

# T'ai Chi Fundamentals®

## Professional Training Seminar

### Levels One and Two

Applications for Therapeutic Exercise,  
Wellness and Function

May 30-31, 2015

UW-La Crosse PT Program  
Health Science Center  
1300 Badger Street  
La Crosse WI

Provides you with tools for applying Tai Chi  
in your practice as a health care provider

**Instructor:** Kristi Hallisy PT, DSc

**Prerequisite:** None, Open to Beginners

**Options:** Two-day Course

*"A remarkable gift to the world of rehabilitation...  
makes a very strong connection between the exercise  
form and its applicability in the clinical environment...  
brilliant and inspired work."*

—Jennifer Bottomley PT, PhD,  
Past President, Geriatric Section, APTA

#### Participant Comments:

*"This program is so flexible that it can be used both  
personally and professionally with relative ease."*

*"This versatile mind/body program helps me stay focused  
and gives balance to both my body and my life."*

*"As a long term tai chi practitioner, TCF has helped me  
more clearly monitor my own movements and better  
teach my students."*

**\*WPTA Approved for 16 contact hours.**

Karen Curran 608 221-9191

#### PROGRAM DESCRIPTION

##### The Tai Chi Fundamentals® Program (TCF)

The first program of its kind, it provides a clear, systematic approach for mastering Tai Chi basics that builds from simple to complex patterns of movement. Integrates mind/body components of Tai Chi with clinical overview, movement analysis, therapeutic & functional applications. Provides a prequel to a lineage tai chi form, and creates a bridge between tai chi practice and the medical model

**Program Elements:** movements are taught in a motor development progression. Includes simple movements that can be practiced with walkers and have been modified for wheelchair use. Includes three elements:

- ✓ **Mind/Body Principles:** foster mind/body integration; enhance breathing, relaxation, sensorimotor skills, proprioception and sense of well-being.
- ✓ **Movement Patterns:** graded sequence of exercises with symmetrical arm movement that reinforce functional movements repeated throughout the Tai Chi form. Introduced in a motor development sequence, they have applications both as assessment and intervention tools.
- ✓ **Fundamentals Form:** sequence of simple to more complex movements of modified Yang Style Tai Chi.

**Development:** in 1996 by Tricia Yu, MA and Jill Johnson, MS, PT, targeting elements from traditional tai chi that enhance balance, coordination, strength and endurance.

**The TCF Program has been featured in:** *PT Journal, Journal of Rehab Management, The Gerontologist, APTA's GeriNotes, Medline Plus, Topics in Geriatric Rehabilitation, Journal of Asian Martial Arts, Wellness Program Management Advisor, American College of Sports Medicine's Health and Fitness Journal, and Massage and Bodywork.*

#### LEVEL ONE and TWO SEMINARS

For schedules visit [www.taichihealth.com](http://www.taichihealth.com).

#### LEVEL THREE SEMINARS

Prerequisite: Levels 1 & 2.

For schedules visit [www.taichihealth.com](http://www.taichihealth.com).

#### CERTIFICATION

Requirements: 30 contact hours, application, fees, demonstration of movement proficiency, written exam. At least 6 months practice and study before applying. Complete certification information and application information at: [www.taichihealth.com](http://www.taichihealth.com)

#### REGISTRATION: TCF Seminar Levels 1 & 2

May 30, 31, 2015 (2-day course)

**Deadline to register is May 18, 2015 to allow time to bulk order materials for participants.**

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

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

- |       |       |   |
|-------|-------|---|
| _____ | \$225 | PT non-member WPTA  |
| _____ | \$200 | PT member WPTA  |
| _____ | \$185 | PTA non-member WPTA   |
| _____ | \$160 | PTA member WPTA   |
| _____ | \$150 | *Aging Unit or ADRC fitness trainers, ADRC, and other health care professionals |
| _____ | \$125 | Student PT/A non-member WPTA  |
| _____ | \$100 | Student PT/PTA member WPTA  |

Sorry -- NO CREDIT CARD REGISTRATIONS

Checks payable to: **KRISTI HALLISY**

INSERT: Tai Chi Fundamentals 1-2 in MEMO

#### Mail registration to:

La Crosse County Aging Unit

400 4<sup>th</sup> St. N. Room 2260

La Crosse, WI 54601

Attn: Noreen

For Course Inquiries -- Please Call 608-785-6148

**Course Materials:** TCF Complete Program Set is 2 books and 2 DVDs. Normally \$135. We are ordering in bulk for this event, so if 10-24 participants cost will be \$98.50. If over 25 participants, cost is \$85 each. THIS IS DEPENDENT ON FINAL REGISTRATION NUMBERS.

**Be prepared to write a check to UNCHARTERED COUNTRY PUBLISHING the day of the workshop.**

# Tai Chi Fundamentals® Program Professional Training Seminar Levels One and Two

## Applications for Therapeutic Exercise, Wellness, and Function

### COURSE DESCRIPTION

*Prerequisite: None. Open to Beginners*

This interactive seminar provides you with tools and skills to begin applying tai chi in your practice. The course teaches you, in a motor development progression, to perform basic movements of tai chi, and to apply tai chi as an assessment and intervention tool. The course combines lecture, movement labs, qigong training and discussions on biomechanics, applications and documentation. This course qualifies as partial contact hours fulfillment for *TCF Instructor Certification Levels One and Two*. For more information see CERTIFICATION.

