

# taichi

## FUNDAMENTALS

### COURSE ONE: Basic Moves Training For Adapted and Original TCF Basic Moves with Optional Side Support Principles of Movement Adaptation

Milwaukee/Madison, Wisconsin  
September 22-23, 2023  
March 8-9, 2024

**Instructor:** Varies--see details online  
**Prerequisite:** None; open to Anyone.  
**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

"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..." —Marcella McGee OTD, OTR/L, Physical Medicine and Rehabilitation

Approved for 12 CEUS by Wisconsin Physical Therapy Association

#### PROGRAM DESCRIPTION

The Tai Chi Fundamentals® Programs (Adapted and Original) are accessible and versatile programs for learning tai chi. Suitable for individuals with a wide range of abilities, they include 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 versions include:

- **Basic Moves:** a series of exercises that trains the 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 Form:** a flowing sequence of tai chi movements based in Yang Style tai chi.

- **Mind/Body Skills Training:** integrated into both Basic Moves and TCF 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:** Original TCF Program developed in 1996 by Tricia Yu, MA and Jill Johnson, MS, PT, targeting elements from traditional tai chi that enhance balance, coordination, strength, and endurance. TCF Adapted Program developed in 2014 by Tricia Yu, MA, based on the need for a program 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 Program Basic Moves Training Course Certificate of Completion*.

#### CERTIFICATION

TCF Program certification requires additional contact hours, fees, and written and movement tests. More information at <http://taichihealth.com>

### COURSE ONE REGISTRATION: Basic Moves Training For Adapted and Original TCF

Register online at:  
[www.taichihealth.com](http://www.taichihealth.com) under "Training"

#### Registration Costs for Course One:

\$390 Both days (required for Certificate of Completion)  
\$230 Day 1 only  
\$30 Late fee: enroll less than 20 days in advance  
\$50 Cancellation fee. No refunds less than 20 days prior to course.

#### Required Course Materials:

Order course materials at least a month before the course and practice the Basic Moves with the DVDs.

#### Choose ONE Set:

-TCF Adapted Program book & 3-DVD Set (K95D)  
Cost: \$112.50 includes S/H

or

- TCF Adapted Program book & 3-DVD Set plus TCF for Health Professionals and Instructors DVD (K70D)  
Cost: \$149.50 includes S/H

#### Purchase materials through the Shop at:

[www.taichihealth.com](http://www.taichihealth.com)

Call: Tai Chi Health Office at 608-630-4066

Or: Order during online course registration

#### Questions? Contact:

Rachel Sandretto: 608-630-4066

Email: [taichihealth.rs@gmail.com](mailto:taichihealth.rs@gmail.com)



## COURSE ONE

# Tai Chi Fundamentals® Program Basic Moves Training for Adapted and Original TCF

### COURSE DESCRIPTION

*Prerequisite: None*

Course One teaches TCF Program Basic Moves with Optional Side Support (OSS). Introduces Walker & Seated versions of the Basic Moves and the OSS TCF Short Form Part 1. Features Mind/body Skills training, applications for wellness, & rehab, partner teaching practicums, and introduction to the ROM Dance® Program.

At the end of this course, a *TCF Program Basic Moves Certificate of Completion* is awarded to participants who have demonstrated ability to teach Basic Moves. Course qualifies as partial contact hours fulfillment for TCF Instructor Certification.

### COURSE OBJECTIVES

- 1) Learn TCF Program Basic Moves with Optional Side Support
- 2) Teach TCF Program Basic Moves with OSS
- 3) Learn principles of movement adaptation for participants using chairs and walkers
- 4) Describe TCF's rationale, biomechanics, & functional benefits
- 5) Learn and practice Centering, breathing, and posture awareness exercises
- 6) Practice TCF Program Short Form, Part One with OSS

### APPLICATIONS

Balance, orthopedic & neurological rehabilitation, pain management, sports cross training, cardiovascular & respiratory diseases, medically complex, chronic fatigue, fibromyalgia. Use in hospitals, sub-acute, outpatient clinics, & home care. Teach groups of all ages, abilities, fitness levels in community wellness classes, health clubs, tai chi & martial arts schools, senior centers & 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.

