

taichi FUNDAMENTALS

Certification Information Tai Chi Fundamentals® Adapted Program Original Tai Chi Fundamentals® Program

Overview

The purpose of certification is to assure that instructors demonstrate the skills and knowledge necessary to teach all program elements accurately and effectively. During the certification process, you demonstrate movement and teaching skills and create written handouts for teaching the program. To keep certification current, attend training courses or classes with TCF Certified Instructors a minimum of 12 contact hours every two years.

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www.taichihealth.com

Tai Chi Fundamentals® Adapted Program Certification at a Glance

Details at <https://taichihealth.com/tai-chi-fundamentals/tai-chi-fundamentals-adapted-program-certification-requirements/> or visit taichihealth.com > Tai Chi Fundamentals > Become an Instructor

30-50 Contact hours requirement for applying for certification

Certification is performance-based. Depending on prior tai chi and movement learning experience, individuals will need varying amounts of training to prepare them for certification testing. Since this is a simplified Yang Style Cheng Man Ch'ing lineage (CMC) program, streamlined certification is available for experienced CMC instructors.

Attend Course One

TCF Adapted Program Basic Moves Training (12-16 contact hours)
Receive Certificate of Completion for course attendance.



Attend Course Two

TCF Adapted Program Short Form Training (12-16 contact hours)
Receive Certificate of Completion for course attendance.



Attend intensives, classes and/or private sessions with Certified Instructors

Review, practice, prepare for certification and for teaching evidence-based classes (6-26 contact hours).



Take a Certification Readiness Session

With a Certified Instructor. When they give you the GO:



Apply for TCF Adapted Program Certification (additional fees)



Successfully complete written exam and movement test

With a TCF Certification Reviewer.



Get certified as a TCF Adapted Program Instructor!

Teach classes of your choice and/or apply in therapeutic practice



**To become as evidence-based Tai Chi Prime Class Leader:
First become certified in TCFA, then attend the Tai Chi Prime Leader Training**



Become a Tai Chi Prime Class Leader

Tai Chi Fundamentals® Adapted Program Training Courses and Certificates of Completion

Details and course schedules at <https://taichihealth.com/events/category/seminars-levels-1-2/>
or visit taichihealth.com >Training

Tai Chi Fundamentals® Adapted Program (TCFA) is designed for individuals and organizations wanting a basic-level tai chi program in their exercise programs. Easier to learn than the Original TCF Program, TCFA makes tai chi accessible for a wide range of abilities and conditions and features Optional Side Support, Walker Support and Seated versions.

Training Courses

1. **Course One: TCF Adapted Program Basic Moves Training** *No prerequisites (12-16 contact hours)*. Teaches Basic Moves: Optional Side Support, Walker Support and Seated versions and introduces the TCF Short Form, Part One for all three versions. Fulfills all prerequisites for attending *Course Two: TCF Adapted Program Short Form Training*.
2. **Course Two: TCF Adapted Program Short Form Training** *Prerequisite: Course One: TCF Adapted Program Basic Moves Training (12-16 contact hours)*. Reviews Basic Moves and TCF Short Form, Part One all three versions; teaches entire TCF Short Form, all three versions.
3. **Intensives, classes, private sessions with TCF Certified Instructors:** *Prerequisite: Courses One and Two (6-26 contact hours depending on your previous tai chi experience and movement learning skills)*. Review and refine movements, principles and teaching strategies. Prepare for certification, which is performance-based, and for teaching evidence-based class series.

Certificates of Completion

Awarded to participants for attendance at *Training Courses One and Two*, these certificates qualify participants to begin practice teaching all program elements taught during the courses. The combination of practice teaching, attending intensives and classes, and personal home practice is ideal for mastery of the program and preparation for certification described on the next page.

1. **Course One: TCF Adapted Program Basic Moves Training Certificate of Completion**
Requirements:
 - a. Attend both days of this 12-16 hour course (hours apply toward TCF Certification).
 - b. Demonstrate ability to perform and teach at least one version of the Adapted Program Basic Moves. Proficiency monitored during supervised Partner Teaching Practicums.
 - c. Certificate of Completion awarded at the conclusion of the course.
2. **Course Two: TCF Adapted Program Short Form Training Certificate of Completion**
Requirements:
 - a. Attend both days of this 12-16 hour course (hours apply toward TCF Certification).
 - b. Demonstrate ability to perform and teach at least one version of the Adapted Program Short Form. Proficiency monitored during supervised Partner Teaching Practicums.
 - c. Certificate of Completion awarded at the conclusion of the course.
3. **Intensives, classes, private sessions with TCF Certified Instructors:** No Certificates of Completion awarded.

