

## What is Tai Chi?

Tai chi originates from ancient China and is now practiced throughout the world as a means to improve quality of life. Tai chi consists of slow, fluid, gentle movements. Breathing is slow, relaxed and deep to aid concentration. Tai Chi can be done almost anywhere and is suitable for individuals at all fitness levels.

## Why Tai Chi for Arthritis?

Tai Chi for Arthritis (TCA) is an effective and safe exercise program designed by Dr. Paul Lam, with a team of medical experts and tai chi masters. It was adopted by the Arthritis Foundation because it is easy to learn, safe and effective.

Using the Sun style of Tai Chi, this Tai Chi for Arthritis program is easy to learn, safe, and effective. It will improve balance, flexibility, postural alignment, strength, and mobility. TCA also helps reduce blood pressure, stress, falls, and fear of falling.

Recently, TCA has been approved by the US Centers for Disease Control and Prevention (CDC) as an evidenced-based fall prevention program. TCA is proven in numerous clinical studies to be an extremely effective & safe program for fall prevention & arthritis exercise. Seated TCA provides a tool to help those with chronic conditions or ailments that prevent standing TCA, as well as for anyone doing TCA in small spaces like an airplane seat. TCA-2 adds 9 additional and more advanced movements to the Tai Chi for Arthritis set.

## About Your Master Trainer Jim Starshak, MS

Jim is a certified Tai Chi for Health Master Trainer, the inaugural Chair of the international Tai Chi for Health Institute (TCHI), and the Tai Chi Consultant for the American Academy of Health and Fitness. He earned his Masters Degree in Exercise Science & Health Promotion and was an Allied Health & Nursing Adjunct Professor at Kansas City Kansas Community College for 15 years.

Jim provides continuing education credits for Nurses, Physical Therapists, Occupational Therapists, and ACSM Health & Fitness Professionals. Jim is a disabled veteran whose background includes 22+ years in the US Army and Special Forces (Green Beret), a CPR Instructor, a Certified Personal Trainer (NSCA-CPT,\*D), and an IDEA Health & Fitness Association Elite Personal Fitness Trainer. Jim volunteers for TCHI, TCHC, his Community Emergency Response Team (CERT), and at many community & church events.

For more Information, contact Jim at:

**The Home Gym**  
**P.O. Box 256**  
**Wasco, IL 60183**  
[www.thehomegym.net](http://www.thehomegym.net)

*The Tai Chi for Health Institute is approved to provide CE hours for the American College of Sports Medicine (ACSM). These CE's are approved for ACSM-certified professionals and many medical and allied health care professionals. Certificates with CE hours for certain professional certification and licensure renewals are available for \$40 (to be paid at the workshop).*

*This course content is not intended for use by any participants outside of the scope of their license or regulation.*



## Tai Chi for Arthritis & Falls Prevention

### Instructor Training Workshop

Facilitated by Master Trainer  
**Jim Starshak, MS**  
**Space is limited!!**

July 7 & 8, 2021

(Re-certification July 8)  
*But you may attend both days at no  
additional cost*

*Continuing Education Credits Available*

### **This Basic Workshop is Designed for:**

- ✓ Tai Chi Teacher or Advanced Student
- ✓ Occupational/Physical Therapist or Assistant
- ✓ Health Professional (RN, MD, ATC, DC, etc.)
- ✓ Certified Fitness Trainer, Exercise Instructor, or Arthritis Foundation Instructor
- ✓ Certified Allied Health Assistant
- ✓ Senior Center Instructor, Therapist, or Program Director
- ✓ Other similarly qualified individuals

### **After this Workshop, you will**

#### **Meet the Following Objectives:**

- ✓ Demonstrate the Tai Chi set and its Warm Up and Cool-Down set
- ✓ Describe practical ways to integrate the Tai Chi Principles into existing interventions, exercises, and activities
- ✓ Summarize the characteristics of arthritis and research validating Tai Chi's benefits.
- ✓ Differentiate ways to safely modify Tai Chi movements for an individual's capabilities and limitations.
- ✓ Demonstrate how to teach Tai Chi or any therapeutic movements using the Stepwise Progressive Teaching Method.
- ✓ Describe ways to use sequenced Tai Chi movements to help improve physical and psychological functional performance (ADLs).

### **To Receive your Tai Chi for Health Instructor's Certificates you must:**

- ✓ **Practice with the DVD for 10-15 Hours** to learn the Warm-Ups and Tai Chi forms from the DVD to the best of your ability **before** attending this workshop
- ✓ Turn in your completed questionnaire at workshop check-in
- ✓ Pass a short, written quiz at this workshop
- ✓ In a group, demonstrate proficiency in the core movements at the workshop

## **TCA - FP Instructor Training Workshop Details**

### **DATES & TIMES:**

TCA FP – July 7 & 8, 2021  
9:00 – 5:00

### **LOCATION:**

Dyersville Social Center  
625 3<sup>rd</sup> Ave SE  
Dyersville, IA 52040

MASTER TRAINER: Jim Starshak

### **WHAT TO WEAR:**

Loose, comfortable clothing with flat shoes suitable for exercise.

### **WAIVERS:**

Each participant will sign a Waiver & Release Form before taking part in this workshop.

### **COST OF TRAINING INCLUDES:**

- Tai Chi for Arthritis and Fall Prevention workshop and Certificate
- Discount on Tai Chi Productions items
- Refreshments at morning and afternoon breaks, water will be provided

*DVD: Participants must purchase Dr. Lam's Tai Chi for Arthritis DVD and **practice with this DVD for 10-15 Hours to become familiar with the warm ups and tai chi movements before attending the training.** You will be sent a code for a discount after registration. This link will take you to the web-site:  
<https://us.taichiproductions.com/dvds/arthritis/>*

**- LUNCH ON YOUR OWN -**

## **TCA FP Instructor Training Workshop Registration**

**Early Registration By: May 1, 2021**

**Registration Deadline: June 15, 2021**

Registration after June 15, 2021 may cost more and are at the discretion of program organizer.

Register online at: [Tai Chi Instructor Training](https://tinyurl.com/y57d2t84)  
or <https://tinyurl.com/y57d2t84>

Or you may call 319.231.1551.

### **Cost of training:**

- **Early Registration By: May 1 \$250**
- **Registration Deadline: June 15 \$300**
  
- **Re-certification only:**
- **\$125 Early Registration Prior to May 1, 2021.**
- **\$175 Prior to June 15, 2021.**

After registration you will receive more information and an invoice for the registration fee.

Updates are available for TCA-FP, TCA -2, TCD, Seated TCA, and TCR for an additional \$40 each. Additionally, one extra hour after workshop will be required for these updates.

CEU's are available for one or both days.  
Fee: **\$20** for one day- **\$40** for both days.

