

## What is Tai Chi?

Tai chi originates from ancient China and is now practiced throughout the world as a means to improve quality of life.

Tai chi can be done almost anywhere and is suitable for individuals at all fitness levels.

## Why Tai Chi for Arthritis?

Tai Chi for Arthritis (TCA) is a program designed by Dr. Paul Lam, in conjunction with a team of medical experts and tai chi masters. Using the Sun style of tai chi, the TCA program is easy to learn, safe and effective.

Research indicates that participation in weekly, community-based tai chi classes can reduce falls in community-dwelling older adults and suggests TCA is an effective and sustainable public health intervention for falls prevention.

The Iowa Department on Aging, along with the Iowa Falls Prevention Coalition and the YMCA of Greater Des Moines, are working together to increase the number of evidence-based falls prevention tai chi classes offered across Iowa. To do so, more certified TCA instructors are needed to provide classes throughout the state. Please consider joining us in the effort to decrease falls in Iowa and improve the overall health of our state by becoming a certified TCA instructor.



## About Master Trainer Jim Starshak, MS

Jim is a certified Tai Chi for Health Master Trainer, the inaugural Chair of the International Tai Chi for Health Institute (TCHI) and the tai chi consultant for the American Academy of Health and Fitness. He earned his master's degree in Exercise Science & Health Promotion and is an Allied Health & Nursing adjunct professor at Kansas City Kansas Community College. Jim also provides continuing education for physical therapists, occupational therapists, ACSM professionals, nurses, mental health technicians, athletic trainers and health and fitness instructors.

Jim served with the U.S. Army Special Forces (Green Beret) for more than 22 years and is also trained as a CPR instructor, a Certified Personal Trainer (NSCA-CPT, \*D) and an IDEA Health and Fitness Association Elite Personal Fitness Trainer. In his spare time, Jim volunteers for TCHI, the Arthritis Foundation and at many church and community events.

For more information, please contact Jim at:

The Home Gym  
PO Box 3702  
Shawnee, KS 66203  
(913) 322-0764  
[www.thehomegym.net](http://www.thehomegym.net)



*The Tai Chi for Health Institute is approved to provide CE hours for the American College of Sports Medicine (ACSM). These CEs are approved for ACSM-certified professionals and many medical and allied health care professionals. Certificates with CE hours for certain professional certification and licensure renewals are available for \$25 (to be paid at the workshop).*

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# Tai Chi for Arthritis & Falls Prevention

## Instructor Training Workshop

Facilitated by Master Trainer  
**Jim Starshak, MS**

April 2-3, 2016  
Clive, Iowa

(Recertification on April 3)

*Continuing Education Credits Available*

## Who Should Attend the TCA Instructor Training Workshop?

This workshop is designed for tai chi teachers or advanced students; occupational or physical therapists; health professionals (RN, MD, ATC, DC, etc.); certified exercise instructors or fitness trainers; and other individuals with similar health and fitness backgrounds.

## What Will Participants Learn?

After this workshop, participants will be able to:

- Demonstrate the TCA form and its warm-up and cool-down;
- Describe practical ways to integrate tai chi principles into existing interventions, exercises and activities;
- Differentiate ways to safely modify tai chi movements for an individual's capabilities and limitations;
- Demonstrate how to teach tai chi, or any therapeutic movements, using the Stepwise Progressive Teaching Method; and
- Describe ways to use sequenced tai chi movements to help improve physical and psychological functional performance.

## Steps to Becoming a TCA Instructor

1. Watch TCA DVD and practice forms before attending the TCA Instructor Training Workshop.
2. Obtain a valid CPR certificate from an accredited course before teaching a TCA class.
3. Pass the workshop post-test.
4. Achieve 50 hours of practicing the form after attending the workshop:
  - 30 hours under a TCA-certified instructor
  - 20 hours of practice with DVD

## TCA Instructor Training Workshop Details

### DATES & TIMES:

TCA: April 2-3, 2016  
Recertification: April 3, 2016  
9 a.m. - 5 p.m.  
(Check-in starts at 8:30 a.m.)

### LOCATION:

YMCA Healthy Living Center  
12493 University Ave.  
Clive, IA 50325

### MASTER TRAINER:

Jim Starshak, MS

### WHAT TO WEAR:

Loose, comfortable clothing with flat shoes suitable for exercise.

### WAIVERS:

Each participant will sign a Waiver & Release Form before taking part in this workshop.

### DVD:

Participants are to view the DVD before attending the training and become familiar with the first six movements.

### COST OF TRAINING INCLUDES:

- Tai Chi for Arthritis DVD
- Book: *Teaching Tai Chi Effectively*
- Tai Chi for Arthritis Certificate
- Discount on Tai Chi Productions items
- Refreshments at morning and afternoon breaks

- LUNCH ON YOUR OWN -

## TCA Instructor Training Workshop Registration

The registration deadline for this workshop is March 18, 2016. DVDs and books will be mailed to participants upon completion of registration.

Please complete the form below and mail, with check made payable to "YMCA Healthy Living Center," to:

YMCA Healthy Living Center  
c/o TCA Instructor Training Workshop  
12493 University Ave.  
Clive, IA 50325

To register by phone, please call (515) 226-9622.

### TCA INSTRUCTOR TRAINING WORKSHOP REGISTRATION FORM:

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

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

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

Phone: (\_\_\_\_) \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_

Please check one:

\$60 - TCA Instructor Training Workshop

\$30 - Recertification Only



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY