

The Mechanics of how to start-up, Promote and Conduct T'ai Chi Chih Classes, where there are continuous drop-in's.

Ways to Promote T'ai Chi Chih to the Community

- Create a list of all the places that are potential Venues in your area:
 - o Activity Centers
 - o Senior Centers
 - o Sports Centers
 - o Public Libraries
 - o Hospital Wellness Centers
 - o Churches
- Call or send emails to the Center's directors and/or program directors. Include in the emails your flyer and resume, identifying the class or classes you would like to teach and your availability.
 - o For interviews have the following:
 - Current resume related to T'ai Chi Chih Experience
 - Copies of CPR/AED Training Certificates (if required in your area)
 - Copies of Accreditation Certificates
 - Business Card, T'ai Chi Chih Post Card
 - Name of Liability Insurance Provider
 - Copy of your flyer and other pertinent T'ai Chi Chih materials such as questions/answers about T'ai Chi Chih, Benefits of T'ai Chi Chih
- Offer to give a presentation or teach a free introductory class or classes with the understanding that this could lead to an opportunity for continuing classes if all goes well with the introductory class or classes.
- Many of the Activity Centers have monthly Newsletters with schedules for the month. Offer to add a section about T'ai Chi Chih. The physical copies are available in the center, as well as online, where more of the surrounding community can view
- Many of the Activity and Sports Centers also have Health Fairs and are happy to allow you participate. When participating in the event:
 - o Provide: Your Flyer, business card, T'ai Chi Chih post cards, Handouts on the Benefits of Tai Chi Chih and Question/Answers related to TCC. These could also be displayed in the entry way or on designated shelves in the centers, once the event is over.
 - o Use a tri-fold poster board to display your laminated posters of the TCC Movements and Six Healing Sounds.
 - o Have Sign-up Sheets – Name/Email and Phone number of potential interested students

Classes:

Classes may be held in a variety of settings: Gymnasiums, Classrooms, libraries or church activity rooms. The environment will determine whether there is the opportunity to add music for your practice and how you will display the T'ai Chi Chih posters as well as other class materials.

- Create a set of class handouts for each student which may include:
 - o Flyer with Business Card
 - o Tips for a comfortable Practice
 - o Questions/Answers related to TCC
 - o List all the movements and Pose with number of repetitions and sets for each
 - o Six Healing Sounds
 - o Six Principles of Movement and Four Basic Principles
 - o Principles of Body alignment
 - o Waiver Form
- ** Ask each Center if they will copy the sets for you, once printed, so that you may always have several on hand.
- Have sign-in sheets that cover a two - three month period (include columns for waiver and comments).
- Lending library for DVD'S and Vital Force Journals with a Check-out Sheet for students to sign.
- Have a binder available with articles about the benefits of TCC. Especially, those you have found in the newspapers and magazines from your area.
- If practicing in a gymnasium, post signs indicating TCC is in session and walkers are not allowed in gymnasium during practice.

What does a typical On-Going class look like

When first began teaching T'ai Chi Chih in all of the local activity centers, you may find that none of the students have studied this form. My approach is to begin with a short history of Justin and the origination of T'ai Chi Chih, review the principles, forward and backward weight shifts, the resting pose and the Cosmic Consciousness Pose, followed by movements. I follow the Teachers Manual, for the number of movements taught each week, with the realization that with some seniors, especially those with disabilities requiring a seated practice, may need to go a little slower. Initially my class number varied from one to 32, depending on the center. Our class structure was to review what we learned the last week, learn new movements and then to have a flowing practice at the end. When there were students that preferred a seated practice, I first demonstrated the movements seated: this enabled all students to first learn the movements seated. As I again

demonstrated hand patterns and the weight shifts to the remaining students, those seated could follow along performing the same movements while the remaining students practicing each movement standing.

We begin our practice seated in a semi-circle. I read a short quote, depending on my focus for the year: this year it is happiness. We have a brief time for questions and then we begin practice. When new students join the class, I first review the four basic principles, front to back weight shifts and resting pose, and depending of where we are in the session, I will add a review of the side-to-side weight shifts. As we move forward, I incorporate one of the six principles of movement into each week; it is a good reminder for all students.

The number of repetitions for each movement during the flowing practice is dependent on the remaining time available, as there is a time constraint many times before and after class, due to a prior class finishing and their students collecting their items or class beginning after my class. It is important that students have time to be seated at the end, to ensure they are grounded. I, also, use this time to read a short quote by Justin from the Photo Text or Spiritual Odyssey.

New students are frequent in the Activity and Sports Centers. It is not unusual to have from one to five new ones, especially in the beginning of a new month. I do mirror and students find that very helpful, as the majority of the centers and libraries do not have mirrors.

I am consistent with the materials available to students, as some students will travel to multiple centers, based on their schedules. It is not unusual to have students go away for the summer, take extended vacations during the rest of the year or develop medical problem. My focus is ensuring they understand the principles of movement and alignment, are safe, and enjoy their practice.

Forms Used:

- TCC Class Roster
- DVD/Journal Check-out form
- Class Schedule for three month period with columns for Student's name, Waiver (student has signed a waiver), Comment section.