Tai Chi Fundamentals® Adapted Program Certification Overview and Requirements

Details at <https://taichihealth.com/tai-chi-fundamentals/tai-chi-fundamentals-adapted-program-certification-requirements/> or visit taichihealth.com > Tai Chi Fundamentals > Become an Instructor

Overview

The TCF Adapted Program certification process is an excellent process for achieving in-depth training.

The purpose of TCF Adapted Program certification is to assure that instructors demonstrate the skills and knowledge necessary to teach all program elements effectively. Tai Chi Health recommends Certified Instructors as individuals who accurately represent the program. During the certification process, you demonstrate movement and teaching skills and create your own written handouts for teaching the program. To keep certification current, attend workshops or classes a minimum of once every two years.

If your facility has a number of instructors who have TCF Adapted Program Certificates of Completion, we strongly recommend that at least two or three of them make the commitment to become certified. This will provide all instructors with leadership and opportunities for professional growth through having Certified Instructors onsite. They will bring expertise and benefits of certification to your organization.

Benefits of Certification

1. TCF Adapted Program certification is required in order for you to teach the evidence-based, 6-week Tai Chi Prime classes. Detailed info at www.taichihealth.com Tai Chi Prime > Overview
2. Enhance your professional resume with a nationally recognized certification.
3. Create opportunities for teaching tai chi in a wide range of settings.
4. Educate your peers: conduct in-service presentations to other professionals.
5. Get referrals from your Certified Instructor listing on the Tai Chi Health website.
6. Become part of the TCF Certified Instructors network.
7. Take the first step in becoming an Advanced Certified Course Instructor and/or Certification Reviewer.

Requirements

Prerequisite for application

1. 30-50 contact hours, includes *Course One: TCF Adapted Program Basic Moves Training* (12-16 contact hours) and *Course Two: TCF Adapted Program Short Form Training* (12-16 contact hours). Additional contact hours may include attendance at TCF Intensives, classes and private sessions with TCF Certified Instructors. (Private sessions count as 3 contact hours.)
2. Experience teaching TCF individually or in groups. This may include the following:
 - a. Learning, teaching, substituting, and/or assisting in group classes.
 - b. Applying or observing TCF Basic Moves applied in individual therapy.
3. Working knowledge of: *Tai Chi Fundamentals® Adapted Program book and DVD and Tai Chi Fundamentals® for Health Professional and Instructors DVD*.
4. Ability to perform moves accurately, effectively teach their guidelines, benefits and rationale, and effectively adjust students into proper alignment.
5. TCF Certified Instructor gives you the GO to apply for certification. Requires private lesson billed at instructor's hourly rate. Can do remotely via DVD, You Tube or Skype.

Application Process

Apply online at: <https://taichihealth.wufoo.com/forms/m1l7vgww0mx93gz/> or www.taichihealth.com > Tai Chi Fundamentals > Certification Application For Original and Adapted Tai Chi Fundamentals® Programs
After you apply, you will receive your written exam and instructions on how to proceed.

Tai Chi Fundamentals® Adapted Program Certification Evaluation: Written Exam and Movement Test

Once you have applied for certification, received your written exam and selected your TCF Certification Reviewer, schedule your movement test and send your TCF Certification Reviewer your written exam.

1. Written Exam *Must be submitted before taking the movement test*

This must be submitted before your movement test. Your TCF Certification Reviewer will approve your written exam or give you suggestions for changes. It is an open-book, one-time test designed to serve as handouts for your students and patients as well as for in-service and conference presentations. Includes the following:

- a. Understanding of the principles, guidelines, and history of tai chi, as outlined in the *TCF Adapted Program* book (the book).
- b. Familiarity with research on health effects of tai chi as outlined in the book.
- c. Knowledge of TCF Program background, guidelines and principles as outlined in the book.
- d. Familiarity with reviews of the TCF Program. (Provided when you apply for certification.)
- e. Experience teaching TCF Adapted Program in group classes or individual therapy.

