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Tai Chi Fundamentals® Professional Training Seminar Information for Sponsors

Workshop options: One or Two-day Course

Fees: Contact Tai Chi Health with Tricia Yu

Number of participants:

- 30 maximum--one instructor
- 30-60 with qualified assistants or by special arrangement

Required facilities: All workshops require a large space:

- A presentation area with chairs for attendees
- A large open space for movement labs. Allow 3' - 4' per participant
- If group has over 20 participants, an 36" high small stage may be needed
- Four 8' long tables for registration, food, handouts, etc.

CEUs, Promotion and attendance: Sponsors are responsible for obtaining CEUs and for workshop promotion. We will post it on our website: www.taichihealth.com. Sponsors are free to limit participation to their organization, or they may promote the workshop to other healthcare professionals or the public.

AV Requirements:

- Clip-on microphone—preferably cordless
- LCD projector with sound system for playing DVDs and Power Point Presentations
- Laptop computer
- Boom Box for playing music

Course Schedule: Attached is a sample schedule from a recent 2-day training. Courses can be tailored to group need and scheduled during the week or on a weekend.

Participant Handouts:

- Xerox: Presenter provides master copies of handouts for sponsor to photocopy.
- Books/ DVDs: Individuals or facilities purchase the following for each participant, or for each facility department. *Uncharted Country Publishing provides a quantity discount price for workshop sponsors:*
 - ❖ **Tai Chi Fundamentals (TCF) Complete Program Set** Includes the following:
 - *Tai Chi Fundamentals for Health Professionals & Instructors* text
 - *Tai Chi Fundamentals for Health Professionals & Instructors* VHS /DVD
 - *Tai Chi Mind and Body* text
 - *Tai Chi Fundamentals: For Mastering Tai Chi Basics*, VHS/DVD
 - *Instructional Manual*
 - ❖ **ROM Dance Professional Media Kit** includes the following
 - *ROM Dance in Sunlight, Moonlight and Seated* VHS/DVD
 - *The ROM Dance: A Range of Motion and Relaxation Program* text
 - *ROM Dance Poems and Guided Relaxation Exercises* CD
 - *Reflections, Waves and Currents Music* CD

Materials Samples: Sponsor will provide a table for sale/samples of additional instructional materials (*ROM Dance* Program, *Energize* warm-ups, traditional *Yang Style tai chi*). We can bring a limited amount of additional materials for sale to interested participants.

Tai Chi Fundamentals® Program Professional Training Seminar: Levels One and Two

We can tailor this seminar to the needs and interests of your group.

COURSE DESCRIPTION

Prerequisite: None

This 2-day course teaches all elements required for Levels One and Two Certification in the Tai Chi Fundamentals® Program and introduces the ROM Dance® Program. Participants learn the 12 Movement Patterns of the Tai Chi Fundamentals® (TCF) Program, and their seated adaptations, the first section of the TCF form and the movements of the Seated ROM Dance®. Tai chi movement is introduced in a motor development progression and includes biomechanics analysis. Presenter integrates mind/body exercise components into instruction, including breath and sensory awareness as well as visualization. The course includes discussion on program applications in group wellness settings as well as therapeutic assessment and intervention tools. *Note: TCF Certification requires 30 contact hours, home practice, additional fees, written and movement exams.*

COURSE OBJECTIVES

Upon completion of this course, participants will be able to:

- 1) Demonstrate the 12 basic TCF Movement Patterns
- 2) Perform the Seated ROM Dance
- 3) Practice the first section of the TCF form.
- 4) Describe rationale, guidelines, biomechanics, and functional benefits of TCF.
- 5) Discuss tai chi's mind/body integration principles and processes that foster well-being.
- 6) Practice mind/body exercises for enhancing proprioceptive, sensorimotor and visualization skills.

COURSE APPLICATIONS

This program has a wide range of applications for therapy and function including: orthopedic and neurological rehabilitation, pain management, sports training, cardiovascular and respiratory diseases, functional capacity for the medically complex, chronic fatigue, fibromyalgia, and special populations. It can be used in a variety of treatment settings including hospitals, sub-acute, outpatient clinics and home care. Taught individually or in group settings in community wellness classes, senior centers and long term care facilities.

