



Tai Ji Quan: Moving for Better Balance[®]
TJQMBB Community Instructor Workshop Agenda

Time	Content
DAY 1	
08:00 – 08:15	Check-in
08:15 – 08:30	Welcome and introduction to the workshop
08:30 – 10:00	Introduction to TJQMBB
10:00 – 12:00	Practice session <ul style="list-style-type: none"> • preparatory exercises • learning and practicing individual forms • practice form variations • practicing selected mini-therapeutic movements (MTM)
LUNCH	
01:00 – 05:00	Session continues with learning and practicing <ul style="list-style-type: none"> • individual forms • selected MTM exercises
DAY 2	
08:00 – 09:00	Practice session <ul style="list-style-type: none"> • preparatory exercises • refresh of forms
09:00 – 10:30	Program implementation <ul style="list-style-type: none"> • class instruction, teaching materials and logistics, approach, emphasis, and post-training • TJQMBB Certification
10:30 – 12:00	Practice continues <ul style="list-style-type: none"> • form routine • group practice
LUNCH	
01:00 – 04:30	Practice continues <ul style="list-style-type: none"> • form practice • MTM exercises • practice variation • a sample teaching session
04:30 – 05:00	Discussion, Q&A, course evaluation, and issuing certificate of completion