

PROGRAM DESCRIPTION

The **Tai Chi Fundamentals® Program** (TCF) provides a prequel and support to a lineage tai chi form, and creates a bridge between tai chi practice and the medical model. 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.

- ✚ **Program Elements:** movements are taught in a motor development progression and can be modified for use with walkers and wheelchairs. Includes:
- ✚ **Movement Patterns:** graded sequence of exercises that reinforce functional movements of tai chi form, and include basic elements of Qi Gong training. They have applications both as assessment and intervention tools.
- ✚ **Fundamentals Form:** sequence of simple to more complex movements of modified Yang Style Tai Chi.
- ✚ **Mind/Body Principles:** fostering mind/body integration, effective movement and sense of well-being.

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.*

CERTIFICATION

Requirements: 30 contact hours, individual home practice, application, fees, demonstration of movement proficiency, and written exam. Those with no previous experience usually need 6 months practice and study before applying.

Complete information & application: www.taichihealth.com

TRAINING OPTIONS

For presentations, in-services and workshops tailored for your needs, contact instructors directly. We can work with you or refer you to a certified instructor in your area.

LEVELS ONE AND TWO SEMINARS

Sept 23-24, 2016, March 10-11, 2017 Milwaukee
See www.enhancingbalance.com or www.taichihealth.com

ADDITIONAL LEVEL THREE SEMINARS

Tricia Yu, instructor See www.taichihealth.com

NEW ADAPTED TCF FORM SEMINARS

Are being scheduled for 2017 see www.taichihealth.com

Tai Chi Fundamentals®

Training Course Level Three Agenda

Day One: Milwaukee (Madison times 9:00am-4:45pm)

Review: All Basic Moves, TCF Form Part 1

Learn: TCF Form Parts 2 & 3.

- 11:30 am On-site registration (8:30 am in Madison)
- Noon-1:15 Teaching Practicum, traditional class format
Movement Lab: Basic Moves & Form Part 1
- 1:30 Teaching Practicum: Basic Moves & Form Part 1
Mind/Body Skills: Awake Hands
Movement Lab: Basic Moves & Form: Part 2
Martial Arts application of Form
- 3:00 LUNCH on your own
- 3:30-5:00 Seated or supine mindfulness practice
Mind/Body Skills: sensing qi supine & seated
Movement lab: TCF Form Part 2
Teaching practicum: Form Part 2
Tai chi for pain and physical limitation
- 5:15 Movement Lab: Overview TCF Form Part 3
Flow movement: Basic Moves and Form
Closing circle
- 7:00 ADJOURN

Day Two: Milwaukee and Madison

Learn: Form Section Three, Qigong

Review: Entire TCF Form and All Basic Moves

- 9- 10:15 Teaching Practicum: circle class format
Mind/Body Skills: sensing qi with movement
Ideas for leading tai chi classes
Movement Lab: TCF Form Basic Moves 3
Guidelines for critiquing Form
- 10:30 Movement Lab: TCF Form Part 3
Martial Arts applications of TCF Form
Teaching Practicum: Basic Moves Part 3
- 12:15 LUNCH mindfulness practice
- 12:45-3:00 Seated or supine: mindfulness practice
Seated and supine mindfulness exercises
Creative TCF adaptations for specific populations
Movement Lab: review entire TCF Form
- 3:15 Certification, networking, educating peers
Flow movement: all program elements
Closing circle
- 3:30 ADJOURN

Tai Chi Fundamentals®

Program Training Course Level Three

October 22-23, 2016 Madison, WI
April 21-22, 2017 Milwaukee, WI

Applications: Therapeutic Exercise, Wellness
and Function

Instructors: Patricia Culotti and/or Tricia Yu

Prerequisite: Proficiency in elements taught in
TCF Adapted Program Levels 1-2
Training Course

**Approved by WPTA* for
12 contact hrs.**

*"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, MS,
President, Geriatric Section, APTA

*"... Provides an important study of the basic movements of
taiji and teaching methods that will enhance an advanced
student's or teacher's appreciation of the form."*

—Noah Nunberg, review in *Journal of Asian Martial Arts*

*"Tai Chi Fundamentals is the simplest and easiest to learn.
It is a unique exercise for all ages and physical conditions*

—William C.C. Chen, Tai Chi Grand Master,

*"... A work that gets to the root of Tai Chi. It will be of value
to anyone who practices or is ready to fall in love with this
wonderful art."*

—Kenneth S. Cohen, M.A. author, *The Way of
Qigong and Healthy Breathing*

Registration: TCF Course Level Three

I am registering for the following dates and location:

_____ October 22 – 23, 2016 Madison, WI
_____ April 21 – 22, 2017 Milwaukee, WI

Name Title/Credentials

Street Address

City State zip

Phone

Email

I wish to register for: *Please Select One*

_____ \$350 Entire Seminar*
_____ \$200 First Day only
_____ \$200 Second Day only
*CEUs/ PDA's are awarded for Entire Seminar only
_____ +\$30 late fee (if AFTER 20 days before seminar date)

_____ **TOTAL Registration**

Course Materials: *Recommended: order course materials at least a month before course and practice the TCF Form with the DVD.*

\$45 Personal Practice Set

Order Online: at <http://taichihealth.com> or

Call: Tai Chi Health Office at 575-776-3470.

