



INTEGRATIVE HEALTH EDUCATION CENTER

NORMANDALE COMMUNITY COLLEGE



Tai Chi Programs

What is Tai Chi? Tai Chi Chuan is a gentle, refined exercise that offers many healing benefits to people of all ages and physical abilities. With its roots in the martial arts and the ancient practice of Qigong (chi kung), Tai Chi is a slow and rhythmical form of exercise.

Benefits of Tai Chi: Tai Chi can be used to improve over-all health, well being and also manage specific health concerns such as diabetes and arthritis. The practice of Tai Chi will help increase flexibility, muscle strength and heart/lung activity. It will also help align posture and balance, reduce stress, and improve relaxation.

Tai Chi Levels: Normandale offers multiple levels of Tai Chi to encourage individuals to try tai chi in a safe and comfortable environment and to take your practice to a more advanced level.



Meet our Instructors



Dr. Russ Smiley has taught at Normandale for 23 years and holds a Ph.D in Health Education. One of fifteen Master Trainers for the Tai Chi for Arthritis program in the United States, he also is certified to teach Tai Chi for Diabetes and Tai Chi for Back pain. Dr. Smiley serves on the Board of Directors of the Tai Chi for Arthritis Association of America and also serves on the Board of Advisors for the American Academy of Acupuncture and Oriental Medicine.

Keith Root began his Tai Chi journey in 1993. He studied Wu Style and then became involved with Yang family Tai Chi Chuan. He started with Chen Man Cheng's short form before learning Doc Fai Wong's short and intermediate forms, and two weapon forms; the sword and fan. Presently, Keith is continuing his study of Yang style Tai Chi Chuan and Yi-Quan with Fong Ha. Keith is certified in the Tai Chi for Arthritis and Tai Chi for Diabetes programs and is very active with the local Arthritis Foundation chapter.



Patricia Gonzalez, MS, RN began her journey into the world of tai chi and qigong by her mother's interest to find a way to manage the pain of rheumatoid arthritis without increasing medications. Together, Trish and her mother started taking tai chi classes at Normandale Community College in 2003 and have not missed a session since that time. Trish received her initial tai chi instructor certification in 2004 at Normandale Community College.

TAI CHI - BEGINNER

These courses are designed to introduce the curious and beginner to the principles of Tai Chi and to provide a supportive environment.

ABC's of Tai Chi

This class will teach the fundamentals of Tai Chi Chuan. It will utilize many different practices and techniques including Qigong, meditation, posture, walking, breath and alignment preparing you for further studies in Tai Chi.

12 Contact Hours, \$89 or \$10/class, INSTR: Keith Root

Class ID: 18838 (Free sitting meditation from 6:30 - 7:00pm)

Thur, 5/31/12 – 8/9/12 (no class 7/5) 7:00pm – 8:00pm RM:A1560

Beginning Tai Chi for Health and Arthritis

Tai Chi for health beginning follows the Tai Chi from the Arthritis Foundation program. Recommended as a starting point for your Tai Chi journey, this course will introduce Dr. Lam's Simplified Sun Style Tai Chi in a safe and supportive environment. Other certified teaching assistants may be scheduled to teach this course on an infrequent basis. \$89 or \$10/class,

Class ID: 20781 (Free sitting/standing meditation from 10:05 - 10:30am)

18 Contact Hours, INSTR: Russ Smiley & Patricia Gonzalez

Sat, 5/19/12 – 8/4/12 (no classes 5/26 & 6/23) 10:30am – 12:00pm RM:S2330

Class ID: 20782 (Free sitting/standing meditation from 6:30 - 7:00pm)

12 Contact Hours, INSTR: Keith Root

Mon, 5/21/12 – 7/30/12 (no class 5/28) 7:00pm – 8:00pm RM:A1560

TAI CHI - INTERMEDIATE/ADVANCED

Intermediate courses are for those who have taken a previous Tai Chi class and desire to learn a more in-depth series of Tai Chi Forms.

Yi Chuan

Yi Chuan (also known as "Yi Quan" or "Da Cheng Chuan") is a solid, down to earth martial arts style from China that is attracting practitioners world-wide. The methods provide its students a framework to discover and cultivate whole-body or "Hunyuan" strength as the foundation for improving health, strength, energy and self-defense capacity. This is an intermediate/advanced class but needs no pre-requisite as the training is simple to understand.

12 Contact Hours, \$89 or \$10/class, INSTR: Keith Root

Class ID: 20787 Thur, 5/31/12 – 8/2/12 8:00pm – 9:00pm RM:A1560

Sun Style 97 Form

This course covers powerful Qigong and agile steps. It is ideal for self-growth and healing – a suitable next step for those who have completed other Tai Chi classes. Other certified teaching assistants may be scheduled to teach this course on an infrequent basis. 12 Contact Hours, \$89 or \$10/class, INSTR: Russ Smiley & Patricia Gonzalez

Class ID: 20783 Sat, 5/19/12 – 8/4/12 (no classes 5/26 & 6/23) 9:00am – 10:00am RM:S2330

Yang Style 40 Form

Broaden your understanding of Yang style. Based on the classical Yang Style Long Form, this well constructed set is graceful, open-framed and more in-depth than the popular Yang Style 24 Forms. This course is recommended for those who have had some previous Tai Chi instruction. 12 Contact Hours, \$89 or \$10 /class, INSTR: Keith Root

Class ID: 20785 Sat, 5/19/12 – 8/4/12 (no classes 5/26 & 6/23) 10:30am – 11:30am RM:A1560

Class ID: 20784 Mon, 5/21/12 – 7/30/12 (no classes 5/28) 8:00pm – 9:00pm RM:A1560

Yang Style 108 Form – Advanced Tai Chi

Following closely the teachings and practices of Sifu Fong Ha this class consists of sitting and standing meditation, Qigong practice, the Yang Long Form (Yang 108) and two person energy work.

