

Tai Chi Fundamentals® Virtual Certified Instructor Retreat

May 21-23, 2021 Zoom

General Overview

TCF VIRTUAL CERTIFIED INSTRUCTORS RETREAT

May 21-23 Fri. 5 pm – Sun. 5 pm

Prerequisite: Certification in the

Tai Chi Fundamentals® (TCF) Program or the
Tai Chi Fundamentals® Adapted (TCFA) Program.

WPTA-approved for 12 contact hours



Provided by

Includes:

- *Formal instruction:* TCF and TCFA programs
- *Feedback/discussion groups:* Demonstrate teaching/corrections for TCF and TCFA programs; get group feedback
- *Focused classes:* training tips, teaching virtual classes
- *Early Bird Practice*
- *Party!*

Certification Update

Last year Tai Chi Health paused contact hour requirements for maintaining certification out of concern for the wellbeing of our community.

This year we offer 6 or 12 contact-hour options through virtual training. This is an ideal opportunity to fulfill requirements for keeping your certification current, or for applying to renew lapsed recertification. Attend our entire 12-hour Instructor Retreat to keep your certification current for two years. Or you can attend the 6-hour Saturday option and take a virtual Intensive at another time. We hope these options help you sustain your study and your practice and let you connect with our tai chi community. In 2022 we plan to resume our in-person retreats to ensure everyone receives the best training possible.

*We're looking forward
to seeing you!!*

Online Registration

<https://taichihealth.com/events/category/tcf-instructor-retreat/>

Or go to the taichihealth.com>Training menu

Registration Options

Option	CEUs	Cost
1. Full Retreat	12	\$400
2. Saturday only	6	\$200

REGISTRATION DEADLINE: April 30, 2021
Late fee: \$30. No refunds after May 10, 2021

Questions?

For online registration contact:

Rachel Sandretto: 608-630-4066

Email: taichihealth.workshops@gmail.com

Instructors: Patricia Culotti, Tricia Yu, Kelly Rehder, Lori Enloe, Kristi Rietz, Rachel Sandretto, and other
Advanced Certified Instructors



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Friday, May 21 5pm – Sunday, May 23 5pm
All times in CENTRAL

Attendance *optional* for events in italics below

FRIDAY

5:00-6:30 pm Welcome, Orientation, Movement Flow
6:30-7:00 *Break time with Optional Q&A with an Advanced Instructor*
7:00-8:00 TCF Instruction: Basic Moves

SATURDAY

9:30-10:00 am *Early bird practice: Flow all Basic Moves, TCF Original and Adapted Forms*
10:00-11:00 Form Instruction: Golden Pheasant, Separate Arms & Kick
11:00-11:30 Training Tips and Strategies
11:30-12:00 *Break time with Optional Q&A with an Advanced Instructor*
12:00-1:00 pm Teaching Practicum/Feedback Session
Original TCF: Brush Knee
Adapted TCF: OSS Form Part I
1:00-1:15 Break
1:15-2:15 Form Instruction
Original TCF: Repulse the Monkey, Single Whip, Snake Slides Down
Adapted TCF: OSS Form Parts 1, 2, & 3)
2:15-2:30 Break
2:30-3:00 Teaching Virtual Classes
3:00-4:00 Form Instruction
Original TCF: Brush Knee through Closing
Adapted TCF: Review of Seated & Walker Forms
4:00-4:30 *Break time with Optional Q&A with an Advanced Instructor*
4:30-5:30 Teaching Practicum/Feedback Session: Everyday Qigong
7:00-8:00 *Party!*

SUNDAY

1:00-1:30 pm Everyday Qigong
1:30-2:00 Tai Chi Prime Update, Fab 4
2:00-2:15 Break
2:15-3:15 Teaching Practicum/Feedback Session
Original TCF: Punch through Closing
Adapted TCF: Golden Pheasant, Separate Arms & Kick
3:15-3:30 Break
3:30-4:30 Movement Flow; Introduction to Cheng Man-ch'ing Tai Chi
4:30-5:00 Wrap up, Feedback, Evaluations