

## PROGRAM DESCRIPTION

The Tai Chi Fundamentals Program (TCF) provides a prequel and support to a lineage tai chi form, and creates a bridge between tai chi practice 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 patterns of movement. Integrates mind/body components of tai chi with clinical overview, movement analysis, therapeutic & functional applications.

- ✚ **Program Elements:** movements are taught in a motor development progression. The first section introduces simple movements that also can be practiced with walkers and modified for wheelchair use. Includes three elements:
- ✚ **Movement Patterns:** graded sequence of exercises with symmetrical arm movement that reinforce functional movements repeated throughout the tai chi form. Introduced in a motor development sequence, they have applications both as assessment and intervention tools
- ✚ **Fundamentals Form:** sequence of simple to more complex movements of modified Yang Style tai chi.
- ✚ **Mind/Body Principles:** guidelines for fostering mind/body integration, effective movement and sense of well-being.

**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.

The TCF Program 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, American College of Sports Medicine's Health and Fitness Journal, and Massage and Bodywork.*

## CERTIFICATION

Requirements: 30 contact hours, individual home practice, application, fees, demonstration of movement proficiency, and written exam. Those with no previous experience usually need 6 months practice and study before applying. Complete information & application: [www.taichihealth.com](http://www.taichihealth.com)

## TRAINING OPTIONS

For presentations, staff in-service training and workshops for your specific needs, contact instructors directly. They can help design presentations with you or refer you to a certified instructor in your area.

## LEVELS ONE AND TWO WORKSHOPS

March 29-30 in Milwaukee & April 26-27 in Madison, WI  
See [www.enhancingbalance.com](http://www.enhancingbalance.com) or [www.taichihealth.com](http://www.taichihealth.com)

# Tai Chi Fundamentals Level Three Professional Training Workshop

## AGENDA

### Day One:

Review: All Movement Patterns, TCF Form Section 1  
Learn: TCF Form Section 2

- 8:30 am On-site registration  
9-10:15 Teaching Practicum, traditional class format  
Movement Lab:  
Movement Patterns & Form Section 1  
10:30 Teaching Practicum:  
Movement Patterns, Section 1  
Advanced sensing qi: with arm movements  
Movement Lab:  
Movement Patterns: Section 2  
TCF Form Section 2  
Noon LUNCH  
1:15-3:00 Seated or supine mindfulness practice  
Advanced sensing qi: with full body movement  
Movement lab: TCF Form Section 2  
Teaching practicum: Section 2  
3:15 TCF creative developments: therapeutic  
Movement Lab: Overview TCF Form Section 3  
Flow movement: Movement Patterns and Form  
Closing circle  
4:45 ADJOURN

### Day Two:

Learn: Form Section Three  
Review: Entire TCF Form and All Movement Patterns

- 9- 10:15 Teaching Practicum: circle class format  
*ROM Dance:* seated and standing  
TCF adaptations: seated and standing  
Advanced sensing qi: circle exercise  
Movement Lab: TCF Form Section 3  
10:30 Qi points and fields: The Three Treasures  
Movement Lab: TCF Form Section 3  
Teaching Practicum:  
Movement Patterns Section 3  
12:00 LUNCH  
1:15-3:00 Seated or supine: mindfulness practice  
TCF creative developments: group instruction  
Adapting TCF for specific populations  
Movement Lab: review entire TCF Form  
3:15 Certification, networking, educating peers  
Flow movement: all program elements  
Closing circle  
4:45 ADJOURN

# T'ai Chi Fundamentals

Level Three  
Professional Training Workshop

One or Two-Day Option

May 3 - 4, 2008 Milwaukee, WI

**Applications:** Therapeutic Exercise, Wellness and Function

**Instructors:** Patricia Culotti and/or Tricia Yu

**Prerequisite:** Proficiency in elements taught in Levels One and Two Training

✚ Approved by WPTA\* 12 contact hrs.  
✚ Approved by NCCAOM\*\* for 13 PDA's

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

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

*"... Provides 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,

*"... A work that gets to the root of Tai Chi. 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*

