

Tai Ji Quan: Moving for Better Balance® - Program Information

Program Description

Tai Ji Quan: Moving for Better Balance® (TJQMBB; formally known as Tai Chi: Moving for Better Balance®) is an evidence-based falls prevention program derived from a contemporary routine known as Simplified 24-Form Tai Ji Quan (pronounced tye gee chuwan). TJQMBB consists of an 8-form core with built-in practice variations and a subroutine of Tai Ji Quan - Mini Therapeutic Movements®, which, collectively, comprise a set of functional Tai Ji Quan exercises. TJQMBB represents a substantive enhancement of traditional Tai Ji Quan training as it transforms martial arts movements into a tailored movement therapy aimed at improving postural stability, awareness and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower-extremity muscle strength.

Program Objectives

To improve strength, balance, and mobility, and prevent falls in older adults and individuals with balance disorders.

Target Population

- Community-dwelling older adults and people with a history of falls, balance disorders, leg muscle weakness, abnormal gait or walking difficulty.

Research Evidence

- Proven effective in
 - improving lower limb muscular strength, sensory integration, limits of stability, and global cognitive function
 - reducing incidence of falls by 55%-58% in community-dwelling older adults and by 67% in people with Parkinson's disease

Instructors

Background requirement: Experience working with and teaching physical activity to older adults is preferred. Knowledge or previous experience in Tai Ji Quan is not required.

Training requirement: All TJQMBB instructors need to be trained by attending a 2 day community instructor workshop conducted by an authorized TJQMBB trainer, either in-person or online.

Training content: The workshop covers program objectives, core training protocols, and implementation topics. In addition, a 1-day follow-up Enhanced Training course 3-5 months following the 2-day workshop is highly recommended.

Teaching Classes: At the end of the 2-day training workshop, trainees will have a full understanding of the TJQMBB training and exercise components, class teaching emphases, and fidelity criteria. The trainees are expected to starting teaching classes as soon as possible following the instructor workshop to reinforce the knowledge and skills learned during the training program.

Certification: A certificate of completion is awarded to trainees to indicate successful completion of the training program. The program also offers Level-1 and Level-2 certifications for instructors who have completed certification requirements.

Teaching Protocol

Class practice: Each class session consists of three parts: (1) brief Tai Ji Quan-based warm-up movements, (2) core practice emphasizing integration of individual forms, variation in forms, and mini therapeutic movements, and (3) a brief period of cool-down exercises.

Teaching emphasis: Self-initiated and coordinated movement sway around ankle and hip joints with control of the center of gravity, rotational weight shifting initiated by the trunk, and eye-head-hand coordination are key elements of the program.

Practice parameters: A full 60-minute class session conducted at least twice per week for 24 consecutive weeks or longer.

Teaching fidelity: TJQMBB instructors are expected to adhere to the program's training protocol by following the TJQMBB Class Teaching Plan. A fidelity checklist is available to provide standardized, peer-to-peer instructor evaluation criteria.

Class Set Up

Space and equipment: A room with approximately 500 square feet, equipped with armless, slide-resistant chairs.

Recommended class size: 8-15 students.

Student clothing preference: Students are encouraged to wear loose, comfortable pants and top; flat-soled shoes.

Program Materials

The following materials are available to TJQMBB instructors:

- 66 page TJQMBB Class Teaching Plan is provided for two day Instructor Training course. Replacement copies can be purchased for \$25 per copy.
- Teaching videos – online teaching support is accessible to trained instructors at tjqmbb.org (registration is required)

Program Technical Support

Technical support for teaching classes is provided through following channels:

- Online materials (tjqmbb.org).
- Consultations with the program author and developer – Fuzhong Li, Ph.D., fuzhongl@ori.org and/or local authorized trainers. Fees may apply.

Trademark

The following three are trademarks of Exercise Alternatives, LLC.

- Tai Ji Quan: Moving for Better Balance®
- Tai Chi: Moving for Better Balance®
- Tai Ji Quan – Mini Therapeutic Movements®

Program Licensing

There is a \$200 annual license fee for the use of the TJQMBB program. The annual fee, invoiced in January each year, is applicable to profit and non-profit organizations which allow them to have unlimited use of the program to be delivered in local communities.

Research Biography

To find out research studies related to TJQMBB, please visit: tjqmbb.org/publications.html