

# U.S. Administration for Community Living Falls Prevention Grantee Tai Ji Quan: Moving for Better Balance® Information and Guidance

The purpose of this document is to provide information and guidance regarding Tai Ji Quan: Moving for Better Balance® to U.S. Administration for Community Living falls prevention grantees.

## What is Tai Ji Quan: Moving for Better Balance®?

Tai Ji Quan: Moving for Better Balance™, developed by Dr. Fuzhong Li at the Oregon Research Institute, is an evidence-based fall prevention program derived from a contemporary routine known as Simplified 24-Form Tai Ji Quan. Tai Ji Quan: Moving for Better Balance® (TJQMBB) consists of an 8-form core with built-in practice variations and a subroutine of Tai Ji Quan - Mini Therapeutic Movements®, which, collectively, comprise a set of functional Tai Ji Quan exercises. TJQMBB represents a substantive enhancement of traditional Tai Ji Quan training and performance as it transforms martial arts movements into a therapeutic regimen aimed at improving postural stability, awareness and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower-extremity muscle strength.

## Outcomes

TJQMBB has been shown to:

- Improve balance
- Improve strength
- Improve performance in functional walking activities
- Prevent falls

## Target Audience

The target audience for TJQMBB is community-dwelling older adults and people with a history of falls, balance disorders, leg muscle weakness, abnormal gait or walking difficulty. The program is able to accommodate people with a mild level of mobility difficulty (e.g., people who are occasional cane users).

## Participation Requirements

The following are participation requirements for Tai Ji Quan: Moving for Better Balance®. Participants must:

- Attend TJQMBB classes a minimum of **48 hours**. Pragmatically, this should be achieved through one 24 week class that holds one hour sessions twice a week. Two 12 week classes (meeting a

minimum of twice a week for an hour per session) are not recommended, but are permitted as long as the program follows the protocol for weeks 1-24 outlined in the Class Teaching Plan. The two classes need to be held consecutively without a break between sessions.

- Participate actively in class.
  - Home practice can be encouraged 4-6 weeks into the program (i.e., after key forms/exercises are learned and practiced under the instructions of the class instructor).
  - Daily home practice time of 15 minutes is recommended. Home practice does not count towards the 48 hour participation requirement.
  - A participant is considered a completer if they attend 75% or better of 48 classes (i.e., a minimum of 36 classes).

### Other Fidelity Requirements

- The duration of class sessions is 60 minutes. Using an accumulative method of practice (e.g., 30 minute classes 4 times per week to achieve a total of 2 hours weekly) is not appropriate.
- The recommended class size is 8-10 students for new instructors and 10-15 for experienced instructors.
- Drop-in students or rolling admissions are not compatible with the requirements of the program but new participants can join within the first two weeks of the class.

### Training

TJQMBB Instructor training options are available, namely through instructors authorized by Dr. Fuzhong Li and other independent trainers.

1. Authorized TJQMBB Trainers\*
  - LinLin Choy, private instructor based in Oregon: [linlinchoy@gmail.com](mailto:linlinchoy@gmail.com)
  - David Fink, Program Developer, Metropolitan Area Agency on Aging, North St. Paul, MN: [dfink@tcaging.org](mailto:dfink@tcaging.org)
  - Dawna Pidgeon, PT, Dartmouth-Hitchcock Medical Center, Lebanon, NH: [dawna.m.pidgeon@hitchcock.org](mailto:dawna.m.pidgeon@hitchcock.org)
  - Jan Voit – PT, Harborview Medical Center, Seattle, WA. Please contact Mihaela Dimitriu at [taijiquan.mbb@gmail.com](mailto:taijiquan.mbb@gmail.com) for information regarding Washington state training.
2. Quarterly Instructor Trainings are held at Oregon Research Institute, Eugene, OR. For a schedule, go to: <http://www.tjqmbb.org/program.html>

The Instructor training curriculum offers both a 2-day training workshop (required) and three 1-day follow-up refresher courses (highly recommended), with the first being conducted within 1 month, the second within 2 months, and third within 4 months following the 2-day workshop.

For additional information, visit <http://tjqmbb.org/> or contact Dr. Fuzhong Li\* at [fuzhongli@ori.org](mailto:fuzhongli@ori.org).

\*The instructors referenced above have given their permission to be contacted about their programs.