

Tai Chi Fundamentals® Certified Instructor and CMC Yang Short Form Retreats May 19-23, 2022 DeKoven Center, Racine, Wisconsin

General Overview

1. ADVANCED CERTIFICATION RETREAT

May 19-20 Thu. afternoon – Fri. noon

Prerequisite: approval from Pat or Tricia

WPTA-approved for 7 additional contact hours

Become an Advanced Certified TCF Certification Reviewer or Course Instructor. This is the most cost-effective way to begin the process.

Includes:

- *Movement Testing:* Observe or conduct
- *Certification Reviewer:* coaching
- *Course Instructor:* coaching
- *Form Review:* CMC, TCF, TCFA as needed
- *Early bird silent practice*

2. TCF CERTIFIED INSTRUCTORS RETREAT

May 20-22 Fri. afternoon – Sun. noon

Prerequisite: Certification in TCF

WPTA-approved for 12 contact hours

Includes:

- *Formal instruction:* TCF and TCFA programs
- *Feedback/discussion groups:* Demonstrate teaching/corrections for TCF Original and Adapted programs and get group feedback
- *Mini Course presentations:* Participants share TCF teaching methods/adaptations (see p. 3)
- *Share Fair:* Bring posters, handouts (see p. 3)
- *Early Bird Silent Practice*
- *Push Hands and Sword practice*
- *Party and talent show!*

3. CMC YANG SHORT FORM RETREAT

May 22-23 Sun. afternoon - Fri. evening

Prerequisite: None. All are welcome!

This is a great opportunity to learn and/or review CMC Form and applications.

Includes:

- *Form:* review or learn
- *Push Hands:* practice
- *Applications, lineage stories*

Online Registration

<https://taichihealth.com/events/category/tcfins-structor-retreat/> or taichihealth.com>Training menu. Select one of the following options:

RESIDENTIAL OPTIONS

All rooms are singles

Retreat - Lodging - Meals - Cost

1. Certified Instructor: 2 nights, 6 meals, \$760
2. CMC: 1 night, 4 meals, \$390
3. Cert Instr & CMC: 3 nights, 9 meals, \$1,080
4. Advanced Cert & Cert Instructor: 3 nights, 9 meals, \$1,140
5. Entire event (Advanced, Cert Instructor, & CMC): 4 nights, 12 meals, \$1,420

SPLIT REGISTRATION OPTION

\$30 surcharge if retreat and lodging/meals are paid for separately. Details online.

COMMUTER OPTION

For commuter options, contact:

Rachel Sandretto: 608-630-4066

Email: taichihealth.workshops@gmail.com

REGISTRATION DEADLINE: April 20, 2022

Late fee: \$50. No refunds after May 1, 2022

Retreat Location

The DeKoven Center: 262-633-6401

600 21st Street Racine, WI 53403

<http://www.dekovencenter.org/>

Questions?

For event location and preparation, contact:

Pat Culotti: 262-271-1061

Email: Pat@EnhancingBalance.com

For online registration questions or to register to teach a minicourse, contact:

Rachel Sandretto: 608-630-4066

Email: taichihealth.workshops@gmail.com

Provided by



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TCF ADVANCED CERTIFICATION RETREAT

May 19-20 Thu. afternoon – Fri. noon

Schedule details are subject to change

THURSDAY

- 1:00-2:00 Registration
- 2:00-2:30 Orientation
- 2:30-3:30 Practice (TCF Forms & CMC)
- 3:30-5:30 Certification Reviewer coaching/
Course Instructor coaching
- 5:30-6:30 Dinner**
- 6:30-8:30 Certification Movement Testing

FRIDAY

- 7:00-7:45 *Early bird silent practice*
- 8:00-8:30 Breakfast**
- 8:30-9:30 Certification Reviewer coaching/
Course Instructor coaching
- 9:30-11:30 Certification Movement Testing/
form practice
- 11:30-12:00 Wrap up, evaluations
- 12:00 Adjourn** 7 Contact Hours
- 12:00-12:50 Lunch**

TCF CERTIFIED INSTRUCTOR RETREAT (CIR)