2. Movement Test *Can be done in person or remotely via Skype*

Please note: you can certify in Basic Moves and TCF Short Form as outlined below, or in Basic Moves only. You will be tested on the entire Optional Side Support version and on a few movements from the Walker and Seated versions (see below). The test takes 1.5 – 2 hours. You will receive written feedback on your performance. During the test you will:

- a. Describe rationale for movement sequence (answer: simple to complex).
- b. Name and perform each Basic Move accurately in sequence.
- c. Describe guidelines for properly performing each Basic Move.
- d. List one or two functional benefits for each Basic Move.
- e. Demonstrate ability to effectively adjust clients into proper alignment.
- f. Demonstrate proficiency in performing and naming all moves of Optional Side Support TCF Short Form. (Note: this includes movement demonstration only, no teaching required.):
 - i. Perform once without support.
 - ii. Perform again demonstrating use of chair for support.
- g. Name, perform and describe the following:
 - i. Seated Basic Moves: Bear Roots on One Leg, Stable and Open, Tai Chi Fold, Tai Chi Power Move.
 - ii. Walker Short Form moves: Ward Off, Press, Push, Cloud Hands Arms, Cloud Hands Stepping.

Following your successful completion of your written and movement tests, your Certification Reviewer will submit your evaluation and recommendations to Tai Chi Health. Soon, you will receive your Certificate. And be posted on the Tai Chi Health website

Tai Chi Fundamentals® Adapted Program

Add-on Certification in the Original Tai Chi Fundamentals® Program

Apply at <https://taichihealth.wufoo.com/forms/zcgs0o605aebdr/> or www.taichihealth.com > Tai Chi Fundamentals
> Certification Application For Original and Adapted Tai Chi Fundamentals® Programs

If you already are certified in Tai Chi Fundamentals® Adapted Program (TCFA) and wish to become certified in the Original Tai Chi Fundamentals® Program (TCF), the only requirement is that you accurately demonstrate the TCF Form to a Certification Reviewer. The TCF Form is performed standing without support, builds on skills learned in TCFA and is more complex to learn. No additional written exams or movement testing required.

Here's what you need to do:

1. Purchase the TCF Personal Practice Set at the taichihealth store
2. Attend Course Three: Original TCF Form Training and learn the Original TCF Form (12 hours). (Note: this may be waived for Yang Style CMC instructors who can accurately learn the TCF Form from the DVD)
3. Attend intensives, classes and private sessions as needed, and practice on your own until you feel ready to test demonstrating the Original TCF Form accurately. *No additional contact hours required.*
4. When you are ready, fill out the Add-on Certification application (additional fees apply) and schedule a session with the Certification Reviewer of your choice.
5. At your Add-on Certification session, you will demonstrate the Original TCF Form to your Certification Reviewer.
6. Once they have approved your performance, they will notify Tai Chi Health's Certification Coordinator and you will receive your new certificate and have your new TCF certification added to your post on the Tai Chi Health website.

Original Tai Chi Fundamentals® Program Certification at a Glance

Details at <https://taichihealth.com/tai-chi-fundamentals/original-tai-chi-fundamentals-program-certification-requirements/> or visit taichihealth.com > Tai Chi Fundamentals > Become an Instructor

30-50 Contact hours requirement for applying for certification

Certification is performance-based. Depending on prior tai chi and movement learning experience, individuals will need varying amounts of TCF training to prepare them for certification testing. Since this is a simplified Yang Style Cheng Man Ch'ing lineage (CMC) program, streamlined certification is available for experienced CMC instructors.

Attend Course One

TCF Adapted Program Basic Moves Training (12-16 contact hours).
Receive Certificate of Completion for course attendance.



Attend Course Three

(no need to attend course two which teaches TCF Adapted Program Short Form)
Original TCF Program Form Training (12-16 contact hours).
Receive Certificate of Completion for course attendance.



Attend intensives, classes & private sessions with TCF Certified Instructors

Review, prepare for certification and practice on your own until you have mastered performance of Basic Moves and the Original TCF Form (6-26 contact hours).



Take a private session with a TCF Certified Instructor to determine certification readiness

When they give you the GO:



Apply for Original TCF Program certification (additional fees)



Successfully complete written exam and movement test

With a TCF Certification Reviewer.



