

Tai Chi Fundamentals®

COURSE TWO:

TCF Adapted Program Short Form Training Optional Side Support, Walker Support and Seated Versions Milwaukee, Wisconsin July 25-26, 2018

Instructor: Patricia Culotti, CTI, MTF

Prerequisite: TCF Adapted Program
Training Course One

Options: 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 while performing Tai Chi" —Marcella McGee OTD, OTR/L, Physical Medicine & Rehabilitation

**Approved for 12 CEUS by Wisconsin Physical
Therapy Association**

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 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 Short Form Certificate of Completion*.

CERTIFICATION

TCF Program certification requires additional contact hours, fees, written and movement tests. More information at <http://taichihealth.com>

COURSE TWO REGISTRATION:

TCF Adapted Program Short Form Training

I am registering for the following date and location:

____ July 25-26, 2018 Fox Valley Technical
College, RM HS114 A & B

Name _____ Title/Credentials _____

Street Address _____

City _____ State _____ zip _____

Phone _____ Email _____

I wish to register for: *Please Select One*
____ \$250 2 days required for Certificate of Completion- B

***Fee Billed AFTER the training. Will be invoiced to your organization by Calumet County Aging and Disability Resource Center.**

Course Materials:

No additional course materials required. Bring your *TCF Adapted Program* book to the course from your **Course Materials Discount Set** purchased for *Course One TCF Adapted Program Basic Moves Training*.

Food Allergies/Preferences: _____

COURSE TWO: Tai Chi Fundamentals® (TCF) Adapted Program Short Form Training

COURSE DESCRIPTION

Prerequisite: proficiency in elements taught in TCF Adapted Program Training Course One

Participants review Optional Side Support, Walker Support and Seated Versions of all Basic Moves and TCF Short Form Part 1, and learn all three versions of TCF Short Form Parts 2 and 3. Course includes Mind/body Skills training, partner teaching practicums, TCF applications for specific populations and training in sensing qi. The course includes program applications for wellness and rehab settings.

A Certificate of Completion is awarded to participants who have attended both days and have demonstrated ability to teach program elements. This course also qualifies as partial contact hours fulfillment for TCF Instructor Certification. See: Certificate of Completion

COURSE OBJECTIVES

- 1) Learn Basic Moves and Short Form, Optional Side Support, Walker Support and Seated versions.
- 2) Teach Basic Moves and Short Form for all versions.
- 3) Describe TCF's rationale, biomechanics & functional benefits.
- 4) Lead Centering, Breathing and Posture Awareness exercises
- 5) Apply Sequence for introducing Mind/body Skills

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.

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: \$150

\$30 late fee, **\$50** cancellation. No refunds after 20 days prior to course.

REQUIRED COURSE MATERIALS

TCF Adapted Program Set: (ordered with Course One)
Includes: *TCF Adapted Program Book and DVD*

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

COURSE INSTRUCTOR

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:

Fox Valley Technical College
1825 N. Bluemound Dr.
Appleton, WI 54912
ENTRANCE 16
RM- HS 114 A & B

EMAIL: Nancy Krueger at nkrueger@vpind.com with questions regarding this particular training.

WEBSITES for more on TCF: www.EnhancingBalance.com or www.TaiChiHealth.com

or

Questions? Call: 262-271-1061
Email: Pat@EnhancingBalance.com

AGENDA

DAY ONE: 6 hours

Basic Moves & Short Form:

Optional Side Support (OSS) and Walker (W) Versions

- 8:30 am On-site registration
9:00-10:30 Course overview, program background
Movement Lab: Review OSS Basic Moves
Group introductions
Movement Lab: Review OSS Short Form Part 1
10:45 Awake Hands
Movement lab: OSS Short Form Parts 2 & 3
Tai chi for pain and physical limitation
12:15pm LUNCH ONSITE- Provided
12:45-2:15 Sensing qi seated and supine
Partner learning practicum:
OSS Short Form Parts 1,2,3
Movement lab: Review W Basic Moves
Mind/Body skills: Calming, Uplifting Qi Gong
Movement lab: W Short Form Parts 1,2,3
Review Mind/body principles
4:00 ADJOURN

DAY TWO: 6 hours

Basic Moves & Short Form:

Walker (W) & Seated (S) Versions

- 9:00- 10:30 Energize! warm-ups
OSS, W Basic Moves & Short Form Flow
Partner teaching practicum:
W Short Form
General principles for tai chi intervention
10:45 Movement lab: S Basic Moves
Sensing qi with movement
Engaging in tai chi training
12:15 LUNCH ONSITE-Provided- Mindfulness Practice
12:45-2:15 Movement lab: S Short Form
Orientation to DVD
2:30 Partner teaching practicum:
S Basic Moves & Short Form
Post test
Participant evaluations
Closing circle
3:45 ADJOURN