

Tentative Program TTM-1 2020
September 3-6, 2020, WCU campus, and Maron Hotel, Danbury CT.

Course description:

Saber:

Instruction on Saber techniques and movements.

Instructor: Grand Master Yang Jun

Tai Chi Kung and Tai Chi Essentials:

Tai Chi theory, fundamental exercises, and instruction in Tai Chi Kung 10 Movement Form, and Yang Family Tai Chi Essentials.

Instructor: Grand Master Yang Jun

Pedagogy:

The Pedagogy class is an ongoing study of the dynamics of teaching. The focus in each class will be shaped by the needs of the participants. Each participant is encouraged to bring concerns from his own classroom. Potential areas of focus: how to give and receive feedback and corrections, how to structure an introductory class, how to structure an 8 week class series, how to meet the changing class population (senior, gym members, community, etc.), how to promote yourself and tai chi to get a job, how to choose warm-up exercises, how to know what content is appropriate for a beginner class, how to know what information is most important, how much theory should I include in a class.

Instructor: Senior Instructor Bill Walsh Yang Pin Fang

Anatomy and Bio Mechanics:

The focus for this year's class will be the anatomy and biomechanics of the lower back and hip featuring an in-depth exploration of the lumbar spine, sacrum, tailbone, pelvis and hip joint. Course work will include lecture and practical exercises designed to empower tai chi practitioners to apply the principles of body shape and body setting in still and moving practice. Course content will help students avoid making structural mistakes in their tai chi practice. Instructors will boost their observational skills and improve their ability to make insightful corrections.

Instructor: Senior Instructor Holly Sweeney-Hillman Yang Yahui

Friday Sept 4, Push Hands I

Group-1 Beginners: This class is intended for entry and beginning level students on Push hands. It focuses on basic Push Hands techniques and practice of the basic circles (basic sticking and rotating exercises and single hand circles).

Group-2 Advanced: This class is intended for experienced students in Push Hands and will review subjects relating to level 4 ranking test (single hand circle, double hand horizontal, vertical, and figure-eight circles, and transitions).

Instructor: Academy Instructor Michael Coulon Yang Yahua, with assistance of Certified Instructors Audi Peal Yang Yabo, Jason Timony Yang Yajun.

Saturday Sept 5, Push Hands II

Group-1 Beginners: Continuation of the material covered in Push Hands I, leading up to the double hand horizontal and vertical circles.

Group-2 Advanced: Introduce subjects relating to level 5 ranking test (double and alternating open hand circles, elbow circles, horizontal four-energies circle, and eight energies/applications, if time allows).

Instructor: Academy Instructor Michael Coulon Yang Yahua, with assistance of Certified Instructors Audi Peal Yang Yabo, Jason Timony Yang Yajun.

Schedule

Thursday, September 3, Campus Center WCU

9:00am-12:00pm: Saber (6 Academy credits)

12:00pm-3:00pm: Lunch Break

3:00pm-5:00pm: Saber (4 Academy credits)

Washington Room, Maron Hotel

6:30pm-9:30pm: Friendship Dinner

Friday, September 4, Campus Center, WCU

9:00am-12:00pm: Tai Chi Kung, Yang Family Tai Chi Essentials. (6 TTM/Academy credits)

12:00pm-3:00pm: Lunch Break

Practice Review Tai Chi Kung 10 Movement Form and Tai Chi Essentials

3:00pm-5:00pm: Tai Chi Kung, Yang Family Tai Chi Essentials. (4 TTM/Academy credits)

5:00pm-7:00pm: Dinner Break

Practice Review of Tai Chi Kung 10 Movement Form and Tai Chi Essentials

Evening courses at Maron Hotel

7:00pm-9:00pm: **Group A, Anatomy and Bio Mechanics.** (4 TTM/Academy credits)

7:00pm-9:00pm: **Group B, Pedagogy.** (4 TTM/Academy credits)

7:00pm-9:00pm: **Push Hands I.** (4 Academy credits)

Group 1- Beginners.

Group 2- Advanced.

Saturday, September 5, Campus Center, WCU

9:00am-12:00pm: Tai Chi Kung, Yang Family Tai Chi Essentials. (6 TTM/Academy credits)

12:00pm-3:00pm: Lunch Break

Practice Review Tai Chi Kung 10 Movement Form and Tai Chi Essentials.

3:00pm-5:00pm: Tai Chi Kung, Yang Family Tai Chi Essentials. (4 TTM/Academy credits)

5:00pm-7:00pm: Dinner Break,

Practice Review of Tai Chi Kung 10 Movement Form and Tai Chi Essentials.

Evening Courses at Maron Hotel

7:00pm-9:00pm: **Group B, Anatomy and Bio Mechanics.** (4 TTM/Academy credits)

7:00pm-9:00pm: **Group A, Pedagogy.** (4 TTM/Academy credits)

7:00pm-9:00pm: **Push Hands II.** (4 Academy credits)

Group 1- Beginners.

Group 2- Advanced.

Sunday September 6, Campus Center, WCU

9:00am-12:00pm: Tai Chi Kung, Yang Family Tai Chi Essentials. (6 TTM/Academy credits)

12:00pm-3:00pm: Lunch Break

Practice Review Tai Chi Kung 10 Movement Form and Tai Chi Essentials

3:00pm-5:00pm: Tai Chi Kung, Yang Family Tai Chi Essentials. (4 TTM/Academy credits)

Total Credits:

GM Yang's Saber Seminar	10 Academy credits
GM Yang's Tai Chi Kung and Essentials Seminar	30 TTM/Academy credits
Anatomy and Bio Mechanics	4 TTM/Academy credits
Pedagogy	4 TTM/Academy credits
Push Hands (Friday, Saturday)	8 Academy credits

TTM credits are required credits to obtain Trainer certification. At this seminar, TTM Trainer candidates can obtain 38 credits towards their certification.