Get certified as an Original TCF Program Instructor!

Teach TCF classes. Licensed health professionals can apply TCF in their therapeutic practice.

Original Tai Chi Fundamentals® Program Training Courses and Certificates of Completion

Details and course schedules at <https://taichihealth.com/events/category/seminars-levels-1-2/>
or visit taichihealth.com >Training

The Original TCF Program is designed for those wanting a simplified tai chi program that is more advanced than, yet compatible with, the TCF Adapted Program. The Original TCF Program Includes TCF Adapted Program Basic Moves and progresses to the more challenging Original TCF Form performed standing without support and is a gateway to learning the more complex moves of traditional tai chi.

Training Courses

- 1. Course One: TCF Adapted Program Basic Moves Training** *No prerequisites (12-16 contact hours)*. Teaches Basic Moves: Optional Side Support, Walker Support and Seated versions and introduces the TCF Short Form, Part One for all three versions. Fulfills all prerequisites for attending *Course Three: Original TCF Form Training*.
- 2. Course Three: Original TCF Form Training** *Prerequisite: Course One: Adapted Training Course (12-16 contact hours)*. *No need to attend Course Two*. Reviews Basic Moves and TCF Short Form, Part One; teaches the entire Original TCF Form. All movement is performed standing without support.
- 3. Intensives, classes, and private sessions with TCF Certified Instructors:** *Prerequisites: Courses One and Three (6-26 contact hours depending on your previous tai chi experience and movement learning skills)*. Review and refine movements, principles and teaching strategies. Prepare for certification, which is performance-based.

Certificates of Completion

Awarded to participants for attendance at both *Course One* and *Course Three*, these certificates qualify participants to begin practice teaching all program elements taught during the courses. The combination of practice teaching, attending intensives and classes, and personal home practice is ideal for mastery of the program and preparation for certification described on the next page.

- 1. Course One: TCF Adapted Program Basic Moves Training Certificate of Completion Requirements:**
 - a. Attend both days of this 12-16 hour course (hours apply toward TCF Certification).
 - b. Demonstrate ability to perform and teach all TCF Basic Moves. Proficiency monitored during supervised Partner Teaching Practicums.
 - c. Certificate of Completion awarded at the conclusion of the course.
- 2. Course Three: Original TCF Program Form Training Certificate of Completion Requirements:**
 - a. Attend both days of this 12-16 hour course (hours apply toward TCF Certification).
 - b. Demonstrate ability to perform and teach at least one part of the Original TCF Form. Proficiency monitored during supervised Partner Teaching Practicums.
 - c. Certificate of Completion awarded at the conclusion of the course.
- 3. Intensives, classes, private sessions with TCF Certified Instructors:** No Certificates of Completion awarded.

Original Tai Chi Fundamentals® Program Certification: Overview and Requirements

Details at <https://taichihealth.com/tai-chi-fundamentals/original-tai-chi-fundamentals-program-certification-requirements/> or visit taichihealth.com > Tai Chi Fundamentals > Become an Instructor

Overview

The purpose of Original TCF Program certification is to assure that instructors demonstrate the skills and knowledge necessary to teach all program elements effectively. During the certification process you demonstrate movement and communication skills and create written handouts for teaching the program to students, patients and peers.

To keep certification current, attend workshops or classes with qualified instructors a minimum of once every two years.

Benefits of Certification

1. Enhance your professional resume with a nationally recognized certification.
2. Create opportunities for teaching tai chi in a wide range of settings.
3. Educate your peers: conduct in-service presentations to other professionals.
4. Get referrals from your Certified Instructor listing on the Tai Chi Health website.
5. Become part of the TCF Certified Instructors network.
6. Take the first step in becoming Advanced Certified as a Course Instructor and/or Certification Reviewer.
7. *Please note: this certification does not qualify you for teaching the evidence-based, 6-week TCF Program community courses, which require TCF Adapted Program certification.*