18 Contact Hours, \$129 or \$15/class, INSTR: Keith Root

Class ID: 20786 (Free sitting/standing meditation from 8:00 - 8:30am)

Sat, 5/19/12 – 8/4/12 (no classes 5/26 & 6/23) 8:30am – 10:00am RM:A1560

TAI CHI CERTIFICATE PROGRAMS

The Tai Chi Certified Teacher Training Programs are designed for certified exercise instructors, Tai Chi instructors, advanced Tai Chi students and healthcare professionals.



Tai Chi for Arthritis – Teacher Certification I

The Certified Teacher Training Program is designed for certified exercise instructors, Tai Chi instructor, advanced Tai Chi students and healthcare professionals (physicians, nurses, PT's chiropractors, exercise physiologists, massage therapist, etc.) This course is endorsed by many arthritis foundations worldwide. The certification is "Tai Chi for Arthritis". *Note: An instructional DVD will be sent prior the workshop.*

16.8 Contact Hours, \$240, INSTR: Russ Smiley

Class ID: 18851

Sat, 5/5/12 & 8:00am - 4:00pm
Sun, 5/6/12 9:00am - 4:00pm RM: S2330

Tai Chi for Arthritis – Teacher Certification I Update

The Tai Chi Update is required every 2 years to keep one's skills and knowledge current. Time will be spent revising the 12 Tai Chi for Arthritis movement and reviewing instructional training and theory. This is a supplemental training for instructors/leaders of the Tai Chi for Arthritis Program.

Prerequisites: Tai Chi for Arthritis – Teacher Certification I or 2.

9 Contact Hours, \$85 (or \$175 for both the TCA 1 Update and TCA 2), INSTR: Russ Smiley

Class ID: 18852

Sat, 5/5/11 8:00am - 4:00pm RM: S2330

Tai Chi for Arthritis – Teacher Certification 2

This workshop is open to anyone who has completed the Tai Chi for Arthritis Teacher Certification (Leader's Course) by Dr. Paul Lam or his authorized trainers. This is a supplemental training for instructors/leaders of the Tai Chi for Arthritis Program. *Prerequisites: Tai Chi for Arthritis – Teacher Certification I.*

Note: An instructional DVD will be sent prior to the workshop.

7.8 Contact Hours, \$120 (or \$175 for both the TCA 1 Update and TCA 2), INSTR: Russ Smiley

Class ID: 18853

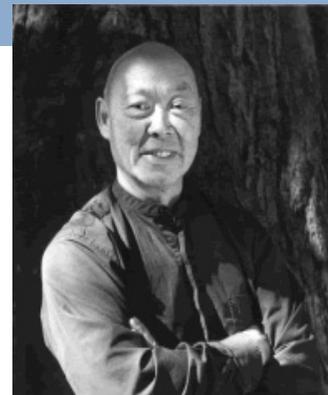
Sun, 5/6/11 9:00am - 4:00pm RM: S2330



For questions regarding the content of Tai Chi for Arthritis – Teacher Certification, students may contact Keith Root at: keith@nbds.com or 612-812-8361.

Tai Chi Workshop with Fong Ha

Join Fong Ha as he shares his power, graciousness and insight with you. YiQuan is a form of physical and mental training which requires no special equipment or skills. This standing meditation will help to develop one's internal energy or Qi for enhancing your health, reducing stress, improving concentration, and increasing vitality. You may find more information in "Warriors of Stillness" of "The Tao of YiQuan" written by Jan Diepersloot, one of Master Fong Ha's students. You may also visit his website at www.fongha.com.



Fong Ha currently directs the Integral Chuan Institute in Berkeley California and has given numerous seminars throughout the world. Fong Ha is a master of Yang style Tai Chi having studied it since his youth with both Dong Yienjie and then Yang Shouzhong. He later studied YiQuan with Han Xingyuan and gained insights into QiQong with his friend Cai Songfang. You may find more information in "Warriors of visit his website at: www.fongha.com. Stillness" of "The Tao of YiQuan" written by Jan Diepersloot, one of Master Fong Ha's students.

Entire Series - \$140 – 15.6 Contact Hours

Sat & Sun, 6/23/11 & 6/24/11 8:00am – 4:00pm RM: S2330

Single Day Session - \$85 – 7.8 Contact Hours

Class ID: 16804 Sat, 6/23/11 8:00am – 4:00pm RM: S2330

Class ID: 16805 Sun, 6/24/11 8:00am – 4:00pm RM: S2330

registration form

Name _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

WHEN REGISTERING PLEASE INCLUDE:

CLASS TITLE	CLASS ID	BEGIN DATE	TIME	FEE
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

TOTAL FEES _____

____ Enclosed is a check or money order payable to Normandale Community College.

To register with a credit card, please call 952-358-8343 or register online at <http://normandale.augusoft.net>



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