



# **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 allows for Tai Chi to be taught to...

- Anybody who wants to maintain their health and fitness.
- Those with balance issues or who want to improve their balance.
- People recuperating after injury or disease (With appropriate permission from their doctor or other medical experts).
- Anyone who is 'stressed' and needs to have a way to relax.
- 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.
- Anyone who wants to compete in Tai Chi form competitions.

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

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

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.

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.

# Instructor Program Application Form

I (*Insert full name*) .....

of (*Address*) .....

.....

.....

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 level of qualification with AHTCA.

c) Participation and qualification at any level is at the absolute discretion of Robert Agar-Hutton.

2) After qualification:

a) Will have acceptable instructor insurance in place whenever teaching.

b) Will not use the appellation of AHTCA Instructor (or any similar designation) unless my registration with AHTCA is current.

c) 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

## Online Training:

AHTCA Membership Site	£19.99 per month
One hour one-to-one instructor training session	£48

## 'Real World' Training:

One hour instructor training session	£48
Two hour instructor training session	£80
Weekend training intensive (2 days of 5 hours training each day)	£320

## Registration and recertification:

Teaching Apprentice registration fee (Only required if teaching own classes)	£150
Instructor registration fee (payable once on award of each level)	£250
Annual recertification fee for instructor levels 1 through 3	£150
Annual recertification fee for instructor level 4	£25

# 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 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:**

Sets A and B

## **Tai Chi Forms:**

- 8 Move 1 Step
- 8 Move Energy

## **Qigong Routines:**

- 5 Move

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.
4. To specifically and only teach the above curriculum.
5. To be monitored (in person) in their teaching once in each of the first two months of their running classes and once per quarter 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.
- Reading List 'A'.

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

## **Warm Ups:**

- Sets A, B, and C.

## **Tai Chi Forms:**

- 8 Move 1 Step
- 8 Move Energy
- Dynamic
- Tri-Chi
- Short Balance

## **Qigong Routines:**

- 5 Move
- 5 Elements

## **Partner Work:**

- TBA

Upon qualification, instructors must have suitable insurance. If you are going to teach children or at-risk adults, DBS Checking will also be required.

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

Candidates can attend one-hour or two-hour or weekend training sessions. Certificates of attendance will be issued, so that candidates can build a training record and portfolio.

## 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
- Reading List 'B'.

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:**

- Sets D, E, and F.

### **Tai Chi Forms:**

- Long Balance
- 24 Move
- Sun 13

### **Qigong Routines:**

- Heaven & Earth

### **Partner Work:**

- TBA

### **Floating Hands:**

- TBA

### **Basic Applications:**

- TBA

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

Candidates can attend one-hour or two-hour or weekend training sessions. Certificates of attendance will be issued, so that candidates can build a training record and portfolio.

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.
- Reading List 'C'.

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:**

- Sun 38
- Fan
- Four Winds

### **Qigong Routines:**

- Shi Ba Shi set 1
- Standing Post

### **Partner Work:**

- TBA

### **Floating Hands:**

- TBA

### **Applications:**

- TBA

Candidates can attend one-hour or two-hour or weekend training sessions. Certificates of attendance will be issued, so that candidates can build a training record and portfolio.

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 a AHTCA instructor to Level 1.
- Tai Chi skills and performance.
- Qigong skills and performance.
- Reading List 'D'.

All Level 1 to Level 3 curriculum plus 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 can attend one-hour or two-hour or weekend training sessions. Certificates of attendance will be issued, so that candidates can build a training record and portfolio.

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

# Reading Lists

Note: Books listed are relevant or recommended but are by no means an exhaustive list of useful books.

Books marked \*\*\* are out of print but probably available 2nd hand via Amazon.

## List A

The Metamorphosis of Tai Chi by Robert Agar-Hutton. ISBN: 978-1916494411

\*\*\* Tai Chi Ch'uan Ta Wen by Chen Wei-Ming. ISBN: 978-0938190677

## List B

\*\*\* The Simple Art of Tai Chi by Qu Lei Lei. ISBN: 978-1402716515

Managing Depression with Qigong by Frances Gaik. ISBN: 978-1848190184

## List C

The Theory and Practice of Taiji Qigong by Chris Jarmey. ISBN: 978-1905367320

A Study of Taijiquan by Sun Lutang. ISBN: 978-1556434624

What is 'Tai Chi'? by Peter A. Gilligan. ISBN: 978-1848190245

Simplified Tai Chi Chuan: 24 Postures with Applications & Standard 48 Postures. ISBN: 978-1594392788

## List D

The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind by Peter Wayne. ISBN: 978-1590309421