

Tai Ji Quan: Moving for Better Balance™
A Therapeutic Balance Training Program for Fall Prevention in Older Adults

2- Day TJQMBB Instructor Training Workshop Agenda

Time	Presentation Topics
DAY 1	
08:00 – 08:30	Welcome, Introduction, and Workshop Overview
08:30 – 10:00	Module I: Introduction to TJQMBB <ul style="list-style-type: none"> • program materials • training objectives and expectations • traditional and conventional Tai Ji Quan applications • TJQMBB: a therapeutic application • a quick glance at the program components
10:00 – 12:00	Module II: Practice session <ul style="list-style-type: none"> • demonstration of the 8-form routine • warm-up exercises • teaching and practicing individual forms: 1 through 3
LUNCH	
01:00 – 04:55	Practice session continues <ul style="list-style-type: none"> • teaching and practicing individual forms 4 through 6 • teaching and practicing <ul style="list-style-type: none"> ○ form routine with variations: 1 through 3 ○ mini therapeutic movement exercises: 3 through 5
04:55 – 05:00	Summary of the day

DAY 2	
08:00 – 08:30	Warm-up exercises
08:30 – 09:30	An example of a class teaching session
09:30 – 12:00	Practice session continues <ul style="list-style-type: none"> • practicing forms with variation • completing teaching Form 8 • practicing the whole 8-form routine in the order of <ul style="list-style-type: none"> ○ seated, chair-assisted, standing, stepping
LUNCH	
01:00 – 02:00	Module III: “How Does TJQMBB Work?”
02:00 – 04:00	Practice session continues: <ul style="list-style-type: none"> • teaching mini therapeutic movements • practicing the whole 8-form routine in the order of <ul style="list-style-type: none"> ○ seated, chair-assisted, standing, stepping
04:00 – 04:45	Module IV: Program implementation <ul style="list-style-type: none"> • logistics, schedule, lesson plan, approach, emphasis, and fidelity
04:45 – 05:00	Discussion, Q&A, certificate of completion, and evaluation