COURSE CONTENT

- TAI CHI OVERVIEW;
 - Background: History, Cultural perspective/philosophy, Research overview
 - Elements: Body mechanics, Mind/body integration, Holistic balance, harmony
- STANDING APPLICATIONS: TAI CHI FUNDAMENTALS® PROGRAM
 - Breathing, posture, functional relaxation
 - Flexibility and strengthening: upper and lower extremity
 - Mobility: ambulation, weight shifting, transitional movements
 - Neuromuscular re-education: spinal stabilization, coordination
 - Balance: double and single leg
- SEATED APPLICATIONS: TAI CHI FUNDAMENTALS® and ROM DANCE® PROGRAMS
 - Breathing, posture, positioning,
 - Functional relaxation sensory awareness and visualization
 - Flexibility and strengthening: upper and lower extremity
 - Mobility: weight shifting, transitional movements
 - Neuromuscular re-education: spinal stabilization, coordination
- PROGRAM ADAPTATIONS, PROGRAM APPLICATIONS
- CERTIFICATION INFORMATION

AUDIENCE

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants, Tai Chi and other Martial Arts Instructors, Recreation or Activity Directors, Fitness Professionals

COURSE INSTRUCTOR: Tricia Yu, or TCF Master Teacher, or TCF Certified Instructor

Tai Chi Fundamentals® Professional Training Seminar Outline

We can tailor this seminar to the needs and interests of your group.

DAY ONE: Level One

8:30 am	On-Site Registration
9:00	Overview of Tai Chi History, cultural perspective/philosophy Demonstration, Guidelines for Practice, Research Overview Movement Lab: TCF Movement Patterns Section One: Beginning Moves Demonstration, biomechanics analysis discussion Group Introductions, Certification Information
10:15	BREAK
10:30	Breathing and Mind/body Exercises: Seated Horse Stance Movement Lab: TCF Movement Patterns Section One: All Moves Demonstration, biomechanics analysis discussion: Movement Patterns Section One: Flow Movement
Noon	LUNCH
1:00	Mind/Body Exercise Practice: Functional Relaxation Section One Seated Applications: All Moves Mind/Body Principle of Section One: Centering Movement Lab: TCF Movement Patterns Section Two: All Moves Demonstration, biomechanics analysis discussion Sensory Awareness (sensing qi): Seated
2:45	BREAK
3:00	Tai Chi Fundamentals Movement Patterns Section Three: All Moves Guided movement, biomechanics analysis Sections Two and Three Seated Applications: All Moves Guided Movement All Movement Patterns: Flow movement:
4:30	ADJOURN

Training Objectives Level One

Instruction in All Movement Patterns (Basic Moves)

- Perform and name all moves accurately.
- State rationale for the programs sequence of movements.
- Describe guidelines, biomechanics, and applications of movements.
- Demonstrate basic corrections for each movement.

Mind/Body Principles

- Learn centering process.

Mind/Body Exercises

- Practice seated sensory awareness.
- Practice seated visualization.

INSTRUCTOR NAME, CREDENTIALS AND BIOGRAPHY

Tricia Yu, M.A is former director (1974-2005) of Tai Chi Center in Madison, Wisconsin, one of the oldest and largest schools in the United States, and current owner of her new company, *Tai Chi Health*. She has taught tai chi and qigong since 1972 and is a pioneer in integrating tai chi into medical model exercise therapy. She co/created the *ROM Dance Program* in 1981, created the *Tai Chi Fundamentals Program* in 1996 and has collaborated with health care practitioners in developing professional training materials, national seminars and certification testing for both programs.

She has coauthored articles on tai chi for the American College of Sports Medicine's *Health and Fitness Journal*, *Journal of Rehab Management*, the American Physical Therapy Association's *Gerinotes*, and *Massage and Bodywork*.

Her programs have been featured on *Medline* and in a number of professional publications including *Journal of the American Physical Therapy Association* and *Journal of the Occupational Therapy Association* as well as *Health Magazine*, *Prevention Magazine*, *Massage and Bodywork*, *Fitness Magazine*, *Wall Street Journal*, *Weight Watchers Magazine*, and *Journal of Asian Martial Arts*.

Leaders in tai chi and health care recommend her Instructional DVDs, books and CDs. Reviewers in *Booklist* and *Video Librarian s* give them highest ratings and they are *Harvard Women's Health Watch's* recommended resources.

