

Tai Chi Fundamentals®

Adapted Program Short Form Training Course Milwaukee, Wisconsin

Applications for Optional Standing
Support, Walker Support and Seated

May 20-21, 2016

May 5-6, 2017

Provides you with tools for applying
Tai Chi in your practice

Instructor: Patricia Culotti, CTI, MTF

Prerequisite: Levels 1-2 TCF Adapted
Program Training Course

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

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>

REGISTRATION: TCF Adapted Program Short Form Training Course

I am registering for the following date and location:

_____ May 20 – 21, 2016 Milwaukee, WI

_____ May 5 – 6, 2017 Milwaukee, WI

Name _____ Title/Credentials _____

Street Address _____

City _____ State _____ zip _____

Phone _____ Email _____

I wish to register for: Please Select One

_____ \$350 2 days required for Certificate of Completion

_____ \$200 Day 1 Only

_____ \$30 late fee: enroll less than 20 days in advance.

_____ TOTAL Enclosed

Course Materials:

No additional course materials required. Bring your *TCF Adapted Program* book to the course from your **Course Materials Discount Set** purchased for the *TCF Adapted Level 1-2 Training Course*.

Course registration:

By credit card: call 262-662-1060

By mail: Make check to: Enhancing Balance

Mail to: Enhancing Balance
W249S6680 Center Dr
Waukesha WI 53189-9337

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

Tai Chi Fundamentals® Adapted Program Short Form Training Course

With Optional Side Support, Walker Support and Seated Versions

COURSE DESCRIPTION

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

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: \$350

1-day Course: \$200

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

REQUIRED COURSE MATERIALS

TCF Adapted Program Set:

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 INSTRUCTORS

One of the following instructors will teach your course

Tricia Yu MA creator of the *Tai Chi Fundamentals® Adapted Program*, is former director of the Tai Chi Center, Madison, WI, and owner, *Tai Chi Health*, training and certifying instructors nationally. Certified Yang Style lineage instructor, she has taught tai chi and qi gong full time since 1972 and is a pioneer in integrating tai chi into medical model exercise therapy. Co/creator: *ROM Dance®* Program, creator: *Tai Chi Fundamentals®* Program.

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.

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:

Enhancing Balance Studio
W249S6680 Center Dr, Waukesha, WI 53189

DIRECTIONS, LODGING INFORMATION:

WEBSITE: www.EnhancingBalance.com

EMAIL: pat@EnhancingBalance.com

OFFICE: 262-662-1060

MOBILE: 262-271-1061

AGENDA

DAY ONE: 6 hours

Basic Moves & Short Form:

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

- 11:30 am On-site registration
12:00-1:30 Course overview, program background
Movement Lab: Review OSS Basic Moves
Group introductions
Movement Lab: Review OSS Short Form Part 1
1:45 Awake Hands
Movement lab: OSS Short Form Parts 2 & 3
Tai chi for pain and physical limitation
3:15pm LUNCH ONSITE Bring Your Own
3:45-5:15 Sensing qi seated and supine
Partner learning practicum:
OSS Short Form Parts 1,2,3
Movement lab: Review W Basic Moves
5:30 Mind/Body skills: Calming, Uplifting Qi Gong
Movement lab: W Short Form Parts 1,2,3
Review Mind/body principles
7:00 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
3:30 ADJOURN