

Tai Ji Quan: Moving for Better Balance® (TJQMBB)
Community Instructor Certification

Level 1 Instructor

Level 1 Community Instructor certification is designed for individuals who (a) have mastered the basic TJQMBB techniques necessary to teach the group-based TJQMBB program and (b) have taught at least one class. Specifically, candidates are certified as Level 1 Community Instructors if they meet the following requirements:

- Attend one 16-hour TJQMBB Level 1 Community Instructor Training Workshop. A certificate of completion is required.
- Complete 48 hours of teaching that covers **all** class sessions described in the Class Teaching Plan (i.e., Lessons 1-48). (See the note below.) The 48 hours of teaching must be completed within 12 months after the start of the first class. Proof of this teaching experience is required. Note: This requirement is usually met by teaching at least one twice-weekly class continuously for 24-week. However, in situations where the sponsoring organization schedules in 3-month blocks, the requirement can be met if the 24-week program is offered in two 12-week segments as long as the following conditions are met: (a) all class sessions as described in the Class Teaching Plan are taught and (b) the two segments are offered "back-to-back" (i.e., the second segment follows immediately after the conclusion of the first segment). No other modifications of the teaching schedule are acceptable.
- Demonstrate the ability to teach a class with full compliance to program fidelity. A Teaching Fidelity Checklist, completed by a certified peer TJQMBB instructor or TJQMBB Trainer, is required.

Certification Fee

There is a \$25 fee for the certification certificate, which will be issued after the completion of all requirements. The certificate is valid for 2 years starting from the date of issuing.

Level 2 Instructor

The TJQMBB Level 2 Community Instructor certification is designed for instructors who already have fundamental TJQMBB teaching skills and experiences but wish to become more proficient and skillful in TJQMBB teaching techniques. Expertise at this level will also allow instructors to advance to TJQMBB Trainer status after gaining additional knowledge, skills, and experience. Level 2 Instructor candidates are certified if they meet the following requirements:

- Certification as a TJQMBB Level 1 Community Instructor.
- Attendance at at least one annual Enhanced Training course. A minimum of 8 hours of Enhanced Training coursework is required.
- Submission of a teaching video clip approximately 30 minutes long for evaluation by experts. The clip must demonstrate that the candidate can perform the entire 8-form routine and must include the teaching activities related to Forms 2 and 5. The candidate should mail the clip as a DVD to the authorized Trainer, who will forward it to the TJQMBB office.
- Proof of completion of at least 144 hours of teaching TJQMBB classes (equivalent to teaching three 24-week, twice-weekly classes). The 144 hours must be completed within 24 months after the start of the first class.
- Submission of a letter of recommendation from an authorized TJQMBB Trainer.

Certification Fee

There is a \$75 fee for the certification certificate, which will be issued after the completion of all requirements. The certificate is valid for 2 years starting from the date of issuing.