Her book, *Tai Chi Mind and Body*, (DK Publishing, London, 2003) features her Tai Chi Fundamentals Program, is available in twelve languages and distributed throughout Europe and Asia. The *ROM Dance Program* manual has been translated into Korean.

She has lectured at the University of Wisconsin Medical School and conducted training seminars to thousands of health care professionals as well as to the public. Her national conference presentations include, American Physical Therapy Association's Annual Meeting 2001, 2004 and 2005, American College of Sports Medicine's Annual Summit Meeting, Arthritis Foundation's Annual Scientific Meeting, and National Wellness Conference Annual meeting.

EDUCATION:

B.A. Psychology from DePauw University

M.A. Education from Claremont Graduate University.

CERTIFICATIONS FOR TEACHING TAI CHI

Master Benjamin Pang Jeng Lo

Grandmaster William C.C. Chen.

Tricia Yu

Tai Chi Health

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Tai Chi Fundamentals® Program Reviews

“—A very important contribution to literature and to the video-instructional realm of professional education, a remarkable gift to the world of rehabilitation. It makes a strong connection between the exercise form and its applicability in the clinical environment. Many accolades for your brilliant and inspired work.”

—**Jennifer Bottomley, PT, PhD, MS, Reviews in the *Gerontologist* and APTA’s *Gerinotes***

This program is of value for people who wish to learn about tai chi and want to engage in one rendition of the practice.” —**Stephen Wolfe, PhD, PT, FAPTA, review in *Physical Therapy Journal***

“Provides the health care practitioner with a much better understanding of the parallels and consistency of traditional Tai Chi with western health and wellness exercise program. The very clear, well described, easily reproduced movement patterns can provide a needed template from which researchers can maximize consistency of exercise technique when studying the effectiveness of Tai Chi.”

—**Rita Wong EdD, PT Chairperson, Physical Therapy Department, Marymount University**

“Provides a simple, systematic approach which maintains the integrity of the traditional Yang style form.”

—**Chewning, Yu, Johnson, in *American College of Sports Medicine’s Health and Fitness Journal***

“Health care providers have long needed a concise but easy-to-follow guide to Tai Chi, both for their own well-being and for patient education. Yu and Johnson's Tai Chi Fundamentals does the trick. 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***

“The exercises in particular seem suitable to an older population, including those with chronic health conditions. The analysis of movement patterns from a physical therapy perspective is very helpful, as are the video clips showing older adults performing the exercises with the therapist. I also appreciated the clips showing incorrect body posture and mechanics. It's good to see how not to do the exercises! Lastly, the video is beautiful and evokes the peaceful spirit and focused concentration of Tai Chi practice.”

—**Jane Mahoney, MD Assistant Professor, Geriatrics, University of Wisconsin Department of Medicine**

“Although the author has dozens of manuals and videotapes (on tai chi), only one is recommended for the health care professional: *Tai Chi Fundamentals for Health Care Professionals and Instructors*--- this is the clearest, most concise and most comprehensive video and manual available.”

—**Jennifer Bottomley, PT, PhD, MS, in: *Ortheopaedic Physical Therapy Clinics of North America Journal***

“I recommend this beautifully illustrated book to the novice who seeks a door to enter the practice of taiji. The seasoned practitioner may find the book deceptively simple; however upon closer review, Ms. Yu 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***

“... The flow between Eastern Tai Chi and Western analysis is beautifully accomplished. The The complex movement of Tai Chi is deceptively simple and its value as a therapeutic modality in western medicine can be overlooked... provides a clear explanation of each movement both in the poetic Chinese tradition and the medical basis in movement retraining.... This is an important addition to the library of any health care practitioner or movement specialis..... Will help any health care practitioner place their Cartesian training of the body in the context of the whole person...” —**Elaine Cress PhD, Associate Professor Gerontology Center, University of Georgia**

“ Tai Chi Fundamentals is the simplest and easiest to learn. It is a unique exercise for all ages and physical conditions. The form lubricates all the joints, eases the mind, relaxes the body and enhances balance. It is a perfect form of movement for senior citizens and is a low impact exercise with no side effects. It is good for people with physical limitations and discomfort.” —**William C.C. Chen, Grand Master, T'ai Chi Ch'uan**