

Tai Ji Quan: Moving for Better Balance[®]
An Evidence-Based Balance Training Program for Fall Prevention in Older Adults
2-Day Community Instructor Training Agenda

Time	Presentation Topics
DAY 1	
08:00 – 08:30	Welcome, introduction, and workshop overview
08:30 – 09:00	Introduction to the workshop
09:00 – 10:00	<ul style="list-style-type: none"> • materials, training objectives and expectations Introduction to TJQMBB
10:00 – 12:00	<ul style="list-style-type: none"> • background, focuses, and training components Practice session <ul style="list-style-type: none"> • preparatory exercises <ul style="list-style-type: none"> ○ opening movements with weight shifting and ankle sway exercises • learning and practicing individual forms: 1 through 3 <ul style="list-style-type: none"> ○ <i>Hold a Ball, Part Wild Horse's Mane, Single Whip</i> • practice form variations <ul style="list-style-type: none"> ○ seated, chair-assisted, standing, stepping • learning and practicing selected mini-therapeutic movements (MTM)
LUNCH	
01:00 – 05:00	Practice session continues <ul style="list-style-type: none"> • individual forms 4 through 6 • selected MTM • practice of forms 1 through 6

DAY 2	
08:00 – 09:00	Refresh: practice forms 1 through 6
09:00 – 10:30	Program implementation <ul style="list-style-type: none"> • logistics, schedule, teaching plan, approach, emphasis, and fidelity
10:30 – 12:00	Practice session continues <ul style="list-style-type: none"> • forms, variations, MTM
LUNCH	
01:00 – 04:30	Practice session continues <ul style="list-style-type: none"> • introduction to and a brief practice of forms 7 and 8 • practice of MTM • mixed practice of form routine and variations
04:30 – 05:00	Discussion, Q&A, and certificate of completion