

Program Features of TJQMBB

Major Components

- **core routine**: a set of “Yang Style” based Tai Ji Quan (TJQ) forms with built-in practice variations
- **subroutine**: a set of Tai Ji Quan - Mini Therapeutic Movements[®] focusing on integration of TJQ and therapeutic training of balance and mobility

Characteristics

- **Functional**
- **Modifiable**
 - seated, chair assisted
- **Scalable**
 - home, community, or clinical settings





8 Forms



- 1. Move a Ball***
- 2. Part Wild Horse's Mane***
- 3. Single Whip***
- 4. Wave Hands like Clouds***
- 5. Repulse Monkey***
- 6. Brush Knees***
- 7. Fair Lady Works at Shuttles***
- 8. Grasp Peacock's Tail***
 - Ward-off, Pull, Press, Push***

Practice Variations

1. Seated
2. Sit-to-stand
3. Standing
4. Forms with intermittent steps
5. Forward-backward loop
6. Spatial orientation
7. Single-sided forms
8. Stepping with forms
9. Group walking
10. Advanced routines

Mini Therapeutic Movements®

- 1) Body Sway around Ankle Joints
- 2) Eye-Head Movements
- 3) Sit-to-Stand, Stand-to-Sit
- 4) Step-and-Turn
- 5) Chair Up-and-Walk
- 6) Multidimensional Head Movements
- 7) Single-Leg Stance with *Brush Knees*
- 8) Stepping exercises
- 9) Pushing Hands
- 10) Sensory Integration Exercises
- 11) Stepping maneuver around a Chair