

# Tai Ji Quan: Moving for Better Balance®



## TJQMBB Workshop Information at Oregon Research Institute

### Target Audience

The workshop opens to community exercise instructors who are interested in teaching an evidence-based balance training program for older adults to prevent falls. In this 2-day (16 hours) workshop, participants will learn a set of Tai Ji Quan based movement techniques specifically tailored to balance training and restoration of physical function. The program, known as Tai Ji Quan: Moving for Better Balance® (TJQMBB), has been extensively researched on community older adult populations, with strong evidence showing improved balance, strength, mobility, and reduced falls and risk of falling. Although no Tai Ji Quan prerequisite is required, interested individuals are expected to have some knowledge in movement science and experience in teaching community-based exercise or movement classes.

Important note: The workshop will be of most benefit to those who already have scheduled (or planned) a class to teach upon their return from the workshop.

### Training Content

The 2-day training covers program objectives, core training protocol, hands-on practice of forms and therapeutic movement exercises, and implementation topics.

### Upon completion

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 class teaching emphases and fidelity criteria. The trainees are expected to teach a class, as soon as practical, following the workshop to reinforce the knowledge and skills learned during the training program.

Participation in an ORI-sponsored workshop does not guarantee the ability of a participant to teach a TJQMBB class.

### Continuing Education Credits (CECs)

The TJQMBB instructor training courses are approved by the American College of Sports Medicine and “Exercise Alternatives” is an approved provider (2017 – December 2020). Therefore, CECs are available for courses offered at the Oregon Research Institute

- 15 CECs are awarded for a 2-day training workshop
- 2 CECs for a refresher course
- Each certificate costs \$25.



### Certification

At the end of the workshop, a Certificate of Completion will be awarded to participants who attend the entire workshop. The certificate only indicates successful completion of the training workshop. TJQMBB instructor certification (2 levels: Level 1, Level 2) will be offered in near future.

**Location:**

Oregon Research Institute (ORI)  
1776 Millrace Dr.  
Eugene, OR 97403  
For direction, please check out at: <http://ori.org/contact>

**Airport:**

Eugene: Eugene Airport (<http://www.eugene-or.gov/173/Airport>)

- 30-40 minutes to ORI

Portland: Portland International (<http://www.flypdx.com/PDX>)

- Approximately 2 hours drive to ORI

**Date:**

Five times annually. Please refer to the website for specific workshop dates.

**Time:**

Day 1: 8:00am-5:00pm (1 hour lunch during noon)  
Day 2: 8:00am-5:00pm (1 hour lunch during noon)

**Number of participants:**

8-12

**Recommended hotel:**

Best Western New Oregon Motel, 1655 Franklin Boulevard, Eugene, OR 97403-1982  
Phone: 541/683-3669 | Fax: 541/484-5556  
Note: 2-5 minutes walking distance to the ORI training site

**Fees:**

\$375. Please make the check payable to the workshop trainer (Ms. LinLin Choy) three weeks prior to the workshop date.

**Note:**

- The workshop fee does not cover the Class Teaching Plan which costs \$25 per copy
- Participants may cancel their workshop within one week of the workshop to refund their fees. No refunds will be awarded for incomplete attendance

Updated: May 1, 2018