

## What is Tai Chi (Taiji) & Qigong?

"A gentle, beautiful exercise that people do in the park," one person might say, or "It's a martial art," says another. "No," says a third, "it's an exercise to improve your health and fitness." All are correct!

Tai Chi & Qigong originated in ancient China and are now practiced throughout the world as an effective exercise for health and fitness. It generally involves slow, gentle movements that are integrated with one's breath, weight shifts, intention, and postural alignment.

## Why Learn Tai Chi & Qigong?

Tai Chi & Qigong's health benefits have been studied by the scientific & medical communities for decades. The US Centers for Disease Control (CDC) cites Tai Chi as an intervention proven to reduce falls in the elderly.

As both a health & fitness activities, Tai Chi and Qigong provide benefits for your entire mind, body, and spirit – not just the musculoskeletal system. Studies have repeatedly shown that Tai Chi & Qigong are effective at improving multiple areas of overall health and fitness. They are fun, very easy to learn, modifiable for health conditions & limitations, and they simply work so well!

## How Does This Workshop Help?

- 🕒 Improves Balance, Coordination, Range of Motion (ROM), Strength, and Proprioception
- 🕒 Enhances Dynamic Biomechanics, Posture, Stability, and Functional Performance
- 🕒 Reduces Falls and the Fear of Falling
- 🕒 Strengthens & Conditions the Muscles and Joint Structures of the Shoulders, Hands, Arms, Legs, Hips, Back, and Core
- 🕒 Improves Diaphragmatic Breathing, Pain Management, Circulation (Blood, Lymph, Qi), Blood Pressure, and Structural Alignment
- 🕒 Reduces the Effects of Stress in Daily Life
- 🕒 Builds and Circulates Your Inner Energy (Qi)
- 🕒 Complements ALL Tai Chi Styles and Many Therapeutic Interventions

## 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, 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 Illinois Chapter Continuing Education Committee has certified that this course meets the criteria for approval of Continuing Education offerings established by the Illinois Physical Therapy Association (IPTA).

NOTE: The Illinois Occupational Therapy Association accepts continuing education contact hours approved by the IPTA.

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

# Tai Chi for Health & Fitness

*Modular Interventions  
to Reduce Falls and  
Improve Functional  
Performance*

## Taiji Bang (Stick) Qigong

Taught by Master Trainer  
Jim Starshak, MS

Optional  
Continuing Education Credits

Toledo, Ohio  
April 11, 2021

## Taiji Bang (Stick)

Taiji Bang Qigong is a centuries-old exercise system that uses a turned wooden stick to improve your overall health & fitness levels. It uses twisting, gripping, stepping, and stretching motions that strengthen your body, improve ROM, circulate inner energy, develop internal awareness, and improve your overall structure & alignment for both tai chi and activities of daily living. Each of the 25 Taiji Bang exercise has three distinctive health, fitness, and self-improvement goals to enhance your physical, tai chi, and Qi flow.



Complementing many therapeutic interventions, the Taiji Bang strengthens and conditions the muscles and joint structures of your shoulders, arms, wrists, hands, and back. Additionally, it helps strengthen hip, leg, and core muscles.

The Taiji Bang is easily practiced in a small area within your clinic, work, home, vacation, and other spaces. The Taiji Bang involves the same principles and overall benefits as Tai Chi.

This workshop includes a PVC "Practice" Bang for you to use for training and to take home. A few hardwood Taiji Bangs will be available for sale (cash or check) at the workshop.



## Workshop Details

### Date and Time:

Sunday April 11, 2019 (9 am to 4 pm)

### Workshop Location:

Springfield Township Hall  
7617 Angola Road  
Holland, Ohio 43528

### Workshop Trainer:

Jim Starshak, MS

### Local Contact:

Becky Rahe  
taichibl@sbcbglobal.net

## Workshop Fee: \$179

\$155 if Paid BEFORE March 17, 2021

### Workshop Cost Includes:

- ☯ Taiji Bang Training and Certificate
- ☯ Practice PVC Taiji Bang
- ☯ 50+ Page Resource Packet

### Additional optional Fees Apply for:

- ☯ Continuing Ed Hours (PT/PTA & OT/OTA)
- ☯ Turned Hardwood Taiji Bang

**What to Wear:** Loose, comfortable clothing with flat shoes suitable for exercise. Face mask.

**Covid:** Your temperature will be taken at check-in; if it is 100.4° or higher, you will not be admitted into the workshop. During the workshop, you will keep your same chair and space all day; face masks must be worn when outside of your 6' workshop space. Please bring your own snack and water bottle.

**Waivers:** Each participant will sign a Waiver and Release before this workshop.

**Cancellation:** 50% refund after March 26, 2021; No refund after April 5, 2020. 100% refund if we cancel due to Ohio Covid-19 Mandates or if your temperature is 100.4° or higher at check-in.

## Taiji Bang Registration

Toledo, OH – Please Print Legibly  
Registration Closes April 6, 2021

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

E-Mail: \_\_\_\_\_

\$179 Taiji Bang Workshop  
 \$155 if Paid Before March 17th

\$20 CEUs (6 Contact Hours)

### Please, Payment Only by Check or Money Order

(Unless requested, your cancelled check or money order serves as your receipt)

Please mail this form with your check or money order payable to:

**The Home Gym, Inc.**  
**PO Box 256**  
**Wasco, IL. 60183**

