

June Seminar 2023 Additional Classes and Program

1. TTM-1 Tai Chi and the Knee, Part I, II (4 credits)

Tai Chi and the Knee, Part I (2 credits)

Instructor: Dr. Patricia Huston Md. MPH

Friday June 23, 1:15-2:30PM, Campus Center, WCSU.

Why tai chi teachers may want to learn about arthritis

It is quite likely that many of your tai chi students have this condition. About 1 in 4 adults have arthritis and it becomes more common with age. There is such compelling evidence that tai chi is helpful for osteoarthritis of the knee (the most common form of arthritis) that tai chi is now recommended by experts in three clinical practice guidelines.

This session will explore what you might want to know about arthritis including:

- What are the different types of arthritis?
- What causes osteoarthritis?
- How does tai chi help?
- If tai chi is so effective, why is transient knee pain the most common adverse effect reported in clinical trials on tai chi? And what can be done to prevent it?

Tai Chi and The Knee, Part II (2 credits)

Instructor: Holly Sweeney-Hillman, TA Senior Instructor

Saturday, June 24, 1:15-2:30pm, Campus Center, WCSU.

Building upon the foundation of Dr. Huston's class which gives us a complete picture of the reason it is important to attend to our knees in our tai chi practice, Ms. Sweeney-Hillman will follow up with information to help us know our knees better and how to apply effectively the traditional requirements of tai chi practice to take good care of our knees. This session will explore:

- anatomy of the knee
- biomechanics of the knee
- lymphatics of the knee
- structures that influence the functions of the knee

Practical exercises:

- developing a better eye and feel for knee mechanics
- achieving excellent knee mechanics via traditional requirements of tai chi practice
- applying accurate and useful instructions to address specific knee problems

2. Reinforcement Training In preparation for Master Yang's PH seminar (6 credits)

Instructors: Bill Walsh, TA Senior Instructor, and Audi Peal

Friday, Saturday, Sunday, June 23,24,25, 7:00pm-9:00pm.

Washington Rm, Maron Hotel.

This class will be designed for two levels, beginners and more advanced.

For our curriculum, we will instruct the mechanics from level four and five ranking curriculum: basic single/double hand circles, open circles, transitions, eight energy applications. Level six will be explored as opportunities exist.

In three sessions, beginners will achieve the mechanics of the level four ranking requirements: horizontal single hand circle, vertical double hand circles, figure eight double hand circles, transitions.

They will have the opportunity to observe some of the exercises of the more advanced group. This will prepare them, should they choose, to be an observer at Master Yang's Push Hands seminar.

The advanced group will explore the mechanics of the level five push hands requirements: double hand open circles, transitions, horizontal four energies, eight energies application.

Our goal is to get ourselves up to speed to take full advantage of Master Yang's offering.

3. Sunday June 25, Friendship Lunch Buffet \$20

12:30 – 2:00pm, Washington Rm, Maron Hotel.

Come and join Master Yang for an informal lunch!