



Instructor Training Workshop for the Tai Chi for Arthritis and Fall Prevention Program

COURSE OBJECTIVES

This workshop mainly aims to train participants to be instructors for the Tai Chi for Arthritis and Fall Prevention programs. Participants who wish to join for learning Tai Chi for their own health benefits are also welcome. All participants shall be supplied with online preparation material, only the suitable participants who have fulfilled the requirements after the workshop shall be certified as Tai Chi for Health Institute's Board Certified Instructors.

COURSE CONTENT

The program is based on Sun style Tai Chi, chosen for its strong qigong component and its joint-friendly stepping patterns. Sun style's distinctive "follow step" (where one foot follows the other) encourages smooth, continuous movement and increases safe activity, while a higher stance reduces stress on the knees. The Training of certified instructors has been supported by over 30 medical studies to be safe and effective since 2000. The Tai Chi for Health Institute Board has authorised master trainers to conduct these workshops.



DATE & TIME

Date:	23 & 24 May 2026 (Sat & Sun)
Time:	09:00 to 12:00 ; 13:30 to 17:30 each day
Instructor:	Dr. Paul Lam World Leader in the field of Tai Chi for Health Improvement Clinical Lecturer in the University of NSW for over 30 years
Venue:	Hall, 20/F, King's Park Campus, Tung Wah College
Target Participants:	Priority for Health Care professionals: Doctors, Physiotherapists, Occupational therapist, Nurse and related clinicians
Fee:	HK\$3,200
Capacity:	50
CPD / CNE Points:	10 points for PT / 12 points for OT / 12.5 points for Nurse

ONLINE REGISTRATION & PAYMENT

Registration Link: <https://www.twc.edu.hk/limesurvey/index.php/638494>
Payment link will be sent after registration.
*Deadline: 13 April 2026

Enquiry: Ms. Azlan CHAN (Email: azlanchan@twc.edu.hk, Tel: 3725 6121)





COURSE CONTENT DETAILS



This training has two parts, a self-paced online portion and a live interactive portion. The Self-Paced Instructor Preparation Package (SIPP) is a self-paced virtual program containing essential material plus instruction in the basic movements to train effective and safe instructors. All you have to do is follow the sequence with Dr Lam's video guides for every step. Complete the quizzes at the end of each unit to move on, and at completion of the SIPP you download your Certificate of Completion to send to the Master Trainer.

The live workshop is very personal. Dr. Paul Lam will work with you to answer your questions, help to improve your tai chi, and ensure you can teach the program safely and effectively. There will be discussions, practice sessions, and sharing of skills and knowledge, Question and Answer portions, and most importantly, assessment part. Dr. Lam will give you feedback on what you did well and how you can improve your tai chi and teaching skills and connect you to the Tai Chi for Health Institute (TCHI), fellow instructors, and Senior Trainers and offer continual support.

Remarks: Instructor certificate will be issued upon pass of assessment. Candidates requiring additional support to meet certification requirements may access remedial assistance (SIPP) provided by the Tai Chi for Health Institute.



DR PAUL LAM'S BIBLIOGRAPHY

Dr Paul Lam, a family physician and tai chi expert from Sydney, is a world leader in the field of tai chi for health. His visionary book, "Teaching Tai Chi Effectively", has been a key factor in the great success of the Tai Chi for Health programs. Millions of people have improved their health and wellness by learning from his programs.

Dr Lam has authored best-selling books, instructional tai chi DVDs and online tai chi lessons. His tai chi programs are supported by the Centers for Disease Control and Prevention (CDC.gov), and health departments and arthritis foundations around the world.

Dr Lam enjoys sharing his years of tai chi experience so much that he has travelled close to 2 million miles teaching it. His workshops are usually fully booked, people travel thousands of miles to attend his workshop. He has a knack of making complex theory easy to learn. You can expect to enjoy his friendly interactive teaching method, and gain significant improvement in your tai chi.

For more details:

<https://taichiforhealthinstitute.org/about-dr-paul-lam/>