Requirements

Prerequisite for application

1. 30-50 contact hours, including attendance at *Course One: TCF Adapted Program Basic Moves Training* (12-16 contact hours) and *Course Three: Original TCF Program Form Training* (12-16 contact hours). Additional 6-26 contact hours may include attendance at TCF Intensives, classes and private sessions with TCF Certified Instructors. (Private sessions count as 3 contact hours.)
2. Experience teaching TCF to individuals or in groups. This may include the following:
 - a. Learning, teaching, substituting and/or assisting in group classes.
 - b. Applying or observing TCF Basic Moves applied in individual therapy.
3. Working knowledge of *TCF Adapted Program* book and *Optional Side Support DVD*, *TCF for Health Professional and Instructors DVD*, *TCF For Mastering Basics DVD*, and *Tai Chi Mind and Body* book. Familiarity with reviews about the program and its applications.
4. Ability to perform the movements accurately, effectively teach their guidelines, benefits and rationale, and effectively adjust students into proper alignment.
5. TCF Certified Instructor recommends applicant readiness for successful movement test. Requires private lesson billed at instructor's hourly rate. Can do remotely via DVD, You Tube or Skype.

Application Process

Once a TCF Certified Instructor has given you the GO to apply for certification, apply online at <https://taichihealth.wufoo.com/forms/z13wuaux1j4e7hu/> or www.taichihealth.com > Tai Chi Fundamentals > Certification Application For Original and Adapted Tai Chi Fundamentals® Programs
After you apply, you will receive your written exam and instructions on how to proceed.

Original Tai Chi Fundamentals® Program Certification Evaluation: Written Exam and Movement Test

Once you have applied for certification, received your written exam and selected your TCF Certification Reviewer, schedule your movement test and send your TCF Certification Reviewer your written exam.

1. Written Exam *Must be submitted before taking the movement test*

This must be submitted before your movement test. Your TCF Certification Reviewer will approve your written exam or give you suggestions for changes. It is an open-book, one-time test designed to serve as handouts for your students and patients as well as for in-service and conference presentations. Includes the following:

- a. Understanding of the principles, guidelines and history of tai chi, as outlined in the *TCF Adapted Program* book and *Tai Chi Mind and Body* book (the books).
- b. Familiarity with research on health effects of tai chi as published in the books.
- c. Working knowledge of the TCF Program including: rationale, background, guidelines and mind/body principles.
- d. Familiarity with reviews of the TCF Program. (Provided when you apply for certification.)
- e. Experience teaching TCF Basic Moves therapeutically and/or teaching group classes.

2. Movement Test *Can be done in person or remotely via Skype*

- a. Describe rationale for movement sequence (answer: simple to complex).
- b. Name and perform each Basic Move accurately in sequence.
- c. Describe guidelines for properly performing each Basic Move.
- d. List one or two functional benefits for each Basic Move.
- e. Demonstrate ability to effectively adjust clients into proper alignment.
- f. Demonstrate proficiency in performing and naming moves of the entire Original TCF Form.
Note: this includes movement demonstration only, no teaching.

Original Tai Chi Fundamentals® Program

Add-on Certification in the Tai Chi Fundamentals® Adapted Program

Apply at <https://taichihealth.wufoo.com/forms/zcgs0o605aebdr/> or www.taichihealth.com > Tai Chi Fundamentals
> Certification Application For Original and Adapted Tai Chi Fundamentals® Programs

Add-on Certification Requirements

If you already are certified in the Original Tai Chi Fundamentals® Program (TCF) and wish to become certified in the Tai Chi Fundamentals® Adapted Program (TCFA), you will need to demonstrate proficiency in performing all movements outlined below. No additional written exams or movement testing required. *Note: TCF Adapted Program certification is required to teach the evidence-based Tai Chi Prime classes which teach the TCFA Program.*

Here's what you need to do:

1. No additional materials required. All necessary instruction is in the TCFA book and 3-DVD Set that you purchased for Course One.
2. Attend Course Two to learn TCFA Short Form, Optional Side Support, Walker and Seated Versions.
3. Attend optional Intensives, classes or private sessions and practice until you feel ready to test (*no additional contact hours required*).
4. Be prepared to demonstrate the following:
 - a. TCF Short Form, Optional Side Support version once without support.
 - b. TCF Short Form, Optional Side Support version again, demonstrating use of chair for support.
 - c. Name, perform and describe the following Seated Basic Moves:
 - i. Bear Roots on One Leg.
 - ii. Stable and Open.
 - iii. Tai Chi Fold.
 - iv. Tai Chi Power Move.
 - d. Name, perform and describe the following Walker Support TCF Short Form moves:
 - i. Ward Off, Press, Push sequence.
 - ii. Cloud Hands Arms.
 - iii. Cloud Hands Stepping.
5. When you are ready, fill out the Add-on Certification application (additional fees apply) and schedule a session with the Certification Reviewer of your choice.
6. At your Add-on Certification session, you will demonstrate the movements outlined above for your Certification Reviewer.
7. Once your Certification Reviewer has approved your performance, they will notify Tai Chi Health's Certification Coordinator. Then you will receive your new certificate and have your new TCFA certification added to your post on the Tai Chi Health website.

