

# T'ai Chi Fundamentals®

## Professional Training Seminar

### Levels One and Two

March 16-17, 2012  
September 21-22, 2012

Provides you with tools and skills to begin applying tai chi in your practice.

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

**Instructors:** Patricia Culotti, Master Teacher  
Michael Culotti, Certified Instructor

**Prerequisite:** none

**Option:** 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 & gives balance to both my body & my life."

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



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

\* Wisconsin Physical Therapy Association Approval  
\*\* National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) Provider

#### 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 the course instructors directly. They can help design presentations with you or refer you to a certified instructor in your area.

#### LEVEL THREE WORKSHOPS

Milwaukee April 27-28 & October 19-20, 2012 TBA

Prerequisite: Levels 1 & 2.

For schedule visit [www.enhancingbalance.com](http://www.enhancingbalance.com).

#### Registration: TCF Seminar Levels 1 & 2

I am registering for the following date and location:

\_\_\_\_ March 16-17, 2012 Milwaukee, WI  
\_\_\_\_ September 21-22, 2012 Milwaukee, WI

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

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

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

**I wish to register for:** Please Select One

\_\_\_\_ \$310 Entire Seminar (for PDA's)

\_\_\_\_ \$185 Level 1 only (1<sup>st</sup> day)

\_\_\_\_ \$185 Level 2 only (2<sup>nd</sup> day)

Note that NCCAOM PDA's are awarded for Entire Seminar only

\_\_\_\_ \$30 late fee assessed if registering less than 20 days in advance of seminar (2/24, 9/1)

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

\_\_\_\_ TOTAL Registration Fee

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

\_\_\_\_ \$125 Complete Program Set or

\_\_\_\_ \$55 Personal Practice Set

\_\_\_\_ GRAND TOTAL Enclosed

#### Milwaukee Course:

Inquiries 262-662-1060, [pat@enhancingbalance.com](mailto:pat@enhancingbalance.com)

Checks payable to: Pat Culotti, Enhancing Balance

Mail registration to her at:

W249 S6680 Center Drive, Waukesha, WI 53189

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

For Level 3 registration form please contact Pat Culotti, 262-662-1060 or see [www.enhancingbalance.com](http://www.enhancingbalance.com)

WPTA Approval

NCCAOM Provider 605-001

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

Applications: 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 basic exercises for sensing qi

## 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, 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**

*\$50 cancellation fee assessed. No refunds after 20 days prior.*

## REQUIRED COURSE MATERIALS ([www.taichihealth.com](http://www.taichihealth.com))

**Complete Program Set: \$125\*** 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 (\$55) 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 INSTRUCTORS:

**Patricia Culotti, CTI, MTF**

Tai Chi Fundamentals® Master Teacher, and 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 1981. She teaches Cheng Man Ch'ing Yang style form internationally.

Certified in Yang style and master certified in Tai Chi Fundamentals, Pat develops programs and trains professionals for certification. She is a featured model in the *Tai Chi Mind and Body* book by Tricia Yu.

**Michael Culotti, MSW, MPA, Dipl. Ac.,**

Certified Tai Chi Fundamentals® Instructor and co-founder of Enhancing Balance, has studied and practiced the ancient Chinese healing arts since 1987. Michael is a licensed acupuncturist and certified Tai Chi instructor who integrates this meditative and movement branch of traditional Chinese medicine with his patients. He is a magna cum laude graduate of the Midwest College for Oriental Medicine and completed his clinical training at Guangzhou University in China.

**WEBSITE:** [www.enhancingbalance.com](http://www.enhancingbalance.com)

## LODGING INFORMATION:

Milwaukee: 262-662-1060 [pat@enhancingbalance.com](mailto:pat@enhancingbalance.com) :

## AGENDA

### DAY ONE:

#### Level 1: Instruction in All Movement Patterns

11:30am	On-Site Registration
Noon	Tai Chi Overview and Evidence Movement Lab with Analysis: Section 1 Movement Patterns
1:30	Supine and Seated Breathing Exercises Movement Lab with Analysis: Complete Section 1 Sensing Qi Seated or Standing
3:00	LUNCH
4:15-5:00	Mind/Body Components of Functional Relaxation Sensing Qi Applications Movement Lab with Analysis: Complete Section 2
5:15	Therapeutic Applications Documentation and Reimbursement Movement Lab with Analysis: Complete Section 3
7:45	ADJOURN

### DAY TWO:

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

9:00- 10:15	Sensing Qi 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
1:15-3:00	Supine or Seated Mindfulness Sensing Qi with Arm Movement Movement Lab: Form Section 1
3:15	Educating Community Certification Information Movement Review: Flow Form
5:00	ADJOURN