



P.O. Box 270688  
Flower Mound, TX 75027  
(972)375-8618  
Email: [Susanotr@hotmail.com](mailto:Susanotr@hotmail.com)

## Tai Chi for Children

### COURSE OUTLINE

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

#### 8:00 – 9:00 Introduction

- What is Tai Chi?
- Tai Chi demonstration
- Dr. Paul Lam's Tai Chi for Health programs
- ***Tai Chi for Children*** Improves
  - Relationships and reactions to challenging situations
  - Sensory modulation
    - ♣ Proprioception, body awareness
  - Sustained concentration
  - Filtering and focusing
  - Motor Planning
  - Control over sympathetic and parasympathetic systems
    - ♣ How is your Engine Running parallel
- **Relevance in today's practice**
  - Evidenced Based Practice
  - In 2010 there were 500 research articles on TC
  - Today, only 5 years later, there are over 1468 articles; many of which are RCT (Random Control Trials) demonstrating strong evidence of the benefits of Tai Chi for improved health
  - Review of workbook – CDC, American Arthritis Association, Hospitals, Medicare

#### 9:00 – 9:15 Pre- Test

#### 9:15 – 10:15 Movement Lab I: Warm up/Cool Down; AND Commencement Form

- Ensuring safety
- Provide imagery
- Use of animal imitation for mental imagery
- Do's and Don'ts

- Body alignment and weight transference
- Applying and using props
- Movement principles

**10:15 – 10:30 Morning Break**

**10:30 – 11:30 Movement Lab II: Warm Up; Brush Knee**

- Increasing proprioception through focused movement
- Gentle resistance and flow: a mechanism for continuity of movement; increased sensory feedback
- Use of movement as a social story in dealing with relationships (i.e. bullying)
- Body alignment and weight transference
- Applying and using props

**11:30 – 11:45 Evidence Based Research: Identify Case Study;**

- Deficits - components
- Functional Deficits
- Cognitive level and setting

**11:45 – 12:45 Lunch**

**12:45 – 1:15 – Movement Lab IV: Kicking Left and Right;**

- Balance with single leg stance

**1:15 – 2:15 Movement Lab V: Stringing it together; Review previous movements**

- Dan Tian breathing and it's health benefits
  - Breathing and the limbic system

**2:15 – 2:30 Afternoon break**

**2:30 -3:15 – Movement Lab VI: Waving Hands in Clouds**

- Lateral stepping
  - Use of curb, stepping stones, balance beam

**3:15 – 4:00 – Group activity: Applied learning & discussion**

- Case Study: choosing a child for Tai Chi application
- 

Problem solving application of movement through use of imagery and props (balls, streamers, stories, etc.)

- Demonstration of application and discussion

**4:00-4:15 Discussion and Questions; Final run through**

**4:15 – 4:30 – Post Test**