

Tai Chi for Health Institute (TCHI)

The Tai Chi for Health Institute (TCHI) was founded in 2010 by Dr. Paul Lam and many of his colleagues with the purpose of empowering people to improve their health and wellness through Tai Chi for Health programs. TCHI ensures the quality of training and codes of ethics, it also provides support for instructors and participants. TCHI is a non-profit organization representing all certified instructors/leaders of the Tai Chi for Health programs. It is administered by a democratically-elected director and governing board consisting of master and senior trainers, instructors, participants (or students) and nominated experts.

TCHI programs are supported by many leading organizations and government bodies around the world, including the USA Centers for Disease Control (CDC.gov) and Arthritis Foundations and Administration on Aging. Our instructors are fully trained and shown by over 30 medical studies to be able to teach the respective program safely and effectively.



Proudly supported by the Arthritis Foundation of Australia
Adapted by the American Arthritis Foundation

TaiChi for Arthritis and Fall Prevention, part 1 (SAT./SUN.)	\$300
TaiChi for Arthritis and Fall Prevention, part 1 (SAT./SUN.)	\$250 (college student - please show student ID)
TaiChi for Arthritis, part 2 – (must have current active part 1 certification) (SUN.)	\$175
Refresher Certification / Update (SUN.)	\$100
GROUP RATE OF 4 or More (Must register together. If all in the group not registered by the day of the seminar, regular rate applies)	10% OFF

(NOTE: Price does not include recommended books or DVD)

Payment - [PayPal.Me/GoldCoastAikikaiFL](https://www.paypal.com/paytoee/goldcoastaikikai)

More Information - gcaikikai@gmail.com

Order Books and DVD - <https://taichisouthflorida.com/certification-2>



8482 SW 8th Street / Miami, FL 33144 / 786-245-9035

Co-sponsored by:



Nicole Wertheim College of Nursing & Health Sciences
FLORIDA INTERNATIONAL UNIVERSITY
Occupational Therapy Department

Instructor Certification Workshop

Designed by Dr. Paul Lam, M.D.

Tai Chi for Arthritis & Fall Prevention (TCA)

Course Objectives :

- Learn about the essential principles of Tai Chi and experience the health benefits of the TCA program in a safe, comfortable, learning environment.
- Gain essential knowledge about arthritis and fall prevention.
- Learn and be able to demonstrate Warm Up and Cool Down exercises, tai chi walking, qigong exercises to enhance energy and two tai chi practice programs: the six Basic Movements and six Advanced Movements.
- Learn a brief history, three principle styles, basic principles and current research in Tai Chi including the medical benefits of Tai Chi as reported in the literature.
- Experience Dr. Lam's teaching methods (Stepwise Progressive Teaching Method) and learn to teach this program effectively
- Learn precautions of teaching Tai Chi and learn how to start a TCA class.



Master Trainer:

Tony Garcia

MARCH 16 -17, 2019

9:00 am – 5:00 pm (Part 1)

MARCH 17, 2019

9:00 am – 5:00 pm
(Part 2 and Update Only)

Registration: 786-245-9035

gcaikikai@gmail.com

14 CE Hours for OTs and OTAs

(Other professions, please contact your license governing organizations)

SPACE IS LIMITED!!

Location: 8482 SW 8th Street / Miami, FL 33144

About the Instructor



Tony Garcia has studied different styles of Tai Chi for over 20 years in the United States and Australia. He is a Master Trainer for Tai Chi for Health Programs including: Arthritis, Diabetes, Osteoporosis and Back Pain, and Rehabilitation. He also teaches the Yang has studied Qigong forms with Grand Master Shifu Jiang Jian-ye, including Qigong for high blood pressure and Chinese yoga with healing Qi. He also studied Qigong with Master Wei Lun Huang. Tony was also an instructor with the Taoist Tai Chi Society and studied martial arts for over 25 years. He has a black belt and taught Tae Kwon Do, as well as having experience with Aikido and Shotokan karate. As an instructor with Alliance Qigong and Internal Arts Inc. he has demonstrated and taught in locations throughout Dade and Broward, including hospitals, fitness centers, universities, retirement homes, public parks, libraries and the Miami-Dade County Mayor's Fitness Programs. Stories of Tony's work have appeared on Channel 7 News, Univision, TVC studios, Google, YouTube, Mega TV, Miami Herald and Sun Sentinel.

