



P.O. Box 270688
Flower Mound, TX 75027
(972)375-8618
Email: handylearninginc@gmail.com

Therapeutic Application of Tai Chi And Qigong

COMPLETE COURSE OUTLINE and Schedule*

**Please note: There is a pre-requisite ONLINE course that all participants must complete prior to attending the in-person portion of the course.*

PART I: ONLINE COURSE (8 hours)

Section I: Intro and Posture 30 Minutes

- Module 1: What is Tai Chi and Qigong?
- Module 2: What is Qi and how is it beneficial therapeutically
- Module 3: Postural Alignment through the Tai Chi Stance
- Module 4: Commencement Form - practicing the Tai Chi Stance

Section II: Beginning Movement around Key body parts 1 hour

- Module 5: All about the Kua
- Module 6: The Dan Tian - where, what and why
- Module 7: How to Rotate with Whole Body Movement
- Module 8: Tai Chi Walk

Section III: Learning Qigong Forms 2.5 hours

- Module 9: Commencement Form (practicing the Tai Chi Stance)
- Module 10: Push Water (Rotating around the Dan Tian and Kua)
- Module 11: Hail a Taxi (Contralateral Arm patterns and LB Rotation)
- Module 12: Lifting a Ball (Expanding the Spine/Sinking the TailBone)
- Module 13: Gathering Qi (Yin/Yang - Spine Lengthening)
- Module 14: The Lotus (Weight Transfer)
- Module 15: Picking up and Releasing Burdens
- Module 16: Qigong Run Through
- Module 17: Modifications

Section IV: Learning Tai Chi Forms - 4 hours

Module 18- 21: Brush Knee (Stepping/Weight Transfer)

Module 22: Kicks (iliopsoas/Single Leg Stance)

Module 23: Waving Hands in Clouds (putting it all together)

Module 24: Qigong Run through

Module 25: Tai Chi Run Through

PART II: IN-PERSON LIVE COURSE (7 Contact Hours)

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
- 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: Run Through of learned movements from online course**

- Review of online course material and movement patterns
- Corrections in movement and postures

9:30 – 10:00 Movement Lab: Tai Chi Stance

- Body Alignment
- Pelvic Trim & Buttons
- Yin/Yang of Posture
- Expansion
- Efficient muscle firing: Iliopsoas vs. quadriceps

10:00 – 10:30 Movement Lab: Initiation of Movement

- Whole body movement
 - Feet, thigh, Dan Tian, hands
- About the Kua and Dan Tian
- Rotational Movement vs. Twisting
- Generating Power

10:30 – 10:45 BREAK/Discussion/Questions

10:45 – 11:00 Movement Lab:

- Ensuring Safety
- Applying modifications for various disabilities
- 70% Rule as it relates to safety and healing injury

11:00 – 11:30 Movement Lab: Putting Principles Together

- Moving through Qigong and Tai Chi movements again
- Keeping principles in place
- Identify and demonstrate 3 modifications for safety

11:30 – 12:00 Movement Lab: Weight Transfer

- Weight Transference
 - Stepping and Kicking with Iliopsoas
 - Pulling vs. Pushing
 - Rotation rather than linear
 - Sink the Kua
 - Where is that tailbone?
 - Single leg stance
- Expanding the Spine

12:00 – 1:00 – Lunch

1:00 – 1:45 – Movement Lab: QiGong & Tai Chi Forms; Upper Body

- **Linking TC and Qigong 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**



- **Reaching**

1:45-2:30 – Movement Lab: QiGong and Tai Chi linking forms to Lower body Function

- Reaching, ADLs, lower body dressing
- Laundry tasks
- Picking up items off of floor
- Single Leg Stance
- Weight Shift and Transfer
- Maintaining and strengthening Pelvic Trim
- Finding and Moving around Midline

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
- Leading small group through Qigong and Tai Chi movements

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

4:15 – 4:30 – Pre/Post Test

