

T'ai Chi Fundamentals®

Professional Training Seminar

Levels One and Two

Applications for Therapeutic Exercise,
Wellness and Function

February 20-21, 2010: Santa Fe NM

Lovelace Outpatient Rehabilitation Clinic

April 24-25, 2010: Madison, WI

Tai Chi Center of Madison

Provides you with tools for applying Tai Chi
in your practice as a health care provider

Instructor: Tricia Yu, MA

Prerequisite: None, Open to Beginners

Options: One or Two-day Course

*"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,
Past President, Geriatric Section, APTA

Participant Comments:

*"This program is so flexible that it can be used both
personally and professionally with relative ease."*

*"This versatile mind/body program helps me stay focused
and gives balance to both my body and my life."*

*"As a long term tai chi practitioner, TCF has helped me
more clearly monitor my own movements and better
teach my students."*

***NMAPTA & WPTA Approved 12 Contact Hrs.**

*New Mexico American Physical Therapy Assoc. approval #NM00483
-Wisconsin Physical Therapy Assoc. Approval

PROGRAM DESCRIPTION

The Tai Chi Fundamentals® Program (TCF)

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. Provides a prequel to a lineage tai chi form, and creates a bridge between tai chi practice and the medical model

Program Elements: movements are taught in a motor development progression. Includes simple movements that can be practiced with walkers and have been 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:** foster mind/body integration; enhance breathing, relaxation, sensorimotor skills, proprioception 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.*

OTHER LEVEL ONE and TWO SEMINARS

February 6-7, 2010 Danville, VA

February 27-28, 2010 St Louis, Missouri

March 20-21, 2010 Milwaukee WI

September 25-26 2010 Milwaukee WI

LEVEL THREE SEMINARS

Prerequisite: Levels 1 & 2.

May 22-23, 2010 Milwaukee WI

Oct/Nov TBA, 2010 Madison, WI

For schedules visit www.taichihealth.com.

CERTIFICATION

Requirements: 30 contact hours, application, fees, demonstration of movement proficiency, written exam. At least 6 months practice and study before applying. Complete information & application: www.taichihealth.com

REGISTRATION: TCF Seminar Levels 1 & 2

I am registering for the following date and location:

___ **February 20-21, 2010, Santa Fe, NM**

___ **April 24-25, 2010 Madison, WI**

Name _____ Title/Credentials _____

Street Address _____

City _____ State _____ zip _____

Phone _____

Email _____

I wish to register for: Please Select One

___ \$310 Entire Course

___ \$185 Level 1 only (Saturday)

___ \$185 Level 2 only (Sunday)

___ \$30 assessed if registering fewer than 20 days
in advance of workshop

___ 50% discount for Certified TCF Instructors

_____ **TOTAL Registration**

Course Materials: DVD ___ or VHS ___

___ \$120 Complete Program Set or

___ \$50 Personal Practice Set

Price Includes shipping

_____ **GRAND TOTAL Enclosed**

Course Inquiries call 575-776-3470

Checks payable to: **Tricia Yu**

Mail registration to her c/o **Tai Chi Health**

P.O. Box 756 Taos, NM 87571

Register by credit card: call 800-488-4940

Refund Policy:

\$50 cancellation fee up to 20 days prior to seminar date.

No refunds after 20 days prior to seminar date.

Approved for 12 Contact Hours by:

*New Mexico American Physical Therapy Association
Wisconsin Physical therapy Association*

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

Applications for Therapeutic Exercise, Wellness, and Function

COURSE DESCRIPTION

Prerequisite: None. Open to Beginners

This interactive seminar provides you with tools and skills to begin applying tai chi in your practice. The course teaches you, in a motor development progression, to perform basic movements of tai chi, and to apply tai chi as an assessment and intervention tool. The course combines lecture, movement labs, qigong training and discussions on biomechanics, applications and documentation. This course qualifies as partial contact hours fulfillment for *TCF Instructor Certification Levels One and Two*. For more information see CERTIFICATION.

COURSE OBJECTIVES

- 1) Demonstrate the 12 TCF Movement Patterns
- 2) Perform first section of the TCF form
- 3) Describe TCF's medical, biomechanical & functional benefits
- 4) Apply tai chi as therapeutic exercise for rehabilitation and wellness programs
- 5) Document tai chi as part of therapeutic treatment intervention
- 6) Guide exercises in breathing, sensory awareness, visualization

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.

