



Choose right career from day 1, become a national and international certified

Tai Chi & Qigong Instructor!

Tai Chi Fitness Australia is leading the way in Tai Chi & Qigong National and International Professional Training
Balance your life with Tai Chi and treat future diseases!

Professional Group Tai Chi and Qigong instructor course has designed its professional training in affiliation with China's professionals and credited by national and international professional associations.

Tai Chi & Qigong Fitness Instructor course introduction

This is the fundamental Tai Chi & Qigong instructor training, teaches you how to deliver dynamic and effective group based training in a safe, informative and holistic way. The certificate comprises the following three modules:

1. Fundamental Distance Tai Chi Training

This training allows students to have the flexibilities having the flexibility studying at home, at their own time with their own pace. The Instructors Manual and Assessment Menu will lead you through Foundation of Tai Chi & Qigong Instruction, Tai Chi for Fitness Class Programming, Legal Responsibilities... 6 Unit 10 weeks (60 hours) training.

2. 2 Day Face to Face Teaching Skills Training – 10th~11th December 2011 at TCFA, 9

Wistaria Place, Baulkham Hills

On completion of the Fundamental Tai Chi Training, you will learn significant Tai Chi and Qigong teaching technique. This practical training consists of interactive demonstrations where you will rich your knowledge of on spot teaching experience with Tai Chi and Qigong skills, fresh practice with different forms of Tai Chi, student management and safety method of teaching.

3. Selective Workshops

Learn the easy to follow foundation practicing skills of "Tai Chi for Relaxation" and "Hunyuan Healing Qigong". These compulsory workshops will enable you to learn and perfect your Tai Chi and Qigong technique. An elective learning module allows instructors to choose as they go further along its journey to meet their personal development and community needs.

Tai Chi & Qigong Fitness Instructor Certificate

will be awarded on successful completion of all the requirement of TCFA which is credited by Tai Chi Fitness Association of Australia.

Once you are certified you are credited a Professional Member of TCFAA affiliation with China international Tai Chi Association, Master Zhao the 6th Generation of Yang style and Master Feng Zhiqiang the 18th generation of Chen style. You will be equipped with all the tools and skills and be able to teach Tai Chi & Qigong as professional. Balance yourself with Tai Chi, develop yourself, helping others. – Set your goals to achieve the lifestyle you have always wanted!

Course Criteria

- Participants must be committed to a healthy balanced life style, love life & nature
- Be able to respect nature, themselves, respect teacher, and parents
- Be prepared to study & practice nature's regulation and harmony balance in living
- Enjoy making friends and be able to communicate with people

Tai Chi Fitness Australia

Ph (02) 9686 2282 www.tcfa.com.au info@tcfa.com.au

Enroll Now
 Become a Fully Qualified
 Professional Group Tai Chi &
 Qigong Instructor!
 Booking: www.tcfa.com.au



Tai Chi Humans wellbeing!
 Achieve Happy Living
 With Master Sue Chang



Stressed & depression
 Headaches & poor sleep
 Neck, shoulder & backache
 Diabetes, Arthritis
 Digestive Problems
 High Blood Pressure

The solution is.....

TAI CHI !

The best alternative medicine!
Not only relaxing, but healing!
Longevity, but happy and healthy!

If you love life, you are a leader, a teacher, an artist, fitness professionals, Tai Chi or Qigong instructor, martial art instructors, herbalist, physiotherapist, occupational therapist, health professionals, Masseurs, or similar qualification in health industry.