Milwaukee & Madison Course:

Inquiries 262-662-1060

Checks payable to: Pat Culotti, Enhancing Balance

Mail registration to her at:

W249 S6680 Center Drive, Waukesha, WI 53189

\$50 cancellation fee assessed. No refunds after 20 days prior.

To Order Materials ahead and bulk orders:

Inquiries 575-776-3470 or <http://taichihealth.com>

Checks payable to: Uncharted Country Publishing

Order: P.O. Box 756 Taos, NM 87571

Tai Chi Fundamentals® Program Level Three Training Course

COURSE DESCRIPTION

Prerequisite: Proficiency in elements taught in TCF Adapted Program

Training Course Levels One and Two

Teaches all elements required for TCF Level Three Certification.

Participants learn Sections 2 and 3 of the TCF Form and review all Basic Moves. Includes teaching practicums, techniques for using TCF with specific populations, advanced training in sensing qi and introduction to *Energize* exercises.

The course includes presentations by certified instructors on program applications in group wellness settings as well as therapeutic assessment and intervention tools. This course qualifies as partial contact hours fulfillment for *TCF Instructor Certification Level Three*. See CERTIFICATION

COURSE OBJECTIVES

- 1) Teach the 12 basic TCF Movement Patterns
- 2) Practice all three sections of the Original TCF form.
- 3) Describe TCF's rationale, biomechanics & functional benefits.
- 4) Apply TCF's mind/body principles in a variety of settings.
- 5) Lead advanced exercises for sensing *qi* (life energy.)

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.

COURSE CONTENT

- TCF PROGRAM ADVANCED 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
- SUPINE/ SEATED APPLICATIONS
 - ROM Dance Range of Motion and Relaxation Program
 - Pain management
 - Breathing and Relaxation Exercises, Sensing Qi
- TEACHING PRACTICUM
- PROGRAM ADAPTATIONS AND APPLICATIONS:
THERAPEUTIC AND GROUP WELLNESS SETTINGS
- CERTIFICATION INFORMATION

AUDIENCE

Physical and Occupational Therapists, Nurses, Activity Directors, Recreational and Fitness Professionals, Tai Chi and other Martial Arts Instructors, and Alternative Health Practitioners

FEES

2-day Course: \$350

1-day Course: \$200

\$30 late fee & \$50 cancellation fee. No refunds after 20 days prior to

REQUIRED COURSE MATERIALS for Level 3 Course

- **TCF Personal Practice Set:** *Tai Chi Mind & Body* book and *TCF for Mastering Tai Chi Basics* instructional DVD (\$55)
- Bring your *Adapted Program* book to this course.

(You already have the *Adapted Program Training Course Set* purchased for Level 1-2 (\$140). *Includes: TCF Adapted Program Book & 3-DVD Set and TCF for Health Professionals & Instructors DVD.*

COURSE INSTRUCTORS:

Patricia Culotti, CTI, MTF www.enhancingbalance.com

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.

A certified Yang style instructor and Tai Chi Fundamentals Master Certified educator, Pat develops programs and trains professionals for certification. She is a featured model in *Tai Chi Mind and Body*.

Tricia Yu, MA www.taichihealth.com

Co-creator of Tai Chi Fundamentals and ROM Dance Programs and director of the Tai Chi Center 1974-2005. She is a pioneer in integrating tai chi into medical model exercise. Leaders in tai chi and health care endorse her programs and instructional materials.

She has presented seminars extensively for the past 25 years including APTA's Annual Meetings 2001, 2004, and 2005 and WOTA 2003. Her latest book, *Tai Chi Mind and Body* is now in twelve languages and distributed throughout Europe and Asia.

COURSE LOCATION:

Milwaukee Area—Enhancing Balance

W249 S6680 Center Dr Waukesha, WI 53189

Madison Area--Tai Chi Center of Madison

301 South Bedford Street. Suite 219, Madison, WI 53703

Please note: this is different from the office mailing address

QUESTIONS, DIRECTIONS, AND LODGING INFORMATION:

Contact: Pat Culotti, 262-662-1060 or pat@enhancingbalance.com