

taichi FUNDAMENTALS

COURSE ONE:

Basic Moves Training For Adapted and Original TCF Basic Moves with Optional Side Support & Principles of Movement Adaptation

SEATTLE, WASHINGTON
May 2-4, 2025

Instructors: Lori Enloe, Ruby Farinas,
Adam McPartlin

Prerequisite: None; open to Anyone.

Options: One, Two- or Three-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 16 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 under "Training"

Registration Costs for Course One:

\$470** Three days (required for Certificate of Completion)
\$350 Day 1 & Day 2 (Basic Moves OSS)
\$190 Day 1 (Basic Moves OSS)
\$30 Late fee: enroll less than 20 days in advance
\$50 Cancellation fee. No refunds less than 20 days prior to course.

**FIRST TCF TRAINING IN SEATTLE- SPECIAL OPPORTUNITY

**10% off usual price
of \$520 for 16 CEU for 3-day attendance
AND

4 hours of post course online practice taught by Lori
(date/time to be determined (will be recorded))

Total Value \$130

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

Or: Order during online course registration

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

Questions? Contact:

Course: Lori Enloe: 319-383-5731

Email: lori.taichi1@gmail.com

Registration: Rachel Sandretto: 608-630-4066

Email: 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 Tai Chi Fundamentals® (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. Instruct 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.

COURSE LOCATION: Seattle, WA

VA Puget Sound- Seattle
1660 South Columbian Way, Seattle WA 98108
Building 101, rooms 1E80 and 1E90

DIRECTIONS, LODGING INFORMATION:

Check the specific Course Listing on the Tai Chi Health website for more information

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

The following instructors will teach your course

Lead Instructor

Lori Enloe PT, MA, NBC-HWC, CEEAA is a TCF Professional Course instructor who develops programs and trains professionals for TCF certification. She teaches tai chi classes in the community and for clinical trials through Harvard Osher Center for Integrative Medicine. She served veterans at 2 VA's for 10 years as a physical therapist, health coach and tai chi instructor. While there she developed teacher training for VA staff and served as a VA tai chi subject matter expert.

Assistant Instructors

Ruby Farinas OTR/L CTI is an occupational therapist and advanced TCF instructor who leads outpatient Adapted Tai Chi groups at VAPSHCS, Seattle. At the AOTA 2022 conference Military and Federal service sessions, Ruby co-lead a poster and panel presentation on Tai Chi for Health and Wellness. She also led virtual Adapted TCF groups for a VA quality improvement project involving 3 VA sites. Ruby has assisted with other TCF courses and is pursuing advanced certification.

Adam McPartlin MSN, ARNP is a Nurse Practitioner with a focus on aging and whole health integration. As part of his practice, he leads sessions of Tai Chi Fundamentals® as well as integrating principles of Tai Chi into standard health care to promote health and well-being. Mr McPartlin conducts research and quality improvement projects on Tai Chi to validate its use as a tool to improve quality of life.

AGENDA - SCHEDULE IS SUBJECT TO CHANGE

see website for detailed schedule

DAY ONE: 6 hours All times are in PACIFIC

Basic Moves Instruction and Teaching Practicums

- 8:30 am On-site registration
9:00 am- Course overview, program background
12:15pm Movement lab and Partner Teaching Practicum
OSS Basic Moves Part 1
Mindbody skills: Centering, posture sequence
12:15pm LUNCH
1:15- Orientation to Adapted Program
4:30pm Movement labs and Partner Teaching Practicums
OSS Basic Moves Part 2 and 3
TCF for rehabilitation, examination, and intervention
Mind/Body skills: Breathing sequence, Guidelines
4:30pm ADJOURN

DAY TWO: 5 hours All times are in PACIFIC

Basic Moves, Teaching Practicums, Short Form Instruction

- 9:00am- FLOW: Energize warm-ups, OSS Basic Moves
12:15pm Movement labs and Partner Teaching Practicums
Fab Four, OSS Form, Part 1
Medical billing of TCF in rehabilitation
Mind/body skills: Stillness within Movement
Teaching tai chi group classes
12:15pm LUNCH ONSITE Mindfulness Practice
1:15- Silent Practice: Basic Moves and Form
3:30pm Movement lab: OSS Form, Part 1 and Closing
Teaching practicum: Basic Moves and Centering and Posture Sequence
Mind/body skills: Body Mechanics
3:30pm ADJOURN

DAY THREE: 5 hours All times are in PACIFIC

Basic Moves, Teaching Practicums, Adaptations

- 9:00am- FLOW: Energize warm-ups, OSS Basic Moves
12:15pm Movement labs: Walker, Seated Adaptations
Partner Teaching Practicums: Breathing Sequence
Basic Moves OSS
Mindbody skills: heavy and light, flexible, rooted
12:15pm LUNCH
1:15- TCF program and certification information
-3:30pm Flow: OSS Basic Moves (all) and Form Part 1
Post-test, participant evaluations
Closing Circle
3:30pm ADJOURN