AUDIENCE

Physical and Occupational Therapists, PTAs, COTAs, Nurses, Activity Directors, Recreational & Fitness Professionals, Tai Chi & other Martial Arts Instructors, Acupuncturists and Integrative Health Practitioners.

FEES

2-day Course: \$310 **1-day Course: \$185**
\$30 late fee & no refunds after 20 days prior to seminar

REQUIRED COURSE MATERIALS

Complete Program Set: \$120* 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

*You may purchase the Personal Practice Set only (\$50) if you do not want materials that include biomechanics analysis.

COURSE CONTENT

- TAI CHI OVERVIEW:
 - Background: history and cultural perspective/philosophy
 - Researched evidence
 - Elements: body mechanics, mind/body integration, holistic balance and harmony
- SUPINE APPLICATIONS: Breath awareness, relaxation and pain management
- SEATED APPLICATIONS: Breathing and relaxation exercises and sensing Qi
- STANDING APPLICATIONS:
 - Breathing, posture and functional relaxation
 - Flexibility, strengthening of upper and lower extremity
 - Mobility: ambulation, weight shifting and transitional movements
 - Neuromuscular re-education: spinal stabilization and coordination
 - Balance: double and single leg
- PROGRAM ADAPTATIONS
- PROGRAM APPLICATIONS
- CERTIFICATION INFORMATION

COURSE INSTRUCTOR:

Tricia Yu, M.A. is a pioneer in integrating tai chi into medical model exercise therapy. She focuses on training, mentoring and certifying instructors in her Tai Chi Fundamentals® and ROM Dance® programs. Director of *Tai Chi Health*, and past director of the Tai Chi Center in Madison, WI, one of the oldest schools in the USA, she has introduced tai chi to thousands of people through her classes, presentations and professional courses. She began learning tai chi and qigong in Taiwan in 1970 with Taoist Master Liu Pei Ch'ung and has studied Yang Style Cheng Man Ch'ing lineage form since 1974. She is certified by lineage Master Benjamin Pang Jeng Lo and Grandmaster William C.C. Chen.

Yu has presented courses to health care professionals for over 25 years. Her book, *Tai Chi Mind and Body* was translated into 12 languages. Leaders in tai chi & health care endorse her programs and materials.

NEW MEXICO COURSE LOCATION:

Lovelace Outpatient Rehabilitation Clinic
1692B Hospital Drive, Suite. 202
Santa Fe, NM 87505 505.982.6399

WISCONSIN COURSE LOCATION:

Tai Chi Center of Madison, 301 S. Bedford Street #219
Madison, WI 53703 (608 257-4171)

WEBSITE: www.taichihealth.com **EMAIL:** tyu@taichihealth.com
OFFICE: 575-776-3470 **MOBILE:** 608-257-4511

AGENDA

DAY ONE: 6 hours

Level 1: Instruction in All Movement Patterns

8:30 am	On-Site Registration
9:00-10:15	Tai Chi Overview and Evidence Movement Lab Section 1 with Analysis:
10:30	Seated/supine Breathing Exercises Movement Lab Complete Section 1
Noon	LUNCH
1:00-2:45	Seated/supine Sensory Awareness Seated Adaptations Section 1 Movement Lab Section 2 with Analysis
3:00	Therapeutic Applications Documentation and Reimbursement Movement Lab Section 3 with Analysis: Seated Adaptations Sections 2-3
4:30	ADJOURN

DAY TWO: 6 hours

Level 2: Instruction in Form Part One, Movement Pattern Review

9:00- 10:15	Sensory Awareness: Seated or Standing Group Wellness Applications Movement Lab: Review All Patterns Sensing Qi with Arm Movement
10:30	Movement Lab: Beginning Form Mind Body Principles of Tai Chi Integrating Tai Chi into Treatment
Noon	LUNCH
1:00-2:45	Supine or Seated Mindfulness Sensing Qi with Arm Movement Movement Lab: Form Section 1
3:00	Case Study Presentations Wrap Up Certification Information Movement Review: Flow Form
4:30	ADJOURN