

# Tai Chi Fundamentals® Certified Instructor and CMC Yang Short Form Retreats April 16-20, 2020 Dekoven Center, Racine, Wisconsin

## General Overview

### 1. CMC YANG SHORT FORM RETREAT

April 16-17 Thurs. noon - Fri. 5pm

Extended Retreat ends April 18 after breakfast

Great opportunity to learn and/or review CMC Form and applications.

#### Includes:

- *Form*: review or learn
- *Push Hands*: practice
- *Applications, lineage stories*
- *Extended Retreat* includes Friday evening class and early bird practice Saturday. Additional fees for meals and lodging only. No additional instructor fees.

### 2. TCF CERTIFIED INSTRUCTORS RETREAT

April 17-19 Fri. 5pm –Sun. 5pm

Prerequisite: Certification in TCF

WPTA-approved for 12 contact hours

#### Includes:

- *Formal instruction*: TCF and TCFA programs.
- *Feedback/discussion groups*: Demonstrate teaching/corrections for TCF Original and Adapted programs. Get group feedback.
- *Mini Course presentations*: Participants share TCF teaching methods, adaptations (See pg. 3)
- *Share Fair*: Bring posters, handouts(see pg. 3)
- *Early Bird Silent Practice*
- *Push Hands and Sword practice*
- *Party and talent show*

### 3. ADVANCED CERTIFICATION RETREAT

April 19-20 Sun. 5pm– Mon. 1pm

Prerequisite: approval from Pat and Tricia

WPTA-approved for 6 additional contact hours

Become an Advanced Certified TCF Certification Reviewer or Course Instructor. This is the most cost effective way to begin the process.

#### Includes:

- *Movement Testing*: Observe or conduct
- *Certification Reviewer*: coaching.
- *Course Instructor*: coaching.
- *Form Review*: CMC, TCF, TCFA as needed
- *Early bird silent practice*

## Online Registration

<https://taichihealth.com/events/category/tcf-instructor-retreat/> or taichihealth.com Training menu. Select one of the following options:

### RESIDENTIAL OPTIONS

*All rooms are singles*

Retreat	Lodging	Meals	Cost
1. CMC1	1 night	4	\$390
2. CMC2 Extended	2 nights	6	\$480
3. Cert Instructor	2 nights	6	\$760
4. Cert Instructor & Adv Cert.	3 nights	9	\$965
5. 1&3 above	3 nights	10	\$1055
6. 1&4 above	4 nights	13	\$1160

### COMMUTER OPTIONS

Retreat	Lodging	Meals	Cost
1. CMC	none	4	\$290
2. Certified Instructor	none	6	\$580
3. Cert Instruct Sat. only	none	1	\$330

***\$60 surcharge if retreat and lodging/meals are paid for separately. Details online.***

**REGISTRATION DEADLINE: March 20, 2020**

*Late fee: \$50. No refunds after April 1, 2020*

### Retreat Location

The DeKoven Center: 262-633-6401

600 21st Street Racine, WI 53403

<http://www.dekovencenter.org/>

### Questions?

**For online registration contact:**

Rachel Sandretto: 608-630-4066

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

**For location and preparation contact:**

Pat Culotti: 262-271-1061

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

**Minicourse registration:**

Barbara Johnson:

Email: [yangtaichi4@gmail.com](mailto:yangtaichi4@gmail.com)

Provided by



**Tai Chi Fundamentals® Certified Instructor and CMC Yang Short Form Retreats**  
**April 16-20, 2020 Dekoven Center, Racine, Wisconsin**

**CMC YANG STYLE SHORT FORM RETREAT**

**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/Sensing Hands

**FRIDAY**

7:00-7:45am Early bird CMC Form 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/Sensing Hands  
**5:00pm Adjourn**

**EXTENDED RETREAT**

**5:30pm Dinner**  
6:30-8:00pm join TCF retreat attendees for  
CMC Form & TCF Basic Moves and Form  
8:00-9:00pm Push Hands/Sensing Hands

**SATURDAY**

7:00-7:45am Early bird CMC & TCF Form  
**8:00am Breakfast**  
**Extended CMC retreat adjourns**

---

**TCF CERTIFIED INSTRUCTOR RETREAT**

**April 17-19 Fri. 5pm–Sun. 5pm**

*Attendance optional for events in italics below*

**FRIDAY**

3:00-5:00pm Registration  
Set Up Share Fair display for weekend  
**5:30pm Dinner**  
7:00-8:30 Orientation, TCF Basic Moves  
and Form practice, CMC Form  
*8:30-9:30 Push hands practice*

**SATURDAY**

*7:00-7:45am Early bird practice: TCF  
Original and Adapted Program, CMC Form*  
**8:00am Breakfast**  
9:00-10:00 Instruction/Form Correction  
TCF Original: Repulse Monkey, Single Whip,  
Snake Slides Down

**TCF CERTIFIED INSTRUCTOR RETREAT (cont.)**

**SATURDAY**

10:10-11:10 Feedback/discussion groups:  
TCF Original: Brush Knee, Punch- Closing  
11:20-12:10 Tai Chi Prime Update, Fab 4  
**12: 15pm Lunch**  
*2:00-3:00 Instruction/Form Correction:*  
TCF Adapted, Optional Side Support: Form  
3:00- 4:00 Two Person Play  
4:10-5:10 Feedback/discussion groups:  
TCF-Adapted, Everyday Qigong  
**5:30pm Dinner**  
*7:00-9:00 Party!*

**SUNDAY**

*7:00-7:45am Early bird practice S/A Sat.*  
**8:00am Breakfast**  
9:00-10:00 Instruction: TCF Adapted  
Seated/Walker version  
10:00-10:30 Everyday Qigong  
10:40-11:40 Instruction/Form Correction:  
TCF Original: Punch to Closing  
**12: 00pm Lunch**  
*1:30-1:50 Mini Course Presentations*  
*1:50-2:10 Mini Course Presentation*  
2:10-2:40 Training Tips and Strategies  
2:50-3:50 Instruction/Form Correction:  
TCF Original/Adapted versions  
3:50-4:50 Wrap up, Feedback, Evaluations  
**4:50 pm Adjourn** 12 contact hours

---

**TCF ADVANCED CERTIFICATION RETREAT**

**April 19-20 Sun. 5pm–Mon. 1pm**

**SUNDAY**

**5:30pm Dinner**  
6:30-8:30 Certification Movement Testing  
8:30-9:30 Certification Testing coaching

**MONDAY**

7:00-7:45am early bird silent practice  
**8:00am Breakfast**  
8:45 -10:15 Course Instructor coaching  
10:30 -11:30 CMC & TCF form practice  
11:30 – 12:00 Wrap Up, Evaluations  
**12:00pm Lunch**  
**Adjourn** 6 Contact Hours

**Tai Chi Fundamentals® Certified Instructor and CMC Yang Short Form Retreats**  
**April 16-20, 2020    Dekoven Center, Racine, Wisconsin**

**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. ***If you would like to reserve a Share Fair table, please indicate it on your online registration.***

**TCF MINI-COURSE PRESENTATIONS**

Note: All Mini Courses must be TCF or TCFA -focused. These 20-minute presentations are a great opportunity for you to share interesting, innovative ways that you structure, utilize, adapt TCF.

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**

Please submit the following information before March 10, 2020 to:  
Barbara Johnson at yangtaichi4@gmail.com. Thank you for sharing!

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

*Looking forward to seeing you!!*

