



## T'ai Chi Chih® Teacher Candidate Preparation Guidelines

- These guidelines are intended to help serious students who wish to attend a T'ai Chi Chih Teacher Accreditation course, as well as the teachers who prepare them. Although the T'ai Chi Chih movements are easy to learn, the Accreditation course is rigorous and every candidate must receive a recommendation from two active, accredited T'ai Chi Chih teachers in order to attend.
- An accreditation to teach the T'ai Chi Chih movements *must be earned*, and attendance at an Accreditation course does not guarantee accreditation. That is why there is so much emphasis placed on proper preparation before attending the course. This preparation process with accredited teachers may last six months to several years, depending on the maturity and ability of the student. If the teachers decide a student is *capable and ready* to proceed with accreditation, a referral will be made. The referral will be valid for 6 months from the date of the most recent signature.
- **Candidates: it is important to let the Accreditation course host know well in advance** that you are preparing for a particular course. Sending in your registration and deposit will hold your space, pending receipt of your two teacher referrals.
- **Referring teachers: be sure to contact course host as soon as you begin working** with a candidate toward accreditation.

### ***Preparing for Accreditation***

- Practice T'ai Chi Chih regularly for at least 12 to 24 months, continuing to attend classes.
- Receive personal coaching from two or more **active**, accredited T'ai Chi Chih teachers with the purpose of deepening and refining your T'ai Chi Chih movements, especially HOW you move. It is highly recommended that at least one of your teachers has attended an Intensive or audited a Teacher Accreditation recently, and understands what is currently expected of them in preparing you for accreditation.
- Understand and embody the Principles of How to Move so you move correctly.
  - Flowing from the Center (moving from the Tan T'ien), Softness and Continuity (Softness is the ESSENCE of T'ai Chi Chih)
  - Yinning and Yanging (shifting the weight correctly), Focusing in the Soles of the Feet, Circularity, and Polarity
- Know all the T'ai Chi Chih Movements, their correct names and order. These are listed on [www.taichichih.org/movements](http://www.taichichih.org/movements) .
- Attend as many ongoing classes, workshops, retreats and Intensives as possible. **A vitally important part of preparing for accreditation is attending one or more T'ai Chi Chih Intensives.** Look for them in the online Calendar of Events.
- Have a basic understanding of Chi, and be familiar with the underlying yin-yang philosophy of the T'ai Chi Chih movements. Study in depth the materials by Justin Stone, originator of T'ai Chi Chih, including his:
  - Instructional DVDs *Justin Stone Speaks on T'ai Chi Chih* CD
  - T'ai Chi Chih Photo Text *Spiritual Odyssey* book
- Subscribe to the quarterly Vital Force Journal at [www.taichichih.org/the-vital-force](http://www.taichichih.org/the-vital-force) .
- What if there are no teachers in your area? Skyping or traveling in order to work with experienced teachers are options.
- Allow time for your T'ai Chi Chih practice and understanding to mature. It generally takes about two years of consistent practice and refinement before being ready for accreditation.

### ***Appropriate Attitude***

- A sincere interest in learning, practicing and conveying the T'ai Chi Chih movements properly;
- Openness to receive constructive feedback and ability to make corrections in how you move;
- Appropriate respect for the T'ai Chi Chih practice, and a commitment to keep it pure;
- A patient and caring manner that encourages others to learn and practice T'ai Chi Chih;
- A cooperative attitude and willingness to work with other teachers to build the T'ai Chi Chih Community.