

# taichi FUNDAMENTALS

## Certification Preparation Intensive For Original (TCF) and Adapted (TCFA) Programs

Brookfield, Wisconsin  
Saturday, February 1, 2020  
Saturday, April 4, 2020  
Friday, June 26, 2020

**Instructor:** Patricia Corrigan Culotti

**Prerequisite:**

Course One and Three (for TCF)

Course One and Two (for TCFA)

**Length:** 6-hour Course

### TCF and TCFA Program Reviews

"...[TCFA is] a 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 [TCF and TCFA] for experienced Tai Chi instructors teaching students with limited mobility." — Tai Chi Grandmaster William C.C. Chen,

" [TCF is] a remarkable gift to the world of rehabilitation...brilliant, inspired work." —Jennifer M. Bottomley, PT, MS, PhD, President: International. Org. of Physical Therapists working with Older People

Approved for 6 CEUS by  
Wisconsin Physical Therapy Association

### AUDIENCE

Individuals who have completed all Course requirements for Tai Chi Fundamentals® Adapted (TCFA) or Original Tai Chi Fundamentals® (TCF) programs and wish to prepare for certification or keep their certification current.

### DESCRIPTION

*Prerequisite: Courses One and Two (TCFA)  
Courses One and Three (TCF)*

Helps you prepare for certification in TCFA or TCF. Enhances movement proficiency, teaching skills, includes analysis and applications, Mind/Body Skills review. Plus, coaching in constructive feedback and adjusting postural alignment. Also reviews Everyday Qi Gong for calming, uplifting and balancing energy.

### AGENDA

**Schedule: 9:00am-12:25pm; 1:30-4:45pm**

Includes large and small group instruction and partner teaching practicums. Content tailored to needs of participants for preparing for certification.

### COURSE OBJECTIVES

1. Review performance and memorization of *Basic Moves* and *Form* of choice to prepare for Movement Testing portion of certification.
2. Review rationale for teaching sequences, guidelines for practice and functional benefits for all *Basic Moves* to prepare for teaching skills portion of certification Movement Testing.
3. Review elements for certification Written Exam in *TCF Adapted Program* book.
4. Practice and review other areas of your choice.

### INSTRUCTOR will be one of the following:

**Patricia Culotti, CTI, MTF**, TCF Master Teacher and Tai Chi Prime Master Trainer.

**Rachel Sandretto**, Advanced Certified TCF Instructor and Tai Chi Prime Master Trainer.

### CERTIFICATION

TCF and TCFA Program certification require a minimum of 30 contact hours. Many people need more training; experienced tai chi players need less. Certification requires additional fees, written and movement tests. More information:

TCFA: [https://taichihealth.com/?page\\_id=3134](https://taichihealth.com/?page_id=3134)

TCF: [https://taichihealth.com/?page\\_id=3130](https://taichihealth.com/?page_id=3130)

## Registration For CERTIFICATION PREPARATION INTENSIVE

Register online by credit card at:  
[www.taichihealth.com](http://www.taichihealth.com) under "Training"

### Registration Costs:

- \$160 6 hour intensive (required for Certification)
- \$20 Late fee: enroll less than 10 days in advance
- \$25 Cancellation fee. No refunds less than 10 days prior to course.

### Required Course Materials:

All participants already will have purchased program books and DVDs and been practicing at home

### Questions?

For online registration contact:

Rachel Sandretto: 608-630-4066

Email: [taichihealth.workshops@gmail.com](mailto:taichihealth.workshops@gmail.com)

For course location and lodging contact:

Patricia Culotti: 262-271-1061

Email: [Pat@EnhancingBalance.com](mailto:Pat@EnhancingBalance.com)



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ENERGIZE MIND AND BODY