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## Therapeutic Application of Tai Chi Principles

### COURSE OUTLINE

#### 7:30 – 8:00 – Sign in & Continental Breakfast

#### 8:00 – 8:45 Introduction

- What is Tai Chi?
  - Brief History and Background
  - Definitions – Demystifying Tai Chi Terminology
- Specifics of Dr. Paul Lam’s Tai Chi for Health Programs
  - History and medical background
- Relevance in today’s practice
  - Center for Disease Control
  - American Arthritis Foundation
  - NIH
  - Mayo Clinic
  - Silver & Fit
  - Medicare
- Tai Chi demonstration
- Pre-test

#### 8:45 – 9:30 Movement Lab I: Introduction to Tai Chi Principles 1 & 2a

- Body Alignment
- Smooth Continuous movement

#### 9:30 – 9:45 Learning Key Concepts

- Ensuring Safety
- Applying modifications for various disabilities
- 70% Rule as it relates to safety and healing injury
- Mental Imagery; a key component in recovery and in Tai Chi
- Yin/Yang for balance
- Efficient muscle firing: Iliopsoas vs. quadriceps

### **9:45 – 10:30 Movement Lab II: Tai Chi Principles 2b & 3**

- Weight Transference
  - Stepping and Kicking with Iliopsoas
  - Maintaining COG over leg
  - Single leg stance
- Moving against a gentle resistance

### **10:30 – 10:45 AM Break**

### **10:45 – 11:15 Internal Principles: Dan Tian Breathing**

- Open/Close
- Abdominal Breathing
- Balloon Activity/Supine breathing
- Dan Tian breathing and it's health benefits
  - The deep back stabilizers
  - Activation of pelvic floor muscles
  - Breathing and the lymphatic system

### **11:15 – 12:00 Movement Lab III: Putting Principles Together**

- Tai Chi Walk – Weight transference & body alignment
  - External Principles 1-3
- Tai Chi Stance – songing the joints; proprioceptive feedback
- Silk Reeling –
  - Smooth continuous movement
  - Moving against a gentle resistance
- Internal Principle: Dan Tian breathing

### **12:00 – 1:00 – Lunch**

### **1:00 – 1:45 – Movement Lab IV: Intro to QiGong; Upper Body**

- **Linking TC Form and Principle to Function:**
  - **ADL – Sit to Stand**
    - Circling; holding ball (seated)
    - Moving forward; shifting weight,
    - Push feet down into ground
    - Chair – Stool – Full Standing
  - **Reverse for Stand to Sit**

### **1:45-2:30 – Movement Lab V: QiGong; Lower body**

- Reaching, ADLs, lower body dressing
- Laundry tasks
- Picking up items off of floor

**2:30 – 2:45 – Afternoon break**

**2:45-3:45 Application and Group activity: Applying the principles**

Index cards activity:

- Assigned clinical settings
- Applying to a variety of diagnoses and disabilities
- Problem solving and demonstrating case study application

**3:45 – 4:15 – Documentation/Discussion/Closing Questions**

**4:15 – 4:30 – Pre/Post Test**