

T'ai Chi Chih® Teacher Candidate Referral Form

Please read the T'ai Chi Chih Teacher Candidate Preparation Guidelines attached and then fill out Sections I and II below. The recommendation of **two** active, accredited T'ai Chi Chih teachers is required to attend a Teacher Accreditation course. Please have your two referring teachers sign Section III when they feel you are ready. **Send a copy of the completed referral form back to your Accreditation course host and mail the original to the Teacher Trainer leading your course** at the address below. If you have any questions about this form or the accreditation process please contact Sandy, Pam, Daniel or April.

Sandy McAlister	24835 Second St.	Hayward, CA 94541	(510) 582-2238	<u>mcalister19@comcast.net</u>
Pam Towne	234 Hoover St.	Oceanside, CA 92054	(442) 222-8332	<u>pamtowne@gmail.com</u>
Daniel Pienciak	PO Box 231	Bradley Beach, NJ 07720	(732) 988-5573	<u>wakeupdaniel@aol.com</u>
April Leffler	702 Prospect Ave.	Prospect Park, PA 19076	(610) 809-7523	<u>lirpaleff@rcn.com</u>

I. Please print your first & last name _____

Your home address _____

Your phone & email address _____

What was the date you first learned T'ai Chi Chih? _____ Check all that you've attended or worked with:

Beginners course _____ Ongoing TCC class _____ Workshop _____ Retreat _____ Teacher Prep course _____

DVD (which DVD?) _____ Online courses & teacher(s) _____

TCC Intensive (REQUIRED, preferably 3-6 months before Accreditation) _____ Date(s) _____

II. By my signature below, I indicate that I have read the attached T'ai Chi Chih Teacher Candidate Preparation Guidelines and that I am committed to meeting or exceeding these guidelines by the beginning of my Teacher Accreditation course. I also understand that my attendance at a Teacher Accreditation course does not guarantee that I will receive accreditation to teach T'ai Chi Chih.

Candidate Signature _____ Date _____

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III. As an active, accredited T'ai Chi Chih teacher, I willingly recommend this candidate to attend a T'ai Chi Chih Teacher Accreditation course. I have personally worked with the candidate over a period of time and believe he/she will meet or exceed the standards described in the Teacher Preparation Guidelines attached. I believe this individual is physically AND psychologically prepared to complete the course and displays the maturity of practice and appropriate attitude needed to teach T'ai Chi Chih with sincerity and integrity.

Printed Name AND Signature of 1st Referring Instructor Date

Printed Name AND Signature of 2nd Referring Instructor Date

Referral is valid for six months from date of the most recent teacher signature.

Revised February 22, 2022

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 T'ai Chi Chih *must be earned*, and attendance at an Accreditation course does not guarantee accreditation. That is why there is so much emphasis on proper preparation before attending the course. This preparation process will vary from person to person and may take a couple years. If the teachers decide a student is *capable and ready* to proceed with accreditation, a referral will be made.

Teachers: Attending a TCC Intensive is highly recommended for you to be current with what is expected of your candidate at Accreditation and to know how to prepare them effectively.

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.

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 the correct names and order of all the T'ai Chi Chih Movements. These are listed on www.taichichih.org/movements .
- Attend as many ongoing classes, workshops, retreats and Intensives as possible. Look for them in the online Calendar of Events.
Also, a Teacher Preparation course by an experienced teacher current on what is required for accreditation, is invaluable.
- **A T'ai Chi Chih Intensive led by a teacher trainer is required, preferably 3-6 months before Accreditation.**
- 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
T'ai Chi Chih Photo Text
Justin Stone Speaks on T'ai Chi Chih CD
Spiritual Odyssey book
- Subscribe to the quarterly Vital Force Journal at www.taichichih.org/the-vital-force .
- If there are no teachers in your area, Zooming online 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 at least 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 incorporate it 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.

Revised February 22, 2022