

# taichi

## FUNDAMENTALS

### COURSE TWO:

**TCF Adapted Program  
Short Form Training  
Optional Side Support, Walker  
Support and Seated Versions  
Milwaukee, Wisconsin  
Oct 16-17, 2020  
April 23-24, 2021**

**Instructor:** Patricia Culotti, CTI, MTF

**Prerequisite:** TCF Adapted Program  
Training Course One

**Options:** Virtual or In-person 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 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

Register online by credit card at:  
[www.taichihealth.com](http://www.taichihealth.com) under "Training"

#### Registration Costs for Course Two:

\$390 2 days (required for Certificate of Completion)  
\$230 Day 1 Only  
\$30 Late fee: enroll less than 20 days in advance  
\$50 cancellation fee. No refunds less than 20 days prior to course.

Please designate In-person or Zoom option

#### 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*.  
If needed Purchase materials through the Store at:  
[www.taichihealth.com](http://www.taichihealth.com)  
Call: Tai Chi Health Office at 575-776-3470  
Order when registering for course for additional \$10 fee

#### Questions?

For online registration contact:  
Rachel Sandretto: 608-630-4066  
Email: [taichihealth.workshops@gmail.com](mailto:taichihealth.workshops@gmail.com)

For Course location and preparation contact:  
Pat Culotti: 262-271-1061  
Email: [Pat@EnhancingBalance.com](mailto:Pat@EnhancingBalance.com)

Provided by:



## 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: \$390**

**1-day Course: \$230**

\$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

- 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

#### CERTIFICATE OF COMPLETION AND CERTIFICATION INFORMATION

### COURSE INSTRUCTORS

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

**Patricia Culotti, CTI, MTF** is a TCF Master Teacher. She develops programs and trains professionals for TCF and TCP 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.

**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.

**Rachel Sandretto** is an Advanced Certified TCF Instructor and Tai Chi Prime Master Trainer. She teaches traditional and adapted tai chi in community-based classes, residential retirement communities, and through the Tai Chi Center of Madison. She also manages online registration for Tai Chi Health Courses.

### 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 & Short Form:

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

- 10:30 am On-site registration  
11:00-12:30 Course overview, program background  
Movement Lab: Review OSS Basic Moves  
Group introductions  
Movement Lab: Review OSS Short Form Part 1  
12:45 Awake Hands  
Movement lab: OSS Short Form Parts 2 & 3  
Tai chi for pain and physical limitation  
2:15pm LUNCH ONSITE Bring Your Own  
2:45-4:15 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  
6:00 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 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  
4:00 ADJOURN