MoonWillow Tai Chi
Training & Certification Program
Level 1: Yang 12 Form

Virtual Training on Zoom - Cost: $695

Your Training Package Includes:

Curriculum Notes (Emailed)
Recordings of All Training Sessions
Up to Three (3) Private 30 min Zoom Sessions
Certificate Upon Completion & Testing

with Allison Deputy, Certified Tai Chi Master Instructor, American Tai Chi & Qigong Association &
Allyn Barnett, Certified MoonWillow Tai Chi Instructor
Participation in regular Zoom Tai Chi classes outside of training sessions strongly recommended*

SCHEDULE/CURRICULUM

WEEK 1: "Tai Chi Essentials" Course Intro & Overview (3 Hrs)

Introduction: Getting Acquainted/AD Healing Journey with Tai Chi
What Is Tai Chi? History, Styles, Comparison/Contrast to Yoga, etc.
Key Fundamentals: Dantien Breathing, Energy Points, Alignment, 6 Harmonies
Master Warm-Up (w/Updated Exercises), Wuji Stance, Mother Forms
Tai Chi Walk (i.e. "Empty Step"); Moving from Dantien
Yang Basics: Kua Training, Tai Chi Ball, Stances, Arrow & Bow Walk
Intro to the Yang 12-Step Short Form

WEEK 2: "Moves #1-5 w/Review & Detail" (3 Hrs)

Q&A/Review Week 1
Lecture: "What Is Chi? The Human Energy Field"
Master Warm-Up, Wuji, Mother Forms, & Healing Light Meditation Review & Detail
Focus Points: Alignment, #1-Preparation, #2-Beginning Stance ("side step") and
Center & Sink, #3-Tai Chi Ball, #4-Turn Tai Chi Ball, Arrow & Bow Walk Review
Yang 12-Step Form "Follow"

WEEK 3: "Moves #6-9 w/Review & Detail" (3 Hrs)

Q&A/Review Week 2
Lecture: "Yin/Yang & 5 Element Theory"
Master Warm-Up, Wuji, Mother Forms, Standing/Healing Light Meditation Review & Detail
Review: Moves #1-5, Q&A, Corrections
Focus Points: #6-Ward Off, #7-Roll Back, #8-Press, #9-Push
Yang 12-Step Form "Follow"

WEEK 4: "Moves #10-12 w/Review & Detail" (3 Hrs)

Q&A/Review Week 3
Lecture: "Energy Meridians 101"
Master Warm-Up, Wuji, Mother Forms, Standing/Healing Light Meditation Review & Detail
Review: Moves #1-9, Q&A, Corrections
Focus Points: #10-Return to Beginning Stance, #11-Inward/Outward,
#12-Return to Preparation
Yang 12-Step Form Practice/Corrections

WEEK 5: "12-Step Form Review & Correction" (3 Hrs)

Q&A/Review Week 4 ***** Begin Voluntary Student Leads, Evaluation *****
Master Warm-Up, Wuji, Mother Forms, Healing Light Meditation (Student Leaders)
Yang 12-Step Form Review & Corrections
Troubleshooting Student Form
Silent Practice
Lecture: "Good Mental Kungfu: The Role of the Mind in Health & Wellness"

WEEK 6: "12-Step Form Review, Correction, Evaluation" (3 Hrs)

Master Warm-Up, Wuji, Mother Forms, Healing Light Meditation (Student Leaders)
New Addendum: Silk Reeling Technique (time permitting)
Yang 12-Step Form Review & Corrections
Silent Practice
Yang 12-Step Form w/Student Leaders Practice/Evaluation
Lecture: "8 Truths of Tai Chi"

WEEK 7: "12-Step Form Review & Practice; Getting Ready to Test" (3 Hrs)

Master Warm-Up, Wuji, Mother Forms, Healing Light Meditation (Student Leaders)
Yang 12-Step Form Review & Corrections; Silent Practice
Yang 12-Step Form w/Student Leaders Practice/Evaluation
Teaching Tips, Insurance, Marketing Nuts & Bolts, Student FAQs