



## Tai Chi for Everyone

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### **Training in Tai Chi Based Exercise for People with Health & Mobility Needs**

**AIMS & SCOPE:** To equip participants with the skills, tools and confidence to offer Tai Chi Based Exercise sessions for their clients. To include both seated and standing activities and session content suitable for different levels of physical and mental abilities.

**BACKGROUND:** A growing body of evidence from medical trials shows the benefits for older people of taking part in gentle exercise, and Tai Chi in particular. A major literature review by Wang et al (2004) concluded that: *“Tai Chi appears to have physiological and psychological benefits and also appears to be safe and effective in promoting balance control, flexibility, and cardiovascular fitness in older patients with chronic conditions.”* Since this review, many more studies have shown positive effects.

**THE TRAINING:** This three day intensive training is for people who

- are interested in supporting people with health & mobility needs to maintain and improve their mobility and general health
- have the ability to build a good rapport with people based on respect, and
- plan to lead Tai Chi Based Exercise sessions in the setting where they currently work or volunteer

This training does not aim to turn participants into Tai Chi teachers. Rather the participants will experience for themselves principles of Tai Chi and find out how to work with them in leading Tai Chi Based Exercise sessions. Three days is a short time to achieve this and it will be important that participants attend each of the full days of training. Participants who already have Tai Chi experience will be able to build on their existing knowledge and learn how to apply it in Tai Chi Based Exercise sessions for people with health & mobility needs. The course is mainly designed for care professionals & those leading exercise classes working with people who have mobility & health needs but physiotherapists would also be welcome.

During the training, participants will:

- experience basic principles of Tai Chi movement for themselves
- learn how to use these principles in exercise sessions with their clients
- learn simple sequences of movements
- learn how to adapt exercises for different physical abilities and work safely
- learn about visual resources and props

At the end of the training participants will:

- know that their own conduct and way of moving is the key to creating successful Tai Chi Based Exercise sessions
- have the tools to lead Tai Chi Based Exercise sessions in their own setting
- be able to incorporate basic principles of Tai Chi movement into other gentle exercise classes they lead in their own setting
- be able to perform simple sequences independently
- be able to refer to their Tai Chi Based Exercise Briefing Pack materials and know where to find more resources for their Tai Chi Based Exercise Sessions

**Format:**

1. Day One introduction to Tai Chi Based Exercise and Tai Chi principles.
2. Day Two (5-6 weeks after Day One) consolidating learning from day one, building on work done in your own setting and working with resources.
3. Day Three Refresher and Update. Further consolidation and deepening of learning, sharing experiences, giving and receiving support.



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**Number of participants:** To enable personal instruction and support, group sizes are kept small.

**THE TRAINER:** Alison Smith

- Founded *Tai Chi for Everyone* in 2003 to bring Tai Chi to people who have not in the past had access to its benefits, especially people with special needs.
- Tai Chi player since 1979.
- Studied with a number of Tai Chi teachers who specialise in working with people with disabilities, including instructor training with Dr Paul Lam for his Tai Chi for Arthritis programme.
- Teacher's Certificate Tai Chi and Chi Kung Forum for Health.
- Advanced Instructor Member of Tai Chi Union for Great Britain.
- Post Graduate Certificate in Education.
- Full Member of the Institute for Learning.
- Enhanced Disclosure CRB clearance (last checked 2010).
- Mentor and coach for both adults and young people. CPCC coach certification from Coaches Training Institute.

**FEEDBACK AND EVALUATION:** Evaluation is a vital part of improving *Tai Chi for Everyone* courses. Days Two and Three will incorporate feedback and requests from participants from earlier days, as well as gathering participants' evaluations of the course at the end. An Evaluation Report will be provided.

Previous trainings for Tai Chi Based Exercise have received very positive feedback and this course will build on the success of previous trainings. Participants in our most recent trainings for *Tai Chi Based Exercise for Special Schools* have given high scores on:

- usefulness of the courses (23 participants gave an average score of 9.6 out of 10),
- how much they have learned (23 participants gave an average score of 9.4 out of 10) and
- enjoyment (23 participants gave an average score of 9.5 out of 10).

The programme can be tailored to meet specific requirements and participant and organisation objectives. A programme of further Refresher and Update Days is available to support graduates of this Training.

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