\* Wisconsin Physical Therapy Association Approval # 11914

\*\* National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) Provider # ACHB 605

## Registration: TCF Workshop Level Three

May 3-4, 2008 Milwaukee area, WI

Name \_\_\_\_\_ Title/Credentials \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I wish to register for: *Please Select One*

\_\_\_\_\_ \$295 Entire Workshop\*

\_\_\_\_\_ \$175 Saturday only

\_\_\_\_\_ \$175 Sunday only

\*CEUs/ PDA's are awarded for Entire Workshop only

WPTA Approval # 11914

NCCAOM Provider # ACHB 605

\_\_\_\_\_ TOTAL Registration

\_\_\_\_\_ \$30 late fee after 4/18/08

\_\_\_\_\_ 50% discount for Certified TCF  
Instructors

Course Materials: DVD\_\_\_ or VHS \_\_\_

\_\_\_\_\_ \$115 Complete Program Set or

\_\_\_\_\_ \$45 Personal Practice Set

\_\_\_\_\_ Please send to me now at no additional cost

\_\_\_\_\_ GRAND TOTAL Enclosed

Checks payable to:

**Pat Culotti, Enhancing Balance**

Mail to: W249 S6680 Center Dr Waukesha, WI 53189

\$30 cancellation fee before 4/18/08. No refunds after 4/18/08.

Workshop Inquiries: Call 262-662-1060

Call 800-488-4940

for wholesale prices on materials

## Tai Chi Fundamentals Program Level Three Professional Training Workshop

### COURSE DESCRIPTION

*Prerequisite: Proficiency in elements taught in TCF Professional Training Workshop Levels One and Two*

Teaches all elements required for TCF Level Three Certification. Participants learn Sections Two and Three of the TCF Form and review all Movement Patterns. Includes teaching practicum, techniques for using TCF with specific populations, advanced training in sensing qi and introduction to *The ROM Dance Range of Motion and Relaxation Program*, and *Energize* exercises.

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

### COURSE OBJECTIVES

- 1) Teach the 12 basic TCF Movement Patterns
- 2) Practice all three sections of the TCF form.
- 3) Describe TCF's 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 Alternative Health Practitioners

### FEES

2-day Course: \$295

1-day Course: \$175

\$30 late fee & cancellation fee. No refunds after April 18, 2008

### REQUIRED COURSE MATERIALS

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

- *Professional Set: TCF for Health Professionals and Instructors* text and video/DVD.
- *Personal Practice Set: Tai Chi Mind & Body* text and *TCF: for Mastering Tai Chi Basics* instructional video/DVD  
*If you do not want materials that include biomechanics analysis, purchase the Personal Practice Set only (\$45).*

Complete Program Set is recommended for Certification.

### COURSE INSTRUCTORS:

Tricia Yu, MA [www.taichihealth.com](http://www.taichihealth.com)

Co-creator of Tai Chi Fundamentals and ROM Dance Programs and director of the Tai Chi Center 1974-2005. She is a pioneer in integrating tai chi into medical model exercise. Leaders in tai chi and health care endorse her programs and instructional materials.

She has presented seminars extensively for the past 25 years including APTA's Annual Meetings 2001, 2004, and 2005 and WOTA 2003. Her latest book, *Tai Chi Mind and Body* is now in twelve languages and distributed throughout Europe and Asia.

Patricia Culotti, CTI [www.enhancingbalance.com](http://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 Advanced Certified educator, Pat develops programs and trains professionals for certification. She modeled postures in *Tai Chi Mind and Body*.

### COURSE LOCATION:

Milwaukee Area—Enhancing Balance

W249 S6680 Center Dr Waukesha, WI 53189

### QUESTIONS, DIRECTIONS, AND LODGING INFORMATION:

Contact Patricia Culotti 262-662-1060 [pat@enhancingbalance.com](mailto:pat@enhancingbalance.com)