

Tai Chi Fundamentals® Virtual Certified Instructor Retreat

June 17, 2023 Zoom

General Overview

TCF VIRTUAL CERTIFIED INSTRUCTORS RETREAT

June 17, 2023 Saturday, 9 am – 5 pm

Optional party: 6 – 7 pm

Prerequisite: Certification in the

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

WPTA-approved for 6 contact hours



Provided by

Includes:

- *Formal instruction:* Basic Moves and Form instruction for the TCF and TCFA programs
- *Discussion sessions:* Sharing ideas and best practices for teaching and using TCF
- *Informal Q&A times:* Multiple chances to talk with Advanced Certified Instructors
- *Party!* Talent show and games

Maintaining Certification

Tai Chi Health is resuming its requirement for 12 contact hours every two years for instructors to maintain their certification. With a greater range of instruction options available—including these virtual retreats—we’ve slightly adjusted how you can get those contact hours:

- Up to half (6 hours) can be fulfilled through virtual training, such as an Intensive or the Virtual Instructors Retreat (**new**). The other half must come from in-person training.
- Up to half (6 hours) can be fulfilled through Cheng Man-ch’ing (CMC) Yang Style Short Form classes. The other half must be TCF training.
- Up to half (6 hours) can be fulfilled through private lessons with TCF Certified Instructors.

You can mix and match! For example, you can fulfill your 12 hours by completing a 6-hour virtual TCF training combined with 6 hours of in-person CMC-style classes or private lessons in your area. We hope these options are helpful and sustainable.

Online Registration

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

Or go to the taichihealth.com>Training menu

Registration Fees:

Register by May 2 (early bird)	\$240
Register by May 31	\$270

REGISTRATION DEADLINE: May 31, 2023

Refunds are available through May 31, less a \$30 administrative/processing fee

Questions? Contact:

Rachel Sandretto: 608-630-4066

Email: taichihealth.rs@gmail.com

Instructors: Patricia Corrigan Culotti, Rachel Sandretto, Kelly Rehder, Lori Enloe, Kristi Hallisy, and other Advanced Certified Instructors



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Saturday, June 17, 9 am to 5 pm
All times in CENTRAL

SCHEDULE TIMES ARE FIXED. PROGRAM DETAILS ARE SUBJECT TO CHANGE.

*Attendance **optional** for events in italics below*

- 8:45-9:00 Check in
- 9:00-10:30 Movement flow: All Basic Moves, TCF Original and Adapted Forms
Welcome and introductions
Movement instruction/correction:
 Basic Moves: Part One
 Form: Part One
- 10:30-11:00 Break time with optional, 15-minute Q&A with an Advanced Instructor*
- 11:00-12:30 Movement instruction/correction:
 Basic Moves: Part Two
 Form: Repulse the Monkey, Cloud Hands
Discussion: Developing students' confidence and skill mastery
Movement instruction/correction:
 Form: Single Whip
 Basic Moves: High Step through Dancing Crane
- 12:30-1:30 Lunch break with optional, 15-minute Q&A with an Advanced Instructor*
- 1:30-3:00 Movement instruction/correction:
 Form: Snake Slides Down, Golden Pheasant, Separate Arms and Kick
Seated Tai Chi Fundamentals: Principles and movement instruction
Movement instruction/correction:
 Basic Moves: Tai Chi Stance with the Fold, Tai Chi Power Move
 Form: Brush Knee
- 3:00-3:30 Break time with optional, 15-minute Q&A with an Advanced Instructor*
- 3:30-5:00 Movement instruction/correction breakout sessions:
 Original TCF Form: Punch through Closing
 Adapted TCF Form: Review of entire Optional Side Support Form
Discussion: TCF applications in clinic and community settings
Centering, movement flow, and closing
- 5:00-6:00 Dinner break
- 6:00-7:00 Party!*

We're looking forward to seeing you!!