

taichi FUNDAMENTALS

COURSE TWO:

TCF Adapted Program Short Form Training

Optional Side Support, Walker Support, and Seated Versions

Milwaukee/Madison, Wisconsin

Oct 13-14, 2023

Apr 12-13, 2024

Instructor: Varies—see details online

Prerequisite: Course One TCF Basic Moves

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 while performing Tai Chi" —Marcella McGee OTD, OTR/L, Physical Medicine & Rehabilitation

Approved for 12 CEUS by Wisconsin Physical
Therapy Association

PROGRAM DESCRIPTION

The Tai Chi Fundamentals® Adapted Program

is an adaptable, accessible program for learning tai chi. Suitable for individuals with a wide range of abilities, it includes 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 3 versions include:

Basic Moves: a series of exercises that trains 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 Short Form: a flowing sequence of tai chi movements based in Yang Style tai chi and adapted from the original Tai Chi Fundamentals® Form.

Mind/Body Skills Training: integrated into both Basic Moves and Short 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: 2014 by Tricia Yu, MA based on need for a program that is easier to learn than the original TCF program and includes modifications for standing with support, walker & seated applications.

CERTIFICATE OF COMPLETION

At the end of this course participants receive a *Tai Chi Fundamentals Adapted Program Short Form Certificate of Completion*.

CERTIFICATION

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

COURSE TWO REGISTRATION:

TCF Adapted Program Short Form Training

Register online by credit card at:
www.taichihealth.com at "Training"

Registration Costs for Course Two:

- \$390 2 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.

Course Materials:

No additional course materials need to be purchased. Bring your *TCF Adapted Program* book to the course from your materials purchased for *Course One: TCFA Program Basic Moves Training*.

If needed, purchase additional materials at:

www.taichihealth.com Visit: Shop

Call: Tai Chi Health Office at 575-776-3470

Questions? Contact:

Rachel Sandretto: 608-630-4066

Email: taichihealth.rs@gmail.com



COURSE TWO:

Tai Chi Fundamentals® Adapted Program (TCFA) Short Form Training

COURSE DESCRIPTION

Prerequisite: Course One: TCFA Basic Moves Training

Participants review standing Basic Moves and Form Part One and learn Optional Side Support Short Form Parts Two and Three. Learn and review Basic Moves Walker and Seated versions and overview corresponding Adapted forms for each. Course includes partner teaching practicums, TCF applications for specific populations, and training in sensing qi.

The course includes program applications for wellness and rehab settings. A Certificate of Completion is awarded to participants who have fulfilled the 12 contact hours requirement and have demonstrated ability to teach program elements. This course also qualifies as partial contact hours fulfillment for TCF Instructor Certification. See: Certificate of Completion.

COURSE OBJECTIVES

- 1) Learn Basic Moves & TCF Adapted Form in Optional Side Support, Walker, and Seated versions
- 2) Teach TCF Adapted Basic Moves (Seated Version).
- 3) Teach TCF Adapted Form moves with Side Support.
- 4) Describe TCF's rationale, biomechanics, and functional benefits
- 5) Lead Centering, Breathing, and Posture Awareness exercises
- 6) Apply the sequence for introducing Mind/Body Skills

APPLICATIONS

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

FEES

2-day Course: \$390

1-day Course: \$230

\$30 late fee, **\$50** cancellation. No refunds after 20 days prior to course.

REQUIRED COURSE MATERIALS

TCF Adapted Program Set: (ordered with Course One)

Includes: *TCF Adapted Program Book and DVD*

COURSE CONTENT

TCF ADAPTED 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, double and single leg
- Breathing, relaxation, pain management

TEACHING PRACTICUMS

PROGRAM ADAPTATIONS FOR SPECIFIC POPULATIONS

CERTIFICATE OF COMPLETION AND 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.

Rachel Sandretto is the director of Tai Chi Health, LLC and an 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.

Kristi Hallisy PT, DSc, OCS, CMPT, CEEAA is Assistant Professor UW-Madison Physical Therapy Program. 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 and TCFA courses to PTs nationally.

COURSE LOCATION:

May vary—please check with instructor below

Enhancing Balance Studio—Brookfield, WI

Dreams Life & Wellness Center—Waukesha, WI

Tai Chi Center of Madison—Madison, WI

DIRECTIONS, LODGING INFORMATION:

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

AGENDA

DAY ONE: 6 hours

**Short Form: Part Two instruction, Part 1 teaching practicum
Basic Moves (BMs): Walker (W) & Seated (S) versions**

- 10:30 am On-site registration
- 11:00-12:30 Course overview, program background
Tai chi as evidence-based practice
Review Centering teaching sequence
Lab: Review OSS BMs (all) & Short Form Part 1
- 12:45-2:15 Lab: Instruction/analysis, OSS Short Form Part 2
Guidelines for practicing tai chi
TCF for rehabilitation, examination, & treatment
Lab: Flow OSS Form (all)
- 2:15pm LUNCH ONSITE Bring Your Own
- 2:45-4:15 Lab: Instruction/analysis, S BMs Part 1
Partner teaching practicum: OSS Form Part 1
Breath awareness teaching sequence
Lab: Instruction/analysis, S BMs Parts 2 & 3
- 4:30-6:00 Lab: Instruction/analysis W BMs (all)
Flow: OSS Short Form
- 6:00 ADJOURN

DAY TWO: 6 hours

**Short Form: Walker (W) & Seated (S) Short Form instruction,
OSS Form Part 2 teaching practicum**

Basic Moves (BMs): S and/or W teaching practicum

- 9:00-10:30 Energize warm-ups
Flow: OSS Short Form
Review: Seated BMs (all)
Mind/body principles of tai chi
Lab: Instruction/analysis, S Short Form
- 10:45-12:15 Lab: Instruction/analysis, W Short Form
Partner teaching practicum: S (or W) BMs
Critiquing & corrections with demonstrations
- 12:15 Lunch with mindfulness practice
- 12:45-2:15 Mind/body skills: Everyday Qi Gong
Lab: Flow Short Form (all 3 versions)
Energy essentials
Partner teaching practicum: OSS Form, Part 2
Teaching group tai chi classes
- 2:30-4:00 TCF Adapted Program certification information
Lab: Flow OSS BMs and Short Form (OSS, W, S)
Participant evaluations
Closing circle
- 4:00 ADJOURN