

Tai Chi for Arthritis - Fall Prevention Instructors Training

TRAINING AGENDA

Saturday	
9:00am – 9:45am	Introductions, Goals for the workshop
9:45am – 10:15am	History of Tai Chi & Why Sun Style is used for Arthritis (group)
10:15am – 11:15am	Learn Warm Up Exercises, Learn movements (commence, open/close, single whip, right), Cool Down
11:15am – 11:30am	Break
11:30am – 12:30	Review of Movements, Learn movements (wave hands, right 3x, open/close)
12:30pm – 1:30pm	Lunch
1:30pm – 2:30pm	What is Arthritis, problems with, and how Tai Chi helps (group)
2:30pm – 3:30pm	Review Movements, Learn movements (single whip left, wave hands left 3x, open/close)
3:30pm – 3:45pm	Break
3:45pm – 4:45pm	Review of Movements, Learn movements (brush knee left, play lute, parry/punch, block and close.
4:45pm – 5:00pm	What to do tonight
Sunday	
9:00am – 9:45am	Tai Chi Precautions
9:45am – 10:45am	Remaining Movements (right), Review (someone leads the warm-up)
10:45am – 11:00am	Break
11:00am – 12:00pm	Stepwise Progressive Method of Learning
12:00pm – 1:00pm	Lunch
1:00pm – 1:45pm	Instructor's Test and Follow Ups
1:45pm – 2:45pm	Final Form Review - someone leads the warm up, Different members of the class lead while instructor watches to determine corrections
2:45pm – 3:00pm	Break
3:00pm – 3:30pm	How to plan a class and how to improve your tai chi
3:30pm – 4:15pm	Final Form Review – all movements
4:15pm – 5:00pm	Demonstration by students, feedback, pictures, certificates