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Tai Chi Fundamentals® (TCF) Program Certification Information 2012

General Description

The purpose of certification is to assure that instructors demonstrate the skills and knowledge necessary to teach all program elements effectively. During the certification process, you demonstrate movement and verbal communication skills, and create your written handouts for teaching the program to your students, patients and peers.

There are three levels of certification based on movement skills testing, and one written exam. Once you have completed the written exam and been certified at Levels One, you can progress Level Two or Three simply by demonstrating your skills in performing the more complex movements required for that level. There are no additional written exams. To keep certification current, attend workshops or classes with qualified instructors a minimum of once every two years

Outline of Certification Requirements

Prerequisite for Application

1. Participation in Tai Chi Fundamentals® Professional Training Seminars and Intensives: 30 contact hours minimum. Home practice is required, and additional study with TCF certified instructors usually necessary. Please note: these requirements may be met, in part, by study with approved teachers.
2. Experience with Tai Chi Fundamentals® in individual or group settings. This may include the following:
 - Applying, or observing application of, Tai Chi Fundamentals® Movement Patterns in individual therapy.
 - Learning, teaching, substituting, and/or assisting in group classes.
3. Working knowledge of the video and text: *Tai Chi Fundamentals® for Health Professionals and Instructors*, familiarity with *Tai Chi Fundamentals®: For Mastering Basics* video/DVD, *Tai Chi Mind and Body* text, and familiarity with reviews about the program and its applications.
4. Accurate performance of movements and ability to communicate information at your certification level.
5. Recommendation by Certified TCF Instructor that applicant is ready to successfully movement test. This requires a private lesson or long distance DVD evaluation billed at instructor's hourly rate.

Application Process:

Submit the following:

1. Certification Application
2. Application fee of \$250 payable to: Tai Chi Health

Evaluation Process: (Described below)

1. Written exam: open book test demonstrating knowledge of program; also for the purpose of creating participant/patient handouts. **Must be submitted before you do the movement/communication skills testing.**
2. Movement/communication skills testing: individual demonstration of proficiency in performing movements. *Private interactive session with a reviewer. Takes 1.5 - 2.00 hours.*

Certification Process Specifics

Written Exam

This must be submitted before you movement test. It is an open book one-time exam that meets requirements for Levels One Two and Three Certification. It is designed to serve as handouts for your patients and class participants as well as for in-service and conference demonstrating the following

1. Understanding of the basic history of tai chi, as outlined in *the Tai Chi Fundamentals® for Health Professionals and Instructors* video and text and *Tai Chi Mind and Body* book.
2. Familiarity with research on health effects of tai chi as published in peer-reviewed journals.
3. Working knowledge of the Tai Chi Fundamentals® Program including: Rationale, background, guidelines and mind/body principles.
4. Familiarity with reviews of the Tai Chi Fundamentals® Program in health care journals. (Provided upon application for certification)
5. Description of your experience using or observing the use of Tai Chi Fundamentals® Movement Patterns in therapy. Or your experience learning, teaching, substituting, and/or assisting in group classes.

Movement Testing: Outline of Certification Levels

1. Level One Certification: Movement Pattern Proficiency

Qualifies instructors to teach Tai Chi Fundamentals® Movement Patterns/Basic Moves in individual and group settings and to give in-service and short introductory workshops. Licensed health care practitioners are also qualified to apply tai chi movement therapeutically.

Demonstrate proficiency in performing all of the Movement Patterns (AKA Basic Moves), verbal skills in communicating knowledge of rationale, movement guidelines, functional benefits, and proficiency in helping clients properly perform each Movement Pattern

- a. Perform each Movement Pattern accurately in sequence.
- b. Name each Movement Pattern
- c. Describe guidelines for properly performing each Movement Pattern.
- d. List one or two functional benefits for each Movement Pattern.
- e. Describe rationale for the sequence of movements.
- f. Demonstrate ability to effectively adjust clients into proper alignment

2. Level Two Certification: Proficiency in Movement Patterns and the First Section of the TCF Form

Qualifies instructors to teach Tai Chi Fundamentals® Movement Patterns/Basic Moves and the first section of the Tai Chi Fundamentals Form in individual and group settings and to give in-service and short introductory workshops. Licensed health care practitioners are also qualified to apply tai chi movement therapeutically.

- Demonstrate proficiency in all of the Movement Patterns. Described in Level One (*see above*)
- Demonstrate proficiency in performing and naming moves in Section One of the Tai Chi Fundamental Form

3. Level Three Certification: Proficiency in Movement Patterns and All Three Sections of the TCF Form

Qualifies instructors to teach the entire Tai Chi Fundamentals® Program to the general public in individual and group settings, to assist at professional training workshops, and to give in-service and introductory workshops. Licensed health care practitioners are also qualified to apply tai chi movement therapeutically.

- Demonstrate proficiency in the Movement Patterns. Described in Level One (*see above*)
- Demonstrate proficiency in performing and naming moves in Section One, Two and Three of the Tai Chi Fundamental Form

Advanced Levels Of Certification Overview

All Require Current Level Three Certification current and Recommendation by Tricia Yu and/or Patricia Culotti

1. Certification Testing Reviewer - Movement Patterns: Teach/apply TCF Movement Patterns for a minimum of 3 years. Complete Reviewer Training. Training in Yang Style tai chi.

2. Certification Testing Reviewer - Movement Patterns and Form: Teach/apply TCF Movement Patterns and Form for a minimum of 3 years. Complete Reviewer Training. Experience in Yang Style tai chi.

3. TCF Professional Course Instructor Current Certification Testing Reviewer - Movement Patterns and Form. Experience assisting/teaching TCF Professional Training Workshops. Teach TCF a minimum of 3 years. Complete Reviewer Training. Experience practicing Yang Style tai chi minimum of 2 years

Certification Application

Name _____ Degree/training initials _____ birth date _____

Home address _____

Phone: Home _____ work _____ Cell _____ e mail _____

I am applying for Level _____ Certification

Professional/Technical Education and Degrees Received:

Experience/Training in Tai Chi and other Movement Modalities (list teachers, years, and practice habits):

Tai Chi Fundamentals® Contact Hours Experience: *list dates & locations of workshops, intensives & classes:*

TCF Certified Instructor who has reviewed your movements and indicated that you are ready for testing.

Name _____	Location _____	Date _____
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Experience in Teaching and/or applying Tai Chi Fundamentals therapeutically:

Signature _____ date _____

Remember to include resume, photo and \$250 application fee

Make checks payable to: Tricia Yu

Send to: Tricia Yu: Tai Chi Health, PO Box 756 Taos, NM 87571