

# tai chi

FOR BALANCE

**Application for Tai Chi: Moving for Better Balance Workshop & Instructor Certification**  
**Training Dates: Saturdays, September 8<sup>th</sup>, October 13<sup>th</sup>, and November 10<sup>th</sup> 2018**

**Training Location: 7315 Maple Street, Omaha, NE 68134**

**Time: 9:00am-4:30pm**

**Cost: \$325**

**Payment Options:** Cash or Checks to Friendship Program, Inc. (Scholarships may be available to those that qualify)

**\*\*\*\*\*Please complete and return by August 24<sup>th</sup>\*\*\*\*\***

Name: \_\_\_\_\_

Agency /Organization (if applicable): \_\_\_\_\_

Home Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone number: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_ (please print clearly)

Repeat E-mail: \_\_\_\_\_

CPR Certified \_\_\_\_\_ First Aid Certified \_\_\_\_\_ (encouraged - check if yes)

**Please include an attachment with the following information:**

- **Credential – (Call or email information at bottom of page for a list of recommended certifications, degrees and professional licenses)**
- **Applicable skills:**
- **Why you want to become a Tai Chi: Moving for Better Balance instructor:**
- **How and where you plan on using this training (let us know if you need help finding locations to teach):**

**Why this workshop:**

- This training will enable participants to meet the growing demand for availability of effective prevention programs aimed at reducing falls among older adults.

**Upon completion of the Workshop, participants will be able to:**

- Achieve certification as an instructor-in-training in order to teach an evidence-based Tai Chi fall prevention program to older adults.
- Recognize the magnitude of personal and financial impact that falls have on the older adult as well as society.
- Describe fall prevention initiatives in the local community.
- Explain the Tai Chi for Balance instructors' relationship to the extended health care community for older adults who need skilled balance intervention.
- Understand the risk factors associated with falls in the older adult.
- Identify appropriate actions and resources when an older adult is determined to be at high risk for falls.
- Establish Tai Chi classes in the community, or integrate Tai Chi into a skilled therapy practice.

Please email to [ccj@taichibalance.org](mailto:ccj@taichibalance.org), or mail to Friendship Program Inc, Attn: Chris Cady-Jones, 7315 Maple Street, Omaha, NE 68134 Questions? Call 402-393-6911 Ext 166

## Letter of Commitment

I understand that the Tai Chi Moving for Better Balance (TCMBB) Instructor training is open only to those that have been pre-screened and approved. All applicants must complete an application form and receive confirmation of acceptance before being eligible to attend training. All applicants must also pay tuition prior to attending training.
I agree to attend the entire TCMBB training (3 days; approximately 22 hours)
I agree to submit all completed forms to the Tai Chi for Balance Program Director (including but not limited to: pre/post tests, participant information sheet, attendance log, instructor surveys, etc).
I agree to maintain active and open communication with the Tai Chi for Balance Program Manager.
I agree to conduct balance assessments pre and post for my participants over two 12 week sessions if applicable. (Pre/Post/Post)
I understand that once I have completed the instructor training I will be eligible to teach TCMBB classes as an instructor-in-training, and to learn additional training will follow TCMBB and Tai Chi for Balance Requirements. I also understand that only approved <b>Master</b> trainers can teach others how to be TCMBB Instructors.
I agree to conduct my classes in accordance with the program guidelines and agree not to change the program in any way without prior authorization from TCMBB and the Tai Chi for Balance Program.
I agree to provide regular updates to the Tai Chi for Balance Program Director my class locations. These classes will be promoted on the taichibalance.org website.
In order to stay an active instructor for the Tai Chi for Balance Program I agree to attend 2 instructor refreshers or updates on a yearly basis, and teach a minimum of one 12 week MBB session each year. Therapists may stay active by using in a skilled setting.

**The Tai Chi for Balance Program and MBB Master Trainer agree to:**

- Provide support by the Tai Chi for Balance Program Director to all active TCMBB Instructors as long as funding for the program is available
- Provide a TCMBB Instructor Manual
- Provide a DVD of TCMBB Movements
- Provide materials for pre/post testing, as well as health history, liability waiver, and instructor survey forms.

\_\_\_\_\_

Date

*Chris Cady-Jones*

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Chris Cady-Jones

Tai Chi for Balance Program Director

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Signature

**Things to think about before signing Commitment:**

1. Where and when am I going to start teaching a class?\*
2. How am I going to market my classes?\*

\*We can offer suggestions and support.