### COURSE OBJECTIVES

- 1) Demonstrate and perform TCF Movement Patterns
- 2) Perform first section of the TCF form
- 3) Describe TCF's medical, biomechanical & functional benefits
- 4) Apply tai chi as therapeutic exercise for rehabilitation and wellness programs
- 5) Document tai chi as part of therapeutic treatment intervention
- 6) Guide exercises in breathing, sensory awareness, visualization

### 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 and fitness levels in community wellness classes, health clubs, tai chi & martial arts schools, senior centers and long term care facilities.

### AUDIENCE

Physical and Occupational Therapists, PTAs, COTAs, Nurses, Activity Directors, Recreational & Fitness Professionals, Aging Unit and ADRC Trainers, Tai Chi & other Martial Arts Instructors, Acupuncturists and Integrative Health Practitioners.

**FEES** See registration inset for details

### REQUIRED COURSE MATERIALS

**Complete Program Set: \$135\*** includes the following 2 sets:

- **Professional Set:** *TCF for Health Professionals and Instructors* text and video/DVD.
- **Personal Practice Set:** *Tai Chi Mind & Body* text and *TCF: for Mastering Tai Chi Basics* instructional video/DVD

**Course Instructor will do bulk order for this workshop.  
Be prepared to write a check the day of the workshop.  
See registration inset for pricing details.**

### COURSE CONTENT

- TAI CHI OVERVIEW:
  - Background: history and cultural perspective/philosophy
  - Researched evidence
  - Elements: body mechanics, mind/body integration, holistic balance and harmony
- SUPINE APPLICATIONS: Breath awareness, relaxation and pain management
- SEATED APPLICATIONS: Breathing and relaxation exercises and sensing Qi
- STANDING APPLICATIONS:
  - Breathing, posture and functional relaxation
  - Flexibility, strengthening of upper and lower extremity
  - Mobility: ambulation, weight shifting and transitional movements
  - Neuromuscular re-education: spinal stabilization and coordination
  - Balance: double and single leg
- PROGRAM ADAPTATIONS
- PROGRAM APPLICATIONS
- CERTIFICATION INFORMATION

### COURSE INSTRUCTOR:

**Kristi Hallisy PT, DSc, OCS, CEEAA, CMPT, CTI** is an Assistant Professor at the UW-Madison DPT Program. She received a Bachelor of Science degree in Physical Therapy from the University of WI – Madison (1984), a Master of Science in Kinesiology from the University of MI – Ann Arbor (1992) and a Doctorate of Science in Physical Therapy from Andrews University in Berrien Springs, MI. Dr. Hallisy has been certified in Tai Chi Fundamentals since March 2008, with dozens of workshops and training performed.

### COURSE LOCATION:

**UW-La Crosse PT Program**  
Health Science Center  
1300 Badger Street  
La Crosse WI

For Course Inquiries – Please call 608-785-6148  
Attn: Noreen

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### FOR INFORMATION ON TAI CHI FUNDAMENTALS

**Tai Chi Health (Tricia Yu, creator)**  
**WEBSITE:** www.taichihealth.com  
P.O. Box 756, Taos, New Mexico 87571  
Phone: 575-776-3470

### AGENDA

#### DAY ONE (8 hrs): What is Tai chi? Components of TCF & Instruction in All Movement Patterns (Level 1)

7:30 On-Site Registration (continental breakfast)  
8:00 Welcome, Introductions, Logistics  
8:15 Tai Chi Overview (EBP)  
9:15 LAB 1: Standing meditation (Tai chi posture)  
9:30 Components of TCF Program  
10:00 LAB 2: Section-1 Movement Patterns (MPs)  
10:30 BREAK  
10:45 Biomechanical Elements of Tai Chi  
11:15 LAB 3: 70/30, Bear Walking, Section-2 MPs  
Noon LUNCH (Mindfulness Eating on your own)  
1:00 LAB 4: Section 1-2 MPs (exposure TCF Form)  
2:15 Therapeutic and Seated Adaptations of TCF  
2:45 LAB 5: Section 3 MPs, PT training tips  
3:15 BREAK  
3:30 Documentation & Reimbursement Strategies  
4:00 Integration of MPs into Tai chi Practice  
4:15 Level 1 Certification Process and Q&A  
4:30 LAB 7: All MPs and Closing Circle  
5:30 ADJOURN

#### DAY TWO (8 hours) Level 2: Movement Patterns TCF Section I, Clinical Applications of TCF (Level 2)

7:30 Continental breakfast: informal Level 1 Q&A  
8:00 Welcome, Logistics, Level 1 Review  
8:15 Physical Activity Guidelines for Seniors  
8:30 LAB 1: *Energize!* Warm-Ups & Sensory Awareness (standing sensing Qi)  
9:00 LAB 2: Review all MPs  
10:00 LAB 3: Section I of TCF Form  
10:15 BREAK  
10:45 DVD Instructor Training for MPs, Training Tips  
11:45 Form Case Study Distribution (work groups)  
Noon LUNCH (Mindfulness Eating on your own)  
1:00 LAB 4: Mindfulness Interaction Training (how to maximize your personal sensory awareness)  
1:30 LAB 5: Instructor Training Tips for MPs  
2:15 LAB 6: ROM Dance  
2:30 BREAK and Case Discussion (work groups)  
3:00 Case Study Presentations (selecting MPs)  
4:00 TCF Level 1-2 Certification Process and Q&A  
4:15 LAB 7: MPs, TCF Form S-1 & Closing Circle  
5:00 ADJOURN