

### Notes to Version 3.1 (July 2016)

Version 3.1 provides additional refinement of the Plan. Specific additions and changes include the following:

1. Opening form exercises are now described in Second Session (p. 10)
2. Closing form exercises are indicated in Forth Session (p. 12)
3. There are two additional notes added in Twenty-Fifth Session (P. 33) that describe an added action in performing Tai Ji Quan Forms 2, 3, 6, 7, and 8 and an additional one in *Repulse Monkey*
4. In Forty-First Session (P. 49), the level of self-practice is reduced (from 6 forms down to 3 forms named).
5. Page 58, MTM Exercise One: Please note in the described note that additional ankle sway exercises mentioned (i.e.,  $\infty$  sign, double Es, and Butterfly patterns) are now being integrated as part of mini therapeutic routine (Exercise One, A)
6. Name change: for ease of understanding, the name of MTM Exercise Six (Multidimensional head movements) is now changed to “Multidirectional head movements” (p. 60). In addition, movement description is provided in the text of the Plan (p. 15).
7. Other minor adjustments on repetitions and writing clarity made throughout the Plan.

### Notes to Version 3.0 (July 2015)

Version 3.0 provides additional refinement and fine-tuning of the Plan. Specific changes include the following:

8. Inclusion of a teaching emphasis page
9. Minor refinement on exercise activity flow
10. Refined description or clarification on some of the listed exercise activities
11. Minor adjustment on the repetitions of some exercise activities to make the class activities more achievable within the allocated 60 minutes class timeframe.

With the availability of Version 3.0, many of the previous workshop handouts (e.g., Teaching Emphasis, TJQMBB Training Components, Mini Therapeutic Movements pamphlet) are no longer necessary.

### Notes to Version 2.55a (May 2015)

This latest version of the Plan is designed to strengthen outcomes by modifying the arrangement of teaching content and activities, enhancing teaching flow, and adding details of program components. Specifically:

1. More teaching-related information is now provided, covering:
  - a. teaching intensity
  - b. teaching schedule
  - c. program fidelity

2. Compared to previous versions, each class session is more condensed and focused with fewer activities. These changes are aimed at facilitating teaching flow.
3. The teaching period for forms is extended from the original 8 weeks to 12 weeks to allow ample time for learning and practicing each form during the initial learning stage. Consequently, significantly more time is devoted to teaching on the days when a new form is introduced.
4. The modifications allow better integration of forms, variations of forms, and instigation of mini-therapeutic movements within and across sessions.
5. Detail of program components is provided at the end of the Plan. This includes exercise activities lists of practice variations and Mini Therapeutic Movements. This portion of the addition has now replaced the Mini Therapeutic Movement pamphlet.