May 20-22 Fri. afternoon – Sun. noon

Attendance optional for events in italics

Discontinuous times represent short breaks

FRIDAY

- 1:00-1:50 Registration, share fair setup
- 2:00-2:20 Orientation
- 2:30-3:50 TCF Basic Moves, form, & CMC
- 3:50-4:20 Personal time
- 4:30-5:20 Instruction/form correction:
Original TCF: Repulse Monkey, Cloud Hands
Adapted TCF: Form part one, Cloud Hands
- 5:30-6:20 Dinner**
- 6:30-7:30 Instruction/form correction:
Original TCF: Single Whip, Snake Slides Down
Adapted TCF: Seated & Walker Basic Moves
- 7:40-8:30 *Push hands practice*

SATURDAY

- 7:00-7:45am *Early bird practice: TCF
Original and Adapted Program, CMC Form*
- 8:00-8:50 Breakfast**
- 9:00-9:50 Instruction/Form Correction:
Golden Pheasant, Separate Arms & Kick
- 10:00-11:00 Feedback/discussion groups
- 11:00-11:30 TCF ideas for clinic & community

TCF CIR (continued)

- 11:30-12:00 Personal time
- 12:00-12:50 Lunch**
- 1:00-1:50 Mini course presentations
- 2:00-3:00 Instruction/Form Correction:
Original TCF: Brush Knee through Closing
Adapted TCF: Seated & Walker forms
- 3:00-3:30 Personal time
- 3:30-4:20 Instruction/Form Correction:
Original TCF: Form part three review
Adapted TCF: Optional Side Support form
- 4:30-5:30 Two person play
- 5:30-6:30 Dinner**
- 7:00-9:00 *Party!*

SUNDAY

- 7:00-7:45 *Early bird practice, same as Saturday*
- 8:00-8:50 Breakfast**
- 9:00-9:30 Tai Chi Prime update, Fab 4
- 9:30-9:50 Everyday Qigong
- 10:00-10:50 Feedback/discussion groups
- 11:00-11:50 Wrap up, feedback, evaluations
- 12:00 Adjourn** 12 contact hours
- 12:00-12:50 Lunch**

CMC YANG STYLE SHORT FORM RETREAT
May 22-23 Sun. afternoon – Mon. evening

SUNDAY

- 11:00am-noon Registration
- 12:00-1:00 Lunch**
- 1:00-1:30 Orientation
- 1:30-3:30 Concurrent CMC Form classes
- 3:45-4:30 Demo/discussion on applications
- 5:30-6:30 Dinner**
- 6:30-7:00 Personal time
- 7:00-9:00 Concurrent CMC Form classes,
followed by Push Hands/Sensing Hands

MONDAY

- 7:00-7:45 *Early bird CMC Form practice*
- 8:00-8:50 Breakfast**
- 9:00-10:45 Concurrent CMC Form classes
- 11:00-11:45 Lineage stories & pictures
- 12:00-1:00 Lunch**
- 1:00-2:30 Concurrent CMC Form classes
- 2:30-3:00 Personal time
- 3:00-5:00 Concurrent CMC Form classes,
followed by Push Hands/Sensing Hands
- 5:00 Adjourn**

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SHARE FAIR

Bring your posters, handouts, laptop presentations and business cards to display throughout the weekend. We provide one table per person, or you can share a table with others.

If you would like to reserve a Share Fair table, please indicate it on your online registration.

TCF MINI-COURSE PRESENTATIONS

Note: All Mini Courses must be TCF or TCFA -focused. These 20-minute presentations are a great opportunity for you to share interesting, innovative ways that you structure, utilize, and adapt TCF. We do not provide Xeroxing or AV equipment. Feel free to bring handouts and your computer for your presentation.

Application for TCF Mini-Course Presentations

Please submit the following information before March 10, 2022 to:

Rachel Sandretto at taichihealth.workshops@gmail.com. Thank you for sharing!

1. Name, any degrees, and title
2. Title of presentation
3. Format: (lecture, teaching, demo)
4. How do you feel that your presentation will benefit TCF instructors and/or contribute to the accessibility, and dissemination of TCF?
5. Do you plan to provide handouts and/or include an AV presentation?
6. Where and to whom do you teach your innovative TCF?
7. For how long have you done this?
8. In 200 words or less, please summarize the information that you will present.

Looking forward to seeing you!!

