



Join the  
TEAM

# T'AI CHI

## Instructor Training

### HOW ABOUT IT?

Join the team and learn to teach T'ai Chi whilst continuing your own personal growth.

### WHAT WE OFFER ?

- ✓ Personal Development
- ✓ Instructor Training



CONTACT SHEILA  
07904 526 944

[WWW.LFATAICHI.ONLINE](http://WWW.LFATAICHI.ONLINE)

# Welcome...

The LFA (Lee Family Arts) have provided T'ai Chi and Yoga classes for over 30 years. Our organisation has helped thousands of people enjoy the Arts and improve the quality of their health over the years.

The LFA is a caring profession, all of our Instructors are trained to a very high standard. All Instructors commit themselves to attending regular training courses to ensure that once qualified they maintain their own level of training.

Thank you for your interest in our instructor training program, I hope you find the following information useful and I look forward to working with you in the future.

Sheila Dickinson  
**Master Instructor &  
President of the LFA**



# LEVELS 1 & 2

## Instructor Training

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*Suitable for all students wishing to further their training and development. You will embark on a journey of self discovery as you add depth to the movements and your understanding. As the course evolves you will develop inner strength and self-confidence. At the end of the course, as well as the personal gain, you will have the training to enable you to teach the LFA T'ai Chi Short Form, the first 50 movements of the T'ai Chi Dance, Stick, Silk and Sword Form Sets and a selection of Taoist Yoga breathing exercises.*

**COST:** £1000

**DURATION:** 12 months

### **What's included:**

- 9 half day training sessions
- Unlimited access to online training materials
- Level 2 Award

### **Assessment:**

You will be assessed throughout the course and must complete all assessments successfully in order to complete the course and be awarded your qualification.

### **Additional Requirements:**

(not included in the cost of the course)

- Attendance to 9 full day training courses - £30 per day.  
Additional training and teaching assessments will take place on these days
- Full DBS disclosure
- First Aid Certificate
- LFA Insurance



# LEVELS 1, 2 & 3

## Instructor Training

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*This course is suitable for all students who wish to further their personal development and understanding as well as teach classes in the many aspects of the Lee Family Arts:*

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- *T'ai Chi Form (movements 1 -140)*
- *A wide range of Taoist Yoga breathing exercises*
- *The first 50 movements of the T'ai Chi Dance, Silk, Stick, Sword, Nunchaku, Fan, Whip.*
- *Vitality Set, Reflected Moon Set, Active Mist Set, Shou Phay Far*

**COST:** £2000

**DURATION:** 24 months

### **What's included:**

- 18 half day training