



Agar-Hutton Tai Chi Academy (AHTCA)

Instructor Program Overview

Developed by

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AHTCA Chief Instructor

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Program Introduction

The Agar-Hutton Tai Chi Academy (AHTCA) Instructor Program takes you through a rigorous and progressive training regime. Upon qualification, it will allow you to teach Tai Chi for health and exercise but with an understanding of the martial origins and capabilities of the art.

This approach and certification allows you to teach Tai Chi to:

- Anybody who wants to maintain their health and fitness.
- Anyone who is 'stressed' and needs to have a way to relax.
- People recuperating after injury or disease (With appropriate permission from their doctor or other medical experts).
- Those with balance issues or those who want to improve their balance.
- Those suffering from anger issues who want to have a mechanism to aid anger prevention and control. (Note: Robert Agar-Hutton was a corporate coach for many years. He developed and taught programs to enable people to be Anger Management Coaches using a CBT methodology that included Tai Chi and Qigong principles).
- Anyone who wants to learn Tai Chi for its interesting approach to exercise and/or because of the Chinese cultural heritage that it includes.

There is no mandatory time for achieving any qualification level. It is only based on your ability to perform and to teach the required curriculum. However upon receiving any qualification and wishing to progress to the next level, you are then required to meet the appropriate requirements for training sessions to be attended.

After qualification, Instructors are required to renew their certification every year and this includes agreed time spent training.

Participation in the training program and qualification and recertification at any level is at the absolute discretion of Robert Agar-Hutton.

Upon achievement of each level of the program you will be allowed to style yourself as "Level 'x' Instructor in Agar-Hutton Tai Chi" or as "A level 'x' instructor of the Agar-Hutton Tai Chi Academy" for as long as you keep your instructor's certification current. Subject to the rules of the Academy in relation to appropriate behaviour.

The content and fees for this Instructor Program are correct as of the date of this document but may be subject to change, and for the latest version please contact Robert Agar-Hutton.

The format for joining the program is to attend an initial evaluation and training session (via Zoom or in the real world) so that both Robert Agar-Hutton and yourself can determine if the instructor program is suitable for you. Then decide on the route you wish to follow, either 'Teaching Apprentice' or 'Level 1 Instructor' and begin the appropriate training.

Instructor Program Application Form

I (*Insert full name*)

of (*Address*)

.....

.....

Telephone No:

Wish to apply for instructor training with the Agar-Hutton Tai Chi Academy (AHTCA) and understand and agree that:

1) Participation in the program:

- a) Is not a guarantee that I will be able to attain any specific qualification.
- b) Does not ensure qualification at any level as it is at the absolute discretion of Robert Agar-Hutton.
- c) Is subject to paying the appropriate fees.

2) After qualification:

- a) I will have acceptable instructor insurance in place whenever teaching.
- b) I will not use the appellation of AHTCA Instructor (or any similar designation) unless my registration with AHTCA is current.
- c) My status as an instructor and right to call myself an Agar-Hutton Tai Chi instructor (or similar) may be terminated if I am convicted of any crime or behave in any way likely to bring the name or reputation of the Agar-Hutton Tai Chi Academy into disrepute.

Signature:

Date:/...../.....

Training and Certification Fees

Initial Evaluation and Training Session:

One hour one-to-one session – ‘Online’	£45
One hour one-to-one session – ‘Real World’	£48

Ongoing Training Online:

One hour one-to-one instructor training session	£45
Two hour one-to-one instructor training session	£85

Ongoing Training ‘Real World’:

One hour instructor training session	£48
Two hour instructor training session	£88
Weekend training intensive (2 days of 5 hours training each day)	£420

When Candidates and Instructors attend one-hour, or two-hour, or weekend training sessions, certificates of attendance will be issued. This allows you to build a training record and portfolio.

Additional Optional Training:

Access to evening Zoom classes, one hour duration. Normally two a week on Tue & Wed at 5:30 p.m. Standard cost £6 per class i.e. £48 or £60 a month.	£20 per month
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Registration and recertification:

Teaching Apprentice registration fee (Only required if teaching own classes)	£175
Instructor registration fee (payable once on award of each level)	£250
Annual recertification fee for teaching apprentice and instructor levels 1 through 3	£150
Annual recertification fee for instructor level 4	£50

Teaching Apprentice

If an instructor candidate wants to teach Tai Chi before being awarded Level 1 certification, then the 'Teaching Apprentice' qualification is how they may do so.

It requires a commitment to training and supervision and allows the candidate to teach specific aspects of the Agar-Hutton Tai Chi method.

The training for Teaching Apprentice is a subset of the Level 1 Instructor's program and includes:

- Tai Chi technical understanding.
- Basic Tai Chi History and Philosophy.
- Basic First Aid awareness.
- Health and Safety awareness.
- Understanding the wants and limitations of your target demographic.

Warm Ups:

Set A; Set B

Tai Chi Forms:

8 Move 1 Step, Slow Power Form.

Floating Hands:

Patterns 1 and 2.

