

Tai Chi Fundamentals®

Levels One-Two Adapted Program Training Course

Includes Optional Standing Support,
Walker Support and Seated Versions

May 19-20, 2017
Sponsored by Herzing University
Brookfield
Location: Waukesha, WI YMCA

Instructor: Patricia Corrigan Culotti
Prerequisite: None
Options: One or Two-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, Author, *Body Mechanics of Tai Chi Ch'uan*

"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 12 CEUS by Wisconsin Physical
Therapy Association**

PROGRAM DESCRIPTION

The Tai Chi Fundamentals® Program

is an adaptable, accessible program for learning tai chi. Suitable for individuals with a wide range of abilities, it includes 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 3 versions include:

- **Basic Moves:** a series of exercises that trains 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 Short Form:** a flowing sequence of tai chi movements based in Yang Style tai chi and adapted from the original Tai Chi Fundamentals® Form.

- **Mind/Body Skills Training:** integrated into both Basic Moves and Short 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: in 2014 by Tricia Yu, MA based on need for a program that is easier to learn than the original TCF program and 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 Adapted Program Basic Moves Certificate of Completion*.

CERTIFICATION

TCF Program certification requires additional contact hours, fees, written and movement tests. More information at <http://taichihealth.com>

REGISTRATION: TCF Levels 1-2 Adapted Program Training Course

I am registering for the following date and location:

_____ May 19-20, 2017, Waukesha, WI

Name _____ Title/Credentials _____

Street Address _____

City _____ State _____ zip _____

Phone _____ Email _____

I wish to register for: Please Select One (2 day registration includes TCF Adapted Program Book)

_____ \$390 2 days required for Certificate of Completion

_____ \$290 2 days *Clinical Partner of PTA Program*
or students/alumni

_____ \$200 Day 1 Only (no book included)

_____ \$30 late fee: enroll less than 15 days in advance.

_____ TOTAL Enclosed

Highly Recommended Course Materials:

TCF Adapted Program Materials

-TCF Adapted Program 3-DVD Set

-TCF for Health Professionals & Instructors DVD

Order Online: at <http://taichihealth.com> or

Call: Tai Chi Health Office at 575-776-3470.

Course registration:

By credit card: call 262-649-1710

By mail: Make check to: Herzing University
Brookfield

Mail to: Herzing University Brookfield
555 S Executive Dr
Brookfield, WI 53151

Questions? Kim 262-649-1710

Email: kdechant@herzing.edu

Tai Chi Fundamentals®(TCF) Levels One-Two Adapted Program Training Course

With Optional Side Support, Walker Support and Seated Versions

COURSE DESCRIPTION

Prerequisite: None

Course teaches *TCF Adapted Program Basic Moves*: Optional Side Support, Walker & Seated versions; introduces all versions of the TCF Short Form Part 1. Features Mind/body Skills training, applications for wellness, & rehab, partner teaching practicums, Includes introduction to the ROM Dance® Program.

At the end of this course, a *TCF Adapted 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 all three versions of TCF Adapted Program Basic Moves.
- 2) Teach all versions of TCF Adapted Program Basic Moves.
- 3) Describe TCF's rationale, biomechanics & functional benefits.
- 4) Lead Centering, Breathing and Posture Awareness exercises.
- 5) Practice TCF Adapted Program Short Form, Part One.

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. Teach 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.

FEES

2-day Course: \$390 1-day Course: \$200 (text not included)

Clinical Partners and alumni 2-day Course: \$290

Course Text Included

\$30 late fee if registering fewer than 15 days before course

\$50 cancellation fee. No refunds after 20 days prior to course.

REQUIRED COURSE MATERIALS

TCF Adapted Program Training Text Included in Registration

Fee. Other Highly Recommended resources:

-TCF Adapted Program 3-DVD Set

-TCF for Health Professionals and Instructors DVD

COURSE CONTENT

TCF ADAPTED 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, double and single leg
- Breathing, relaxation, pain management

TEACHING PRACTICUMS

PROGRAM ADAPTATIONS FOR SPECIFIC POPULATIONS

CERTIFICATION INFORMATION

COURSE INSTRUCTOR

Patricia Culotti, CTI, MTF is a TCF Master Teacher. She develops programs and trains professionals for TCF certification. 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

COURSE LOCATION:

Waukesha YMCA

320 E Broadway

Waukesha, WI 53186

DIRECTIONS, LODGING INFORMATION:

EMAIL: kdechant@herzing.edu

OFFICE: 262-649-1710

AGENDA

DAY ONE: 6 hours

Basic Moves Instruction and Teaching Practicums:

Optional Side Support (OSS) and Walker (W) Versions

- 8:00 am On-site registration
- 9:00- 10:30 Course overview, program background
Tai Chi as evidence-based practice
Centering teaching sequence
Movement lab: OSS Basic Moves Part 1: Beginning Orientation to DVD
- 10:45 Movement lab: OSS Basic Moves Part 1: All moves
TCF for rehabilitation, examination and intervention
Flow Movement: W Basic Moves Part 1: All
- 12:15pm LUNCH Provided
- 12:45-2:15 Breath awareness teaching sequence
Teaching practicum: OSS/W Basic Moves Part 1: All
Movement lab: OSS/W Basic Moves Part 2-3: All
Medical billing of TCF in rehabilitation
- 2:30 Teaching practicum: OSS/ W Basic Moves Parts 2-3
Fab Four Basic Moves
Closing Circle
- 4:00pm ADJOURN

DAY TWO: 6 hours

Basic Moves Instruction and Teaching Practicums:

Optional Side Support (OSS) Walker (W), Seated (S) Versions

Short Form Part One Instruction:Optional Side Support Version

- 9:00-10:30am Energize! warm-ups
Flow movement: OSS/W Basic Moves - All
Movement lab: S Basic Moves Parts 1,2,3: All
- 10:45 Teaching tai chi group classes
Teaching practicum: S Basic Moves
Energy essentials: awake hands
Movement lab: OSS/W Form, Part 1: Beginning
- 12:15 LUNCH ONSITE (**Bring your own lunch**)
Mindfulness Practice
- 12:45-2:15 ROM Dance® Program
Movement lab: OSS/W Form, Part 1: All
Teaching practicum: Basic Moves: any version
Flow movement: OSS/W Basic Moves: All
- 2:30 Flow movement: S Basic Moves: All
TCF further training and certification information
Flow: OSS/W Basic moves, Form Part 1
Post test
Participant evaluations
Closing Circle
- 3:30pm ADJOURN