

Kennedy Krieger's International Center for Spinal Cord Injury is hosting

T'ai Chi Fundamentals

Professional Training Workshop: Levels One and Two

Dates:

September 6th and 7th

Time:

8:30 am - 4:30 pm

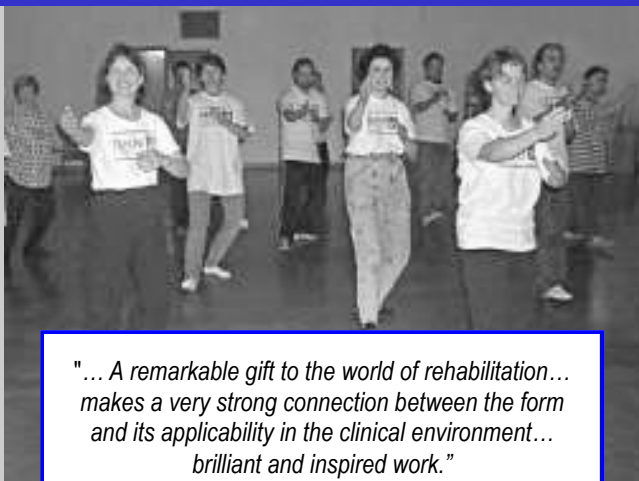
Place:

Gym at the Kennedy Krieger School
at Fairmount

For more information contact:

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rector@kennedykrieger.org



*"... A remarkable gift to the world of rehabilitation...
makes a very strong connection between the form
and its applicability in the clinical environment...
brilliant and inspired work."*

Jennifer Bottomley, PT, PhD, MS,
President, Geriatric Section, APTA

Cost:

Early Bird Registration:
\$220 for KKI employees
\$265 for non-KKI employees

After August 1st:

\$250 for KKI employees
\$295 for non-KKI employees

CEUs:

1.2 CEUs submitted to Maryland
Physical Therapy and
Occupational Therapy Boards.

COURSE DESCRIPTION

Prerequisite: None. Open to Beginners

This interactive seminar provides you with tools and skills to begin applying tai chi in your practice. The course teaches you, in a motor development progression, to perform basic movements of tai chi, and to apply tai chi as an assessment and intervention tool. The course combines lecture, movement labs, qigong training and discussions on biomechanics, applications and documentation. This course qualifies as partial contact hours fulfillment for *TCF Instructor Certification Levels One and Two*.

COURSE OBJECTIVES

- 1) Demonstrate the 12 TCF Movement Patterns
- 2) Perform first section of the TCF form
- 3) Describe TCF's medical, biomechanical & functional benefits
- 4) Apply tai chi as therapeutic exercise for rehabilitation and wellness programs
- 5) Document tai chi as part of therapeutic treatment intervention
- 5) Guide basic exercises for sensing qi

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.

AUDIENCE

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

COURSE MATERIALS

Complete Program Set: \$115* includes the following 2 sets:

o **Professional Set:** *TCF for Health Professionals and Instructors* text and video/DVD.

o **Personal Practice Set:** *Tai Chi Mind & Body* text and *TCF: for Mastering Tai Chi Basics* instructional video/DVD

*You may purchase the Personal Practice Set only (\$45) if you do not want materials that include biomechanics analysis.



International Center for Spinal Cord Injury
at Kennedy Krieger Institute
Research. Restoration. Recovery.