

2020 Summer Adaptive/Wheelchair Tai Chi for Veterans Virtual Instructor Advanced/Certification Training Program

Presented By Dr. Zibin Guo's Applied Tai Chi For Veterans
& Adaptive Tai Chi International



In collaboration with the Adaptive Tai Chi International (a not-for-profit Organization), Dr. Zibin Guo is pleased to announce the second annual "Dr. Zibin Guo's Applied Tai Chi Program™ (Adaptive Tai Chi for Veterans Program)" Instructor Training Workshop.

August 1 - 15, 2020

Registration Fee: \$290
Registration limited to the first 30 applicants.

The fee includes:

- **6 Unit Training Program**
- **1.2 Training CEUs**
- **7-Posture Applied Tai Chi DVD**
- **Certification**



**Dr. Zibin Guo's
Applied Tai Chi
Program™
(Adaptive Tai Chi
for Veterans
Program)**

Program Structure:

The focus on this training program is to provide participants with more in-depth training on the methods, applications, ideas, principles and various clinical and non-clinical adaptations/applications of the 7-posture Applied Tai Chi program. The benefits and use of music and metaphors will also be discussed.

The training program is divided into 6 Units.

- Unit 1: Sitting form
- Unit 2: Standing form
- Unit 3: Walking form
- Unit 4: Wheelchair form
- Unit 5: Warm ups and 8-piece Brocade Qigong
- Unit 6: Lecture

Each of the 6 units is a 2-hour long interactive session, and participants will be required to complete all units. These sessions will be led by Drs. Guo, Johnson, and a team of experienced instructors.

For more information: www.adaptivetaichi.org/2020training

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Training Group and Schedule

Units 1 – 5: 5 separate sessions will be offered for each of these 5 units. These are small group sessions, limited to 6 participants. In the registration form, applicants will have the opportunity to indicate their preferred time of participation, and we will assign the group participants according to your preference and availability. Applicants will receive a training registration link.

Participants can sign up for each of the 5 training units in no particular order.

Unit: 6: There will be no individual session for this unit. All participants are required to participate in this final lecture session at the same time.

This session will provide participants a more in-depth understanding and discussion of the rationales, purposes and methods of the 7-posture Applied Tai Chi program. A focus of this lecture will also be on ways to become a more effective instructor. Participants will also have the opportunity to discuss any questions they have at this session.

CEUs

12 contact hours will be counted for this training participation. UTC will issue 1.2 CEUs for each training participant.

Certification

Those participants who have previously completed a 3-day training course and a 1-day refresher course with Dr. Guo or Dr. Johnson will be eligible for CERTIFIED INSTRUCTOR status upon successfully completing this workshop.

Certification is included at no extra cost.

Training Fee

The training fee is \$290.00.

Each participant will also receive a newly developed 7-posture Applied Tai Chi DVD.



Adaptive Tai Chi International is a non-profit organization whose vision is to improve the physical and psychological wellbeing, as well as to enhance the quality of life of people with disabilities worldwide, through the use of adaptive Tai Chi programs.

<http://adaptivetaichi.org>

Registration

To begin the registration process please send an email to:
zibin-guo@utc.edu
by July 10th. Registration will be limited to the first 30 applicants.