

Tai Chi for Health Updates

What is an Update?

Instructor/leaders are required to renew their certification every two years in order to update your skills and knowledge of the program.

How do I update?

You can attend an update workshop run by Dr Lam or one of his Master Trainers. Many training workshops include updates provided it is arranged in advance and you need to complete a written assignment beforehand. Update is also available by correspondence for instructors who cannot attend a workshop because of extreme circumstances.

Why update?

As with all health and exercise professionals, updates are necessarily to maintain and improve skill and knowledge. There would be new studies, development and practice emerging to improve your teaching and tai chi skill. It is also an excellent time to share experience and connect with other members of the Tai Chi for Health vision.

We are proud that our programs are supported by many organisations worldwide, including the Centers for Disease Control and Prevention (www.cdc.org), the National Council on Aging and arthritis foundations and many organisations around world. The quality of our programs and instructors are the reason for this high level of support. Updating is a necessary part to maintain our professional status. Our standards and educational programs are constantly monitored and improved. Those instructors who allow the qualification to lapse are not authorised to use Dr Lam and the Institute's name in their advertising.