

Tai Chi FAQs

1. What tai chi programs does CDC recommend? Are any manuals available for the programs?

Several studies published in recent years have made clear that exercise to reduce falls should be undertaken at least twice a week¹ and that the style of tai chi is less important than the cumulative length of time this type of exercise is practiced^{2,3}. Therefore, CDC no longer endorses a specific tai chi program. CDC now recommends taking a tai chi class that is tailored to the needs of older adults and is offered at least twice a week. Tai chi needs to be practiced for at least 50 hours to reduce fall risk.

For those interested in implementing a community tai chi program, the following tai chi programs can supply program manuals.

- Tai Chi: Moving for Better Balance (Contact Dr. Fuzhong Li at fuzhongl@ori.org)
- Tai Chi Fundamentals (Contact Tricia Yu at tyu@taichihealth.com)
- Tai Chi for Arthritis (Contact Dr. Paul Lam at service@taichiforhealthinstitute.org)

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1. Sherrington C, Tiedemann A, Fairhall N, et al. Exercise to prevent falls in older adults: an updated meta-analysis and best practice recommendations. *NSW Public Health Bulletin*. 2011;22(3-4). Doi:10.1071/NB10056.
 2. Voukelatos A, Cumming RG, Lord SR, et al. A randomized controlled trial of Tai Chi for the prevention of falls: The Central Sydney Tai Chi trial. *Journal of the American Geriatrics Society*. 2007;55:1185–1191.
 3. Sherrington C, Whitney JC, Lord SR, et al. Effective exercise for the prevention of falls: a systematic review and meta-analysis. *Journal of the American Geriatrics Society*. 2008;56:2234–2243.

2. For Tai Chi: Moving for Better Balance (TCMBB), who can become a Master Trainer?

TCMBB is a specific tai chi program developed by Dr. Fuzhong Li at the Oregon Research Institute. Those who wish to become Master Trainers should contact Dr. Li: fuzhongl@ori.org.

3. Who can become a Tai Chi: Moving for Better Balance (TCMBB) instructor (as opposed to a Master Trainer)? Where do training sessions take place? Which instructors in the U.S. train TCMBB instructors other than Dr. Fuzhong Li?

Instructor training through YMCA.

In 2012, Dr. Fuzhong Li from the Oregon Research Institute served as a Master Trainer to the YMCA of the USA to train YMCA tai chi instructors to be YMCA “Faculty Trainers” in his 8-form

tai chi program, Moving for Better Balance.^{1,2} The YMCA of the USA promotes this program as the YMCA Moving for Better Balance Program (MBBP).

As of the end of 2012, there are 10 Faculty Trainers who have trained over 100 YMCA MBBP instructors serving 131 local YMCAs. The 10 YMCA Faculty Trainers continuously train YMCA-certified instructors to teach the YMCA MBBP. If you are interested in training instructors under the YMCA MBBP, please contact your local YMCA to begin the process. The local YMCA will connect with YMCA of the USA to request a Faculty Trainer to train instructors in their program.

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1. Li F, Harmer P, Mack K A, Sleet D, et al. Tai Chi: Moving for Better Balance: Development of a community-based falls prevention program. *Journal of Physical Activity & Health*. 2008;5(3):445-455.
 2. Li F, Harmer P, Glasgow R, et al. Tompkins, Y. Translation of an effective tai chi intervention into a community-based falls-prevention program. *American Journal of Public Health* 2008;98(7):1195-1198. doi: 10.2105/ajph.2007.120402.

Recommended TCMBB Instructors for training of new TCMBB instructors.

Suman Barkhas (Oregon) and Robert Nations (California) have both trained under Dr. Li, participated in CDC's Violence and Injury Prevention Program Cooperative Agreement, and have trained TCMBB instructors. Mr. Barkhas and Mr. Nations can be contacted directly to serve as a trainer of new TCMBB instructors in your state or organization.

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Robert Nations: Nations.robert@gmail.com

4. Should an instructor use the Mini Therapeutic Movements (MTM) for TCMBB classes offered under the CDC's Violence and Injury Prevention Program Cooperative Agreement?

TCMBB instructors should learn Mini Therapeutic Movements (MTM) as defined by Dr. Fuzhong Li. CDC recommends instructors to incorporate MTMs during a class if participant demand exists, however instructors are not required to do so.