Tai Chi for Arthritis & Fall Prevention (TCAFP)

Dr. Paul Lam and his team of medical and Tai Chi experts designed this program to be safe and effective for people with mild, moderate and severe joint involvement and back pain. It is also appropriate for adults without arthritis who have a higher risk of falling. This form is based on the Sun style of Tai Chi and is called Tai Chi for Arthritis for Fall Prevention.

This program includes warm ups, cool down exercises and the stepwise teaching method. Tai Chi principles, including those relating to improving physical and mental balance, are practiced. Movements can be modified to accommodate mobility issues for any participant and can be done seated as a starting exercise. Tai Chi for Fall Prevention (TCAFP) is easy to learn, effective and safe. It improves flexibility and muscle strength, increases the heart and lung activity, improves posture and balance, decreases pain, and helps integrate the body with the mind.

***Qualified participants who successfully complete
and pass the course will be accredited
by the Tai Chi for Health Institute to teach this program.***

What to Wear:

Loose, comfortable clothing, socks, or barefoot.
(No tank tops or shorts)

SATURDAY MARCH 16, 2019

8:00 – 9:00 AM REGISTRATION

9:00 AM – 12:30 PM

INTRODUCTION / DISCUSSION: What is Tai Chi and the features of Tai Chi for Arthritis

PRACTICE

- 1) Warm-ups – The 1-2-3 system
- 2) Movements 1 to 3
(Commencement, Open and Close and Single Whip (right))
- 3) Cooling down exercises

MORNING TEA

PRACTICE

- 1) Warm-up exercises
- 2) Movements 4 to 6 (Wave Hands in the Cloud (right); Open and Close; Closing).
- 3) The reverse side of movements 1-6
- 4) Cooling-down exercises.

12:30 – 1:30 PM LUNCH

1:30 – 5:00 PM

DISCUSSION:

- 1) What is arthritis?
- 2) How does Tai Chi for Arthritis work?
- 3) Recognized by CDC as effective for falls prevention

PRACTICE:

- 1) Warm-up exercises.
- 2) Movements 6 to 7 (Brush Knee (left) and Play the Lute).
- 3) Cooling-down exercises

AFTERNOON TEA

PRACTICE:

- 1) Warm-up exercises
- 2) Movements 8 to 12 (Parry and Punch, Block and Close, Push the Mountain, Open and Close, Closing)
- 3) Cooling-down exercises.
- 4) Summarize what we did today.

SUNDAY MARCH 17, 2019

8:30 – 9:00 AM REGISTRATION

9:00 AM – 12:30 PM

INTRODUCTION / DISCUSSION: What is Tai Chi and the features of Tai Chi for Arthritis

- Summarize what we did the previous day.
- How to teach Tai Chi for Arthritis safely

PRACTICE

- 1) Warm-Up exercises
- 2) Revision (or review) and incorporating essential principles into the forms.
- 3) Cooling-down exercises

MORNING TEA

How to teach Tai Chi for Arthritis effectively – use the reference book “Teaching Tai Chi Effectively”

12:30 – 1:30 PM LUNCH

1:30 – 2:00 PM **TEST**

2:00 – 5:00 PM

DISCUSSION & INFORMATION:

- 1) Encourage forming groups to practice regularly after the workshop, seek out Senior and Master Trainers around you for support and skill development workshops.
- 2) Encourage question from participants

AFTERNOON TEA

DISCUSSION: – use the reference book “Teaching Tai Chi Effectively”

- How to improve your tai chi using the essential Tai Chi principles
- Logistics of starting classes
- How to attract more participants and motivate them to practice and adhere to the program and class

PRACTICE:

- Improve your Tai Chi with deeper understanding of the essential Tai Chi principles
- Learn how to develop your tai chi
- How to bring enjoyment to your participants/ patients/ students

CLOSING:

- 1) Demonstration by participants and instructor
- 2) Feedback forms
- 3) Certificates
- 4) Group photographs and Closing addresses by host and master trainer