



TTM-1 Seminar with Master Yang Jun

Organized by Teacher Academy USA

June 23 – 27, 2023

Seminar Courses Schedule:

Fundamental Techniques and Methods in the Traditional 103 Hand Form:

June 23, 24, 25. 9:00am-12:00pm, 3:00pm-5:00pm (30 TTM credits)

Push Hands: June 26, 8:30am-12:00pm, 3:00pm-5:00pm.

June 27, 8:30am-12:00pm, 2:00pm-3:00pm (20 Academy credits)

NOTE: Participants are required to have previous training in single and double arm circles.

If you'd like to audit this seminar, please contact Mari Lewis mari@yangfamilytaichi.com

TTM classes and programs: Classes on Biomechanics, PH training will be offered during June 23-25.

For details, please see the description of classes and programs, and separate registration form (total 10 credits)

Seminar Location:

Westside Campus Center, Western Connecticut State University, 43 Lake Ave Ext, Danbury, CT 06811.

Registration:

This Seminar is open only to **IYFTCC Association members**. If you are not an Association member, please enroll online <https://www.viethconsulting.com/members/newmem/registration.php?orgcode=YFTC>

COVID protocol:

We will follow the latest CDC guidelines and the CT COVID regulations. We highly recommend that you are fully vaccinated.

Joining the Teacher Academy:

It is not a requirement to be a Teacher Academy member to attend this TTM Seminar, but if you are...

1. Aspiring to become an instructor, and would like to receive quality training with credits toward certification.
2. Already a certified instructor and wish to receive continuing education credits toward your advancement.

Then, JOIN the Teacher Academy! Please fill out the form in the following link

http://yangfamilytaichi.com/wp-content/uploads/2020/04/Teacher-Academy-Student-Registration-Form_Rd_20190628.pdf

send it in with the seminar registration. Don't forget to check mark and include the Teacher Academy fee in your seminar registration.

Who is eligible for special 10% discount on Teacher Academy USA seminar tuition?

1. Academy students whose membership is current and up to date.
2. New applicants for Trainer Certification.
3. New student enrolling in the Academy at this Seminar.

Late Fee for all registration:

Registration after June 9, 2023, will be charged an additional nonrefundable fee of **\$30**. If you cannot meet this deadline, please contact Mari Lewis mari@yangfamilytaichi.com

Refund Policy:

- \$25.00 Registration fee is not refundable. Additional \$25.00 Administrative fee will be charged on cancelation by the participant.

- If a participant cancels before June 1, three weeks before the seminar, he/she will receive full tuition refund.
- If a participant cancels due to COVID-19 or other medical situation, he/she will receive full tuition refund. Please provide doctor's statement.
- If the Teacher Academy cancels the event due to unforeseen reason, everyone who have registered will receive full tuition refund.

TTM-1 Trainer certification:

The TTM-1 Trainer certification is an entry level certification to teach one or all of the following short forms: The Tai Chi Kung 10 Movement Form, the 13 Movement Form, the 16 Movement Form, the First Section of the Traditional Yang Family 103 Hand Form. All candidates are required to take evaluation A, oral test interview; evaluation B, form performance; and evaluation C, teaching video (Under the new policy, the results of these evaluations will be honored when applying for Associate Instructor certificate). Because of time restriction, we have not scheduled evaluation in the program, however, candidates may arrange for a time to be evaluated during the seminar or arrange a virtual evaluation afterwards. Please fill out the application form in the link: https://yangfamilytaichi.com/wp-content/uploads/2020/04/TTM_Trainer_Application_final_Rd_201805.pdf Send it in with the seminar registration. The application fee of \$100.00 covers the three evaluation plus one year membership to the Teacher Academy. Make sure to include this payment in your seminar registration. You'll find more information on TTM-1 Trainer certification at <https://yangfamilytaichi.com/teacher-training-method-ttm/>

Trainer Certification for Yang Family Senior Form:

This certification is available only to the following students:

1. New applicant for the TTM-1 Trainer certification with a minimum Copper Eagle Rank (must present copy of Rank certificate).
2. TTM-1 Trainer certificate holder with minimum Copper Eagle Rank (must present copy of Rank certificate), or proof of minimum 48 hours teaching. (Performance evaluation required, \$25)

To apply for this certification, please contact Mari Lewis mari@yangfamilytaichi.com

Accommodation:

Maron Hotel, 42 Lake Ave Ext, Danbury, CT 6811. www.maronhotel.com.

There will be a special rate for seminar participants. To receive this special rate please make the reservation over the phone and mention you are with the tai chi group. There are limited number of rooms so book early.

Tel: 203-791-2200

How to get to Danbury:

By train:

There are two options from NY Grand Central Station:

1. Metro North New Haven Line to Danbury with a transfer in South Norwalk. Travel time approximately 2 hours.
2. Metro North Harlem Line, direct to Brewster, NY. Travel time approximately 1 hour 20min.

By car:

I-84, exit 4, West onto Lake Ave Extension. Maron Hotel, and WCTSU campus is about 1 mile from the exit.

By air:

NY airports **JFK**, and **LGA**, approximately 2hrs travel time to Danbury;

the following two airports in New York are closest to Maron Hotel, with approximately 45 min travel time.

Stewart Intl Airport in New Windsor, NY.

Westchester County Airport in White Plains, NY.

Another option is **Bradley Airport** in Hartford CT which is about 1 1/2hour travel time to Maron Hotel. There is no shuttle service. Car rental available.

For shuttle service from the airport to Maron Hotel, please check **ASP Limo** tel: 203-223-7498,

Brewster Taxi tel: 845-279-6552.

For further information about this program, please contact Mari Lewis: mari@yangfamilytaichi.com , cell: 203-247-7326

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!