



## Interested in becoming a Board-Certified Tai Chi for Arthritis and Fall Prevention Instructor? Follow these 5 steps!



**STEP 1.** Visit [www.taichiforhealthinstitute.org](http://www.taichiforhealthinstitute.org) to locate and enroll in a training workshop. Workshops are happening in-person and virtually all around the world!

**STEP 2.** Prepare for your workshop by completing the following:

- Study the instructional Tai Chi for Arthritis DVD (consisting of twelve virtually real time lessons from Dr Lam) and read “Teaching Tai Chi Effectively”.
- Learn how to do the warmup and cool down exercises as well as the Basic Six movements and the Advanced Six movements.

**Note:** It will take from 20 hours to 200 hours to prepare depending on your experience in Tai Chi and health education.

**STEP 3.** Attend the workshop. You will learn:

- Tai Chi skill, knowledge, and key principles
- How to teach the program effectively and safely
- How to work with people with different conditions (such as arthritis and diabetes) and all ages safely.

**STEP 4.** Register with the Tai Chi for Health Institute Board.

You will be assessed on your performance of the Tai Chi forms, as well as completing a written test. Almost all qualified participants who have prepared prior to the workshop will meet the requirements at the completion of the workshop. After that, you would be entitled to register as an authorized instructor by the Tai Chi for Health Institute Board!

**STEP 5.** Update and Follow Up

Instructor/leaders are required to renew their certification **every two years** to update their skills and knowledge of the program. You can attend any update workshops by Dr Lam or one of his Master Trainers.

If you would like to become a trained instructor in the State of Illinois, contact us at [ilpthreferral@ageoptions.org](mailto:ilpthreferral@ageoptions.org)