Keeping Your Certification Current

To uphold teaching standards for both Tai Chi Fundamentals Programs, and to foster professional development, certified instructors can keep their certification current as follows:

All TCF Certified Instructors must accrue a minimum of 12 contact hours within each two-year period, beginning with the initial date of their certification and every two years thereafter. If you are a newly certified instructor, plan to accrue these 12 contact hours sometime during the next two years.

Options

During any 2-year period, you can earn your 12 contact hours in the following combinations by attending:

1. Recommended: Attend a Certified Instructors retreat (held every 2 years).
2. Any of the following 2-day courses:
 - a. Course One: TCF Adapted Program Basic Moves Training
 - b. Course Two: TCF Adapted Program Short Form Training
 - c. Course Three: Original TCF Program Form Training
3. One day of any of the above courses for 6 Contact Hours
4. 3-6 hour TCF Intensive
5. Private session with a TCF Certified Instructor. 1-hour private = 3 contact hours.
6. Up to 6 hours of CMC Yang Short Form courses
7. Other TCF-approved courses or classes for up to 6 hours (taught by other Yang Style Cheng Man Ch'ing Lineage instructors).

Reinstating Lapsed Certification

If your certification has lapsed for 12 months or more beyond the two-year limit, attend any combination of the following for at least 12 contact hours or until you feel prepared for recertification:

1. Any TCF or TCFA courses, intensives, classes or private sessions that train *Basic Moves* and *Original TCF Form* or TCF Adapted Program Short Form Optional Side Support, Walker or Seated versions.

When you feel ready to recertify:

1. Schedule a private certification readiness evaluation with a TCF Certified Instructor. When they give you the GO, you can apply for recertification. Or you may be asked to get additional instruction practice more on your own (*pay instructor their usual hourly fee*).
2. Recertification: Once a TCF Certified Instructor has given you the GO to apply for recertification, contact Kelly Rehder. She will send you instructions on how to proceed and help select a TCF Certification Reviewer to conduct your movement test. You may need to:
 - a. Retake Movement Test with TCF Certification Reviewer. No need to retake written exam.
 - b. After your movement test your Certification Reviewer will tell you if you have certified.
 - c. Your Certification Reviewer will submit your evaluation and recommendations to Kelly Rehder, who will send you your Certificate.

Advanced Certification

Details at: www.taichihealth.com Tai Chi Fundamentals > Overview > TCF Advanced Certification pdf

To become Advanced Certified as a Certification Reviewer or a Course Instructor, you must be certified in both TCF and TCFA and have training in traditional Yang Style tai chi.

Certification Reviewer Requirements for TCFA and TCF

Prerequisite: Certification in TCF Adapted & Original Program; recommendation by Tricia Yu, Patricia Culotti or Advanced Certified Instructors

- a. Teach TCF Basic Moves, Short Form and Original TCF Form for at least 3 years.
- b. Training in Yang Style tai chi.
- c. Complete Certification Reviewer training at TCF Certified Instructor Advanced Retreats (recommended), or individually.

Course Instructor Requirements for TCFA and TCF

Prerequisite: Currently a TCF Program Certification Reviewer

1. Course One: TCFA Basic Moves Training Course Instructor
 - a. Assist/teach Course One, 2x minimum.
 - b. Complete Course Instructor training at TCF Certified Instructor Advanced Retreats (recommended), or individually.
2. Course Two: TCFA Short Form Training Course Instructor.
 - a. Assist/teach Course Two, 2x minimum.
 - b. Complete Course Instructor training at TCF Certified Instructor Advanced Retreats (recommended), or individually.
3. Course Three: TCF Training Course Instructor
 - a. Assist/teach Course Three 2x minimum.
 - b. Complete Course Instructor training at TCF Certified Instructor Advanced Retreats (recommended), or individually.