

Tai Ji Quan: Moving for Better Balance Instructor Training 2019

When:

April 3rd and 4th
and 5/15 and 7/10
9am-5:30pm

**Where:**

Pocasset Community
Building—314 Barlow's
Landing Rd. Pocasset, MA
02559 (Upper Cape Cod)

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. Fuzhong Li, Ph.D., a Senior Scientist at [Oregon Research Institute](#), developed the program.

Although its origin can be traced to the contemporary simplified 24-form Tai Ji Quan routine, TJQMBB represents a significant paradigm shift in the application of Tai Ji Quan, moving the focus from its historical use as a martial art or recreational activity to propagating health by addressing common, but potentially debilitating, functional impairments/deficits.

This unique training approach is the culmination of a systematic series of scientific studies to improve efficacy, utility, and community and clinical relevance.

The Instructor Training workshop is open to individuals who are interested in teaching an evidence-based balance-training program for older adults to prevent falls. No previous TJQ experience is required. It is helpful if potential instructors are comfortable teaching exercise classes and working with an older adult population.. This workshop is physically and mentally demanding consisting of two full 8 hour days (approximately 6 hours of physical training and 2 hours of classroom training). At the end of the 2-day training, trainees will have a functional understanding of the TJQMBB program, including its training components, and be familiar with forms/movements in the core exercise routine, as well as group teaching strategies and fidelity criteria. The trainees are expected to teach a class within 4 months of the training or as soon as practical, and attend 2 follow-up days to reinforce the knowledge and skills learned during the training program.

Individuals completing the training will receive a certificate of completion.

The fee for all 4 days including training materials is \$400. Current leaders may take either of the follow up days for \$100 each day.

**To register contact: Gina Battles at
Healthy Living Cape Cod at 508-957-7620
or email : healthylivingcapecod@gmail.com**

