



Tai Ji Quan: Moving for Better Balance®
TJQMBB Level-1 Community Instructor
Enhanced Training Course Agenda

| Time | Content |
|---------------|--|
| 08:00 – 08:15 | Check-in |
| 08:15 – 08:30 | Welcome and introduction to the course |
| 08:30 – 12:00 | Practice session <ul style="list-style-type: none"> ● weight shifting, breathing, sit-to-stand, ankle sways, opening form, Form 1 (<i>Hold a Ball</i>), closing form, additional exercises in MTM Exercise One. ● individual forms <ul style="list-style-type: none"> ▪ <i>Part Wild Horse's Mane, Waving Hands like Clouds, Repulse Monkey, Brush Knees</i> ● variations <ul style="list-style-type: none"> ▪ seated, stand-to-sit, sit-to-stand, chair-assisted, standing, stepping ▪ Forms with intermittent steps, Spatial orientation, Single-sided forms ● practicing the 6-form routine |
| LUNCH | |
| 01:00 – 03:30 | Session continues <ul style="list-style-type: none"> ● Forms 7 and 8 (<i>New</i>): <ul style="list-style-type: none"> ▪ <i>Fair Lady Works at Shuttle, Grasp Peacock's Tail</i> ● MTM exercises (<i>New</i>) <ul style="list-style-type: none"> ▪ Exercise Two: Eye-head movements ▪ Exercise Five: Chair-up-and-walk ▪ Exercise Seven: Single leg standing with <i>Brush Knees</i> ▪ Exercise Eight (1): Stepping in a square ▪ Exercise Ten: Sensory integration exercises ▪ Exercise Eleven (C): Stepping maneuver around a chair ● practice of the 8-form routine |
| 3:30 – 03:40 | Break |
| 3:40 – 04:40 | Structured practice session <ul style="list-style-type: none"> ● conduct a sample teaching session from one of the following recommended sessions in the Plan: <ul style="list-style-type: none"> ▪ 2nd, 15th, or 21st |
| 4:40 – 05:00 | Course wrap-up: Q&A, course evaluation, and issuing certificate of completion |