



# TAI CHI TRAIN-THE-TRAINER WORKSHOP

Tai chi is an ancient Chinese practice with origins in the martial arts. The version of Tai chi taught in this training uses a series of individual dance-like movements (or forms) that flow smoothly from one to another in a sequence. This moving exercise involves movement control and weight transference. This Tai chi is designed for the senior and is evidence-based to reduce the frequency of falls and the severity of injury from those falls. It helps improve and maintain mobility. A simplified eight form will be taught.

## Instructor

Classes will be taught by Tai chi instructor and Master Trainer Howard Tibbs. Mr. Tibbs is a certified Tai chi instructor and master trainer with the Tao Academy of Kansas City. He has also studied under Suman Barkhas from the Oregon Research Institute and is a certified Tai chi instructor in Moving for Better Balance. He has taught yoga and Tai chi in central Ohio since 2000.

## Training

It's two days of intensive focus on Tai chi (modified eight form). The agenda will be presentation, overview, instruction, replication (practice), small group with demonstration, correction and demonstration. Content will include set up, organizing and maintaining a class for a 12-week period.

## Attendees

Ideal candidates are persons who have taught physical education classes. Participants could be occupational therapists, physical therapists, exercise therapists, nurses, fitness and health club instructors. Others who have a passion to help persons gain skill in Tai chi may also attend. The Tai chi training taught will be designed for the person 50 years of age and older.

## When

Friday, March 25, 2016 & Saturday, March 26, 2016  
9:00 AM - 4:00 PM

## Where

Mount Carmel East  
Siegel Center West  
5975 East Broad Street  
Columbus, Ohio 43213

## Other Details

The program is free, but you will be required to offer two Tai Chi classes to the public free of charge once your training is complete. Free parking is available, however, you will be on your own for lunches.

## Registration

To register and learn more, contact Kate Whitman at 614-546-4062 or [kwhitman@mchs.com](mailto:kwhitman@mchs.com).

### Participants will receive:

1. Certification as a Tai chi instructor from the Tao Academy of Kansas City (*Dr. Fred & Sandy Weaver are co-founders*)
2. A booklet: Tai Chi: Moving for Better Balance; A Guide for Program Implementation
3. A DVD on Tai chi forms
4. An invitation to attend a follow-up teleconference addressing questions of new instructors

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