

TABLE OF CONTENTS

INTRODUCTION.....

CHAPTER 1 - FOUNDATIONS OF TAI CHI INSTRUCTION

1.1	Learning Outcomes.....
1.2	Tai Chi.....
1.3	Tai Chi History.....
1.4	Tai Chi and Taoism.....
1.6	Tai Chi Philosophy.....
1.7	Tai Chi and Nature.....
1.8	Tai Chi Theory.....
1.9	Tai Chi and Martial Art.....
2.0	Health Qigong.....
1.10	Relationship between Tai Chi and Qigong.....
1.11	Tai Chi, Nature And Body Science.....
1.12	Tai Chi and Health.....
1.13	Tai Chi and Human Beings.....
1.14	Tai Chi and Chinese Medicine.....
1.15	Tai Chi and Longevity.....
1.16	Tai Chi Humans Wellbeing.....

CHAPTER 2 – HEALTH AND WELBEING SNAPSHOT.....

CHAPTER 3 – CLIENT CARE.....

CHAPTER 4 – TAI CHI QIGONG PROGRAMMING.....

4.1	Introduction.....
4.2	Learning Outcomes.....
4.3	Programming for the Classes.....
4.4	Tai Chi Program.....
4.5	Qigong Program.....
4.6	Tai Chi Level 1.....
4.6	Tai Chi Level 2 – Tai Chi 12.....
4.7	Case Study—Teaching Program.....
4.8	Function of Music Treatment.....
4.9	Tai Chi Qigong Music.....

4.10 Choreography and Teaching Skills.....

CHAPER 5 – TAI CHI AND CHINESE MEDICINE**ERROR! BOOKMARK NOT DEFINED.**

CHAPTER 6 – LEGAL MATTERS

Code of Practice of Tai Chi Qigong in Australia.....

Professional Tai Chi & Qigong Certificate TCFA training code

<u>Year</u>	<u>Code</u>	<u>Subject name</u>	<u>Result</u>
2010	TQ1	Foundations of Tai Chi Qigong (TQ) Instruction	
2010	TQ2	Tai Chi Qigong theory study	
2010	TQ3	Group Tai Chi Qigong Instruction	
2010	TQ4	Personal Training TQ Instruction	
2010	TQ5	Working Opportunities school, WHS, Senior (selective)	
2010	TQ6	Assessment of Teaching Skills	
2010	TQ7	Senior First Aid	

Bibliography

Note:

This training book completed in 2010, it is updating in 2019