Qigong Routine:

5 Move Qigong

The candidate must agree to the following:

1. To have appropriate insurance cover.
2. To be DBS checked if working with children or vulnerable adults.
3. To attend a minimum of 2 hours of training a month either in-person or via Zoom.
4. To specifically and only teach the above curriculum except as agreed with Robert Agar-Hutton (in writing via email).
5. To be monitored (in person) in their teaching once in the first two months of their running classes and twice per year thereafter. There will be a fee charged to the candidate for the monitoring, which will depend on the class location.

Level 1 Instructor

The areas in which you will need to be trained (or have already had training) for the Level 1 Instructor certification are (in no particular order):

- Tai Chi technical understanding.
- Basic Tai Chi History and Philosophy.
- Basic First Aid awareness.
- Health and Safety awareness.
- Understanding the wants and limitations of your target demographic.
- Tai Chi skills and performance.
- Qigong skills and performance.
- Basic class design.

The candidate for Level 1 Instructor must show the ability to perform and to teach the following:

Warm Ups:

Set A; Set B; Set C.

Tai Chi Forms:

8 Move 1 Step Form; Slow Power Form; 8 Move Energy Form; Dynamic Form; Short Balance Form.

Qigong Routines:

5 Move Qigong; 5 Elements Qigong.

Floating Hands:

Patterns 1 through 5.

Partner Work:

TBA – subject to health and safety requirements for target student group.

The steps to qualification include the above and teaching and training performance evaluations including being monitored whilst teaching a class.

Upon qualification you must:

The candidate must agree to the following:

1. To have appropriate insurance cover.
2. To be DBS checked if working with children or vulnerable adults.
3. To attend a minimum of 2 hours of training a month either in-person or via Zoom.
4. To specifically and only teach the above curriculum except as agreed with Robert Agar-Hutton (in writing via email).
5. To be monitored (in person) in their teaching once in the first two months of their running classes and twice per year thereafter. There will be a fee charged to the candidate for the monitoring, which will depend on the class location.

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Level 2 Instructor

The areas in which you will need to be trained (or have already had training) for the Level 2 Instructor certification are (in no particular order):

- Tai Chi technical understanding.
- Intermediate Tai Chi History and Philosophy.
- Health and Safety awareness.
- Coaching different students with different requirements.
- Tai Chi skills and performance.
- Qigong skills and performance.
- Advanced class design.

The physical skills requirements for Level 2 are all Level 1 skills with fluidity and intent and the ability to perform and teach the following:

Warm Ups:

Set A; Set B; Set C; Set D.

Tai Chi Forms:

All previous forms plus Long Balance Form; Monkey Form; 24 Move Form.

Qigong Routines:

All previous routines plus Heaven & Earth Qigong.

Floating Hands:

Patterns 1 through 10.

Partner Work:

TBA – subject to health and safety requirements for target student group.

Basic Applications:

TBA – subject to health and safety requirements for target student group.

The steps to qualification include the above and teaching and training performance evaluations including being monitored whilst teaching a class.

Candidates must teach Tai Chi regularly as an instructor in their own class, or as an assistant to Robert or Lee Agar-Hutton.

Level 3 and Level 4 Additional Requirements

Instructors wanting to progress to Level 3 and 4 must in addition to all the specific requirements of those levels, also show that they are doing one or more of the following:

- Attending AHTCA seminars/workshops/camps.
- Organising seminars/workshops/camps.
- Demonstrating Tai Chi at public events.
- Entering Tai Chi competitions.
- Visiting other instructors (in the UK or abroad) to broaden their own Tai Chi training.
- Promoting the art and study of Tai Chi to the general public.

Level 3 Instructor

The areas in which you will need to be trained (or have already had training) for the Level 3 Instructor certification are (in no particular order):

- Tai Chi technical understanding.
- Tai Chi History and Philosophy.
- Coaching individual students.
- Tai Chi skills and performance.
- Qigong skills and performance.

The steps to qualification include the above and teaching and training performance evaluations.

The physical skills requirements for Level 3 are all Level 1 & 2 skills at an improved level, and the ability to perform and teach the following:

Tai Chi Forms:

All previous forms plus Sun 13 Form; Fan Form (all three parts); Chen 11 Form.

Qigong Routines:

All previous routines plus Shi Ba Shi set 1; Standing Post.

Floating Hands:

Patterns 1 through 20.

Partner Work:

TBA – subject to health and safety requirements for target student group.

Basic Applications:

TBA – subject to health and safety requirements for target student group.

Candidates must teach Tai Chi regularly as an instructor in their own class, or as an assistant to Robert or Lee Agar-Hutton.

Level 4 Instructor

The areas in which you will need to be trained (or have already had training) for the Level 4 Instructor certification are (in no particular order):

- Tai Chi technical understanding.
- Training an AHTCA instructor to Level 1.
- Tai Chi skills and performance.
- Qigong skills and performance.

Tai Chi Forms:

All previous forms plus Four Winds Form (parts 1 & 2).

In addition to the Level 1 to Level 3 curriculum there will also be additional skills to be discussed and agreed. i.e. The Level 4 curriculum will vary depending on what areas of Tai Chi the instructor wants to focus on.

The steps to qualification include the above and teaching and training performance evaluations.

Candidates must teach Tai Chi regularly as an instructor in their own class.