card:** Call Pat at 262-271-1061  
*Credit card surcharges apply*

## Retreat Location

DeKoven Center, 600 21st St., Racine, WI 53403  
262-633-6401 <http://www.dekovencenter.org/>

# Tai Chi Fundamentals® Certified Instructors Retreat 2018 with Yang Short Form Option

## Retreat Schedules

### TCF CERTIFIED INSTRUCTOR RETREAT

(Main event) Fri. May 4, 5pm–Sun. May 6, 4:30pm

TCF Adapted Program Abbreviations: OSS= Optional Side Support; W=Walker Support; S= Seated version

*Attendance is optional for events in italics.*

#### FRIDAY

3:00-5:00 Registration

Set Up Share Fair display for weekend

**5:30pm Dinner**

6:30-8:00 Orientation, TCF & CMC practice

*8:00-9:00 Push hands, sword practice*

#### SATURDAY

7:00-7:45am Early bird practice: All TCF, CMC

Form. *Informal push hands, sword practice*

**8:00am Breakfast**

9:00-9:30 Instruction/holding postures:

Original/Adapted OSS, Part 1

9:40-10:40 Teacher training for grant classes

10:50-11:35 Concurrent sessions (choose one):

1. Instruction TCF Adapted Program
  - a. Pt. 1 B. Moves; Wu Ji-Push, Rt. W&S
  - b. Pt. 2 B. Moves; Cloud Hands OSS, W & S
2. Feedback/discussion, Original TCF Form:
  - a. 1<sup>st</sup> group—R. Monkey- Cloud Hands
  - b. 2<sup>nd</sup> group—S. Whip- S Arms / Kick Left

**11: 45pm Lunch**

Personal time

*1:45 Informal: push hands, sword practice*

2:15-2:35 Mini course

2:45-3:15 Instruction/hold postures: Original TCF:  
Basic Moves Part 2; R. Monkey-SS Down

3:25-4:25 TCF Teacher training for grant classes

4:35-5:20 Concurrent sessions (choose one):

1. Instruction TCF Adapted Form
  - a. Basic Moves Pt. 3; OSS Golden Pheasant- Closing
  - b. W & S Golden Pheasant- Closing
2. Feedback/discussion: Original TCF Form:
  - a. 1<sup>st</sup> group—B. Knee Left- B. Knee Right
  - b. 2<sup>nd</sup> group- Punch- Closing

**5: 30pm Dinner**

*6:15-7:15 Informal: push hands, sword practice*

7:30-9:00 Party!

### TCF CERTIFIED INSTRUCTOR RETREAT

Continued

#### SUNDAY

7:00-7:45am Early bird practice: All TCF, CMC  
Form. *Push hands, sword practice*

**8:00am Breakfast**

9:00-9:30 Instruction/holding postures:

Original TCF Pt. 3 Basic Moves; G. Pheasant-Closing

9:40-10:30 TCF Teacher training for grant classes

10:40-11:40 Concurrent Activities

1. Adapted Program Testing
2. Informal practice, sharing teaching strategies

**11:45am Lunch**

1:15-1:35 Mini course

1:45-2:45 Concurrent Activities

1. Adapted Program Testing
  2. Informal practice, sharing teaching strategies
- 3:00- 4:30 Original and Adapted TCF Basic Moves and Form standing wrap up.  
4: 30 pm Adjourn 12 contact hours

### ADVANCED CERTIFICATION RETREAT

Sun. May 6, 5pm –Mon. May 7, 1pm

#### SUNDAY

**5:30pm Dinner**

6:30-8:30pm Certification Movement

Testing observation/performance

8:30-9:00pm Certification Reviewer

coaching

#### MONDAY

7:00-7:45am early bird silent practice

**8:00am Breakfast**

9:00-10:30am Certification Reviewer

coaching, Course Instructor overview

10:45-11:30 am CMC & TCF form practice

11:30 - noon Wrap Up, Evaluations

**12:00pm Adjourn** 6 Contact Hours

**12:00pm Lunch**

Advanced Certified Instructors (from left) Lori Enloe, Diane Martin, Kristi Reitz, Kristi Hallisy & Kelly Rehder will teach with Pat & Tricia at our retreat.



# Tai Chi Fundamentals® Certified Instructors Retreat 2018 with Yang Short Form Option

## 2018 CHENG MAN-CH'ING (CMC) YANG STYLE SHORT FORM RETREAT

Instructors: Patricia Culotti and Russ Mason  
Tricia Yu will also teach

Join us for a relaxing retreat at the Dekoven Center to jumpstart or refine your CMC form. Pat and Russ will alternate teaching the following concurrent classes.

### Choose One:

- Learn CMC Form: You have training in TCF and want to learn the CMC form as well.
- Review CMC Form: You are an experienced CMC practitioner and want to review the form.

### CMC Yang Style Short Form Retreat

Thurs–Fri, May 3-4, 2018

#### THURSDAY

10:00am-noon Registration

**12: 00pm Lunch**

1:30-3:30 Concurrent CMC Form classes

3:45-4:30 Demo/discussion on applications

**5:30pm Dinner**

7:00-8:30pm Concurrent CMC Form classes

8:30-9:30pm Push Hands

#### FRIDAY

7:00-7:45am Early bird CMC form, push hands, sword practice

**8:00am Breakfast**

9:00-10:45 Concurrent CMC Form classes

11:00-11:45 Lineage stories/pictures

**12: 00pm Lunch**

1:30-3:30 Concurrent CMC Form classes

4:00-5:00 Push Hands

**CMC retreat adjourns**

### CMC Extended Retreat

Thurs–Sat, May 3-5, 2018

Join TCF Certified Instructor Retreat for Friday evening and Saturday morning classes and push hands. No additional instructor fees; food/lodging costs only.

#### FRIDAY continues

**5: 30pm Dinner**

7:00-8:30pm join TCF retreat attendees for CMC Form & TCF Basic Moves and Form

8:30-9:30pm Push Hands/Sensing Hands

#### SATURDAY

7:00-7:45am Early bird CMC & TCF Form

**8:00am Breakfast**

**Extended CMC retreat adjourns**



Tricia Yu, Russ Mason and Patricia Culotti  
At 2014 International Tai Chi Symposium

Register p. 2: CMC or CMC EXT