### REQUIRED COURSE MATERIALS

**Purchase in advance & practice: Basic Moves with OSS DVD**

#### Choose ONE Set:

-TCF Adapted Program book & 3-DVD Set (K95D)

Cost: \$95.00 plus S/H. **or**

- TCF Adapted Program book & 3-DVD Set plus TCF

for Health Professionals and Instructors DVD (K70D)

Cost: \$140.00 plus S/H

### COURSE CONTENT

#### TAI CHI FUNDAMENTALS 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, both double and single leg
- Breathing, relaxation, pain management

#### TEACHING PRACTICUMS

#### PROGRAM ADAPTATIONS FOR SPECIFIC POPULATIONS

#### CERTIFICATION INFORMATION

### COURSE INSTRUCTORS

#### One of the following instructors will teach your course

**Patricia Culotti, CTI, MTF** is a TCF Master Teacher. She develops programs and trains professionals for TCF and TCP 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.

**Kristi Hallisy PT, DSc, OCS, CMPT, CEEAA** is Associate Professor UW-Madison Physical Therapy Program and 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.

**Rachel Sandretto** is the director of Tai Chi Health, Advanced Certified TCF Instructor, and Tai Chi Prime Master Trainer. She teaches traditional and adapted tai chi in community-based classes, residential retirement communities, and through the Tai Chi Center of Madison. She develops programming and instructor training for the TCF programs.

#### COURSE LOCATION: May vary—please check online

Enhancing Balance Studio—Brookfield, WI

Tai Chi Center of Madison—Madison, WI

Dreams Life & Wellness Center—Waukesha, WI

#### DIRECTIONS, LODGING INFORMATION:

Check the specific Course Listing on the Tai Chi Health website for the Course Instructor's contact information.

### AGENDA - SCHEDULE IS SUBJECT TO CHANGE

#### DAY ONE: 6 hours

#### Basic Moves Instruction and Teaching Practicums

10:30 am	On-site registration
11-12:30	Course overview, program background Tai Chi as evidence-based practice Movement lab: OSS Basic Moves Part 1 Centering teaching sequence
12:45	Orientation to Adapted Program video Movement lab: OSS Basic Moves Part 1, continued TCF for rehabilitation, examination, and intervention Mind/Body skills: Centering, Relaxed Alertness
2:15pm	LUNCH ONSITE: Bring Your Own
2:45-4:15	Teaching practicum: OSS Basic Moves, Part 1: All Breath awareness teaching sequence Movement lab: OSS Basic Moves, Parts 2-3: All
4:30	Teaching practicum: OSS Basic Moves, Parts 2-3 Guidelines for tai chi practice Movement lab: OSS Basic Moves - All Closing Circle
6:00pm	ADJOURN

#### DAY TWO: 6 hours

#### Basic Moves Teaching Practicums, Short Form Instruction

9-10:30am	Energize warm-ups Fab Four Basic Moves Flow movement: OSS Basic Moves – All Teaching practicum: Fab Four Medical billing of TCF in rehabilitation
10:45	Mind/body skills: Stillness within Movement Movement lab: OSS/W Form, Part 1 Energy essentials: awake hands Teaching tai chi group classes
12:15	LUNCH ONSITE Mindfulness Practice
12:45-2:15	ROM Dance® Program Movement lab: OSS Form, Part 1 Lab: Principles of walker and seated adaptation Teaching practicum: Basic Moves of choice Mind/body skills: Body Mechanics, Spontaneous Action
2:30	TCF program and certification information Flow: OSS Basic Moves (all) and Form Part 1 Post-test, participant evaluations Closing Circle
3:45pm	ADJOURN