

taichi FUNDAMENTALS

COURSE THREE:

Original TCF Form Training Performed Standing

November 1-2, 2024
June 6-7, 2025

Instructors: Patricia Culotti and/or
Rachel Sandretto

Prerequisite: TCF Adapted Program Course 1

Options: One- or Two-day Course

"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

"...an important study of the basic movements of taiji and teaching methods that will enhance an advanced student's or teacher's appreciation of the form."—Noah Nunberg, review in *Journal of Asian Martial Arts*

"Tai Chi Fundamentals is the simplest and easiest to learn. It is a unique exercise for all ages and physical conditions—William C.C. Chen, Tai Chi Grand Master

"... It will be of value to anyone who practices or is ready to fall in love with this wonderful art."—Kenneth S. Cohen, M.A. author, *The Way of Qigong and Healthy Breathing*

Approved for 12 CEUS by Wisconsin Physical
Therapy Association

PROGRAM DESCRIPTION

The Tai Chi Fundamentals® Program (TCF) provides a prequel to a lineage tai chi form and creates a bridge between tai chi and the medical model. The first program of its kind, it provides a clear, systematic approach for mastering tai chi basics that builds from simple to complex movements. Integrates mind/body components of tai chi with movement analysis, clinical overview, and functional applications.

Program Elements: movements are taught in a motor development progression and 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.

-**Original TCF Form:** flowing sequence of simple to more complex movements of a modified Yang Style Tai Chi form.

-**Mind/Body Skills Training:** integrated into both Basic Moves and 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, it fosters cultivation of healthy qi or vital energy.

Development: 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 has been featured in: *PT Journal, Journal of Rehab Management, The Gerontologist, APTA's GeriNotes, Medline Plus, Topics in Geriatric Rehabilitation, Journal of Asian Martial Arts, Wellness Program Management Advisor, ACSM's Health and Fitness Journal, and Massage and Bodywork.*

CERTIFICATION

Requirements: minimum of 30 contact hours, individual home practice, application, fees, demonstration of movement proficiency, and written exam. Usually takes 4-12 months study before applying. Experienced tai chi practitioners may need less. More information & application: www.taichihealth.com

ONSITE TRAINING

For presentations, in-services, and workshops tailored for your needs, contact instructors directly. We can work with you or refer you to a certified instructor in your area.

COURSE THREE REGISTRATION: Original TCF Form

Register online at: www.taichihealth.com
Under "Training"

Registration Costs for Course Three:

\$390 2-day Course (required for Certificate of Completion)

\$230 Day one only

\$30 Late fee: enroll less than 20 days in advance

\$50 Cancellation fee. No refunds > 20 days prior to course

Required Course Materials:

TCF Personal Practice Set: *TCF for Mastering Basics DVD* and *Tai Chi Mind and Body* book (K40D)

Cost: \$45.00, plus S/H

Recommended: order course materials at least a month before course and practice the TCF Form with the DVD.

Purchase materials when registering or through the store at: www.taichihealth.com

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

Questions?

For online registration contact:

Rachel Sandretto: 608-630-4066

Email: taichihealth.workshops@gmail.com

For Course location and preparation contact:

Pat Culotti (for Milwaukee Courses): 262-271-1061

Email: Pat@EnhancingBalance.com

Or Rachel Sandretto (for Madison Courses), above

For other TCF/TCFA Courses and Intensives:

Visit: www.taichihealth.com ("Training") or

www.enhancingbalance.com



COURSE THREE: Original Tai Chi Fundamentals®(TCF) Form Training

COURSE DESCRIPTION

Prerequisite: Course One: TCFA Basic Moves Training

Teaches all elements required for TCF Level Three Certification. Participants review Basic Moves and TCF Adapted Program Short Form and learn Parts 2 and 3 of the original TCF Form. Includes teaching practicums, techniques for using TCF with specific populations, advanced training in sensing qi.

The course includes presentations by certified instructors on program applications in group settings and as therapeutic assessment and intervention tools. This course qualifies as partial contact hours fulfillment for *TCF Instructor Certification*. See CERTIFICATION.

COURSE OBJECTIVES

1. Review all TCF Basic Moves
2. Learn the entire Original TCF form.
3. Describe rationale, biomechanics & functional benefits.
4. Apply TCF's mind/body principles in a variety of settings.
5. Lead advanced exercises for sensing qi (life energy.)

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 and fitness levels in community wellness classes, health clubs, tai chi & martial arts schools, senior centers, and long-term care facilities.

COURSE CONTENT

- **TCF Program Advanced 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
- **Supine/Seated Applications**
 - ROM Dance Range of Motion and Relaxation Program
 - Pain management
 - Breathing and Relaxation Exercises, Sensing Qi
- **Teaching Practicum**
- **Program Adaptations and Applications: Therapeutic and Group Wellness Settings**
- **Certification Information**

AUDIENCE

Physical and Occupational Therapists, Nurses, Activity Directors, Recreational and Fitness Professionals, Tai Chi and other Martial Arts Instructors, and Integrative Health Practitioners

FEES

2-day Course: \$390 **1-day Course: \$230**
\$30 late fee & \$50 cancellation fee. No refunds after 20 days prior.

REQUIRED COURSE MATERIALS

- **TCF Personal Practice Set:** *Tai Chi Mind & Body* book and *TCF for Mastering Tai Chi Basics* instructional DVD (\$51.50)
- Bring your *Adapted Program* book to this course.

(You will already have the *Adapted Program Training Course Set* purchased for Course One. *Includes: TCF Adapted Program Book & 3-DVD Set.*)

COURSE INSTRUCTORS:

May include one of the following

Patricia Culotti, CTI, MTF www.enhancingbalance.com

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.

A certified Yang style instructor and Tai Chi Fundamentals Master Certified educator, Pat develops programs and trains professionals for certification. She is a featured model in *Tai Chi Mind and Body*.

Rachel Sandretto www.taichihealth.com

Director of Tai Chi Health, LLC. Rachel is an Advanced Certified TCF Instructor and Tai Chi Prime Master Trainer. She teaches traditional and adapted tai chi in community-based classes, at residential retirement communities, and through the Tai Chi Center of Madison.

COURSE LOCATION: May Vary—Please check

Milwaukee Area—Enhancing Balance

Dreams Life and Wellness Center Waukesha, WI 53189

Madison Area--Tai Chi Center of Madison

1304 S. Midvale Blvd, Madison, WI 53711

Please note: this is different from the office mailing address

QUESTIONS, DIRECTIONS & LODGING INFORMATION:

For Milwaukee Courses, contact Pat Culotti,

For Madison Courses, contact Rachel Sandretto

See reverse for phone numbers and email addresses

AGENDA

Schedule is subject to change

Day One

All times are in CENTRAL

Review: All Basic Moves, TCF Form Part 1

Learn: TCF Original Form Parts 2 & 3

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| 10:45 am | On-site registration |
| 11-12:00 | Teaching Practicum, traditional class format Movement Lab: Basic Moves & Form Part 1 |
| 12:15-1:45 | Teaching Practicum: Basic Moves & Form Part 1 Mind/Body Skills: Moving Around Obstacles, Awake Hands Movement Lab: Basic Moves & Form: Part 2 |
| 1:45-2:15 | LUNCH on site; bring your own |
| 2:15-3:45 | Movement lab: TCF Form Part 2 Mind/Body Skills: sensing qi supine & seated Teaching practicum: Form Part 2 Tai chi for pain and physical limitation |
| 4:00 | Movement Lab: Overview TCF Form Part 3 Mind/body skills: Heavy & light Flow movement: Basic Moves and Form Closing circle |
| 6:00 | ADJOURN |

Day Two

All times are in CENTRAL

Learn: Form Section Three, Qigong

Review: Entire TCF Form and All Basic Moves

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| 9-10:15 | Warmups & movement flow: Basic Moves & Form Mind/Body Skills: Flexible & rooted Movement Lab: TCF Form Basic Moves 3 Guidelines for critiquing Form |
| 10:30 | Movement Lab: TCF Form Part 3 Ideas for leading tai chi classes Teaching practicum: Part 3 of Form or Basic Moves Martial Arts applications of TCF Form |
| Noon | LUNCH onsite; mindfulness practice |
| 12:30-1:55 | Seated or supine: mindfulness practice Teaching Practicum: Group choice Practicing Corrections Movement Lab: review entire TCF Form |
| 2:10 | Certification, networking, educating peers Flow movement: all program elements Closing circle |
| 3:30 | ADJOURN |