



## FALL PREVENTION TAI CHI

### BASIC MOVEMENTS AND TEACHING METHOD INSTRUCTOR CERTIFICATION WORKSHOP

#### Registration/Application

April 3 and 4 (Tues. & Wed.), 2018 9:00 am - 5:00 pm each day  
(attendance both days is required for certification)

Registration deadline: March 11, 2018

Location: Springfield Unitarian Universalist Chapel, 21 Fairground Rd., Springfield, VT

Authorized Trainers: Annie Bower [anniebower@yahoo.com](mailto:anniebower@yahoo.com), Laurie Knauer  
[homestead@shoreham.net](mailto:homestead@shoreham.net)

Cost: \$250.00.

Please contact your employer or organization (Agency on Aging) to secure their support. In return for paying your tuition, it's expected that you will teach at least one tai chi class without charge. Cost includes the 2-disc DVD set we'll send you so you can start learning the Basic Movements at home, along with the book, *Teaching Tai Chi Effectively*, and snacks we supply on both days.

Workshop fee includes free full-day skill-builder workshops each year during your two-year term of certification at various locations across the state. We encourage attendance at these as they provide special skills, opportunities to practice forms, network with other instructors, and continue developing as a tai chi teacher and practitioner.

**For more information check out our website: [www.taichivermont.org](http://www.taichivermont.org)**

***Note: Our follow-up one-day certification in the "Advanced Movements" will be held July 12<sup>th</sup>. Please mark your calendars now so that you can continue your learning.***

**Important: You are required to be familiar with the basic forms prior to attending this workshop! That's why we send you the DVD to practice with. During the workshop we'll be discussing safety issues and we'll work on our teaching method too; the book, *Teaching Tai Chi Effectively* by Maureen Miller and Paul Lam, has excellent chapters on these topics (and lots of other good information).**

At the end of the 2-day workshop, most participants earn a full certification in Fall Prevention Tai Chi--Basic Movements & Teaching Method. Occasionally an underprepared person is awarded a "Provisional" Certificate instead, with our recommendation for what is necessary to convert that to a full Certificate.

**April 3 & 4, 2018 Fall Prevention Tai Chi Basic Movements & Teaching Method Workshop**

**PLEASE FULLY COMPLETE ALL SECTIONS OF THESE TWO PAGES as fully as possible.**

**TYPE OR PRINT CLEARLY.** Email to Laurie at [homested@shoreham.net](mailto:homested@shoreham.net) or send via U.S. Postal service to Laurie at P.O. Box 183, Hydeville, VT 05750.

Today's Date: \_\_\_\_\_ Do you currently own a copy of the TCA DVD? Yes  No   
(If you check no we will mail it and the book, *Teaching Tai Chi Effectively*, to your home address)

**CONTACT INFORMATION**

First Name:	MI:	Last Name:	
Job Title:			
Organization (Employer or Agency):			
Work Address:			
City:	State:	Zip:	
Home Address:			
City:	State:	Zip:	
Home Phone:	Work Phone:	Cell Phone:	
		Can you accept texts? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Email:			
For correspondence, please contact me at: <input type="checkbox"/> My worksite (if applicable) <input type="checkbox"/> My home			
<b>Agency on Aging or other group for whom you will be teaching:</b>			

**EXPERIENCE and BACKGROUND**

What professional or volunteer experience have you had leading health, fitness, or exercise classes, conducting workshops or speaking in public?

What other teaching experience have you had?

What experience have you had as a student of tai chi or other exercise forms?

Why do you want to teach this program? What benefits would you like to gain from teaching?

What support do you anticipate needing to help you provide tai chi classes?

If you have prior tai chi certification, when was that received and from what organization?

In which towns/locations would you prefer to teach?

- Payment of \$250.00 included? (Check made out to Tai Chi Vermont, Inc.)  Yes  No
- If you are RE-TAKING this workshop for some reason, the fee is reduced to \$125.00. Please be sure to let us know when you originally took your first workshop in tai chi.

- Send invoice to Sponsor:  Yes  No

Check your sponsor below:

CVCOA

NEK Council

Senior Solutions

SVCOA

SASH \_\_\_\_\_

**Other Sponsor/Employer? Please print name and address clearly below**

If you have particular concerns or questions about this certification workshop, please let us know and we will try to respond to them as we plan the details of the workshop. Thank you.

Tai Chi Vermont, Inc. is a non-profit organization incorporated in the state of Vermont. We run instructor training workshops, skillbuilder workshops, and mentor our certified instructors, working cooperatively with the Agencies on Aging in Vermont, SASH (Support & Services at Home), and other organizations. Our comprehensive website is easily accessible at [www.taichivermont.org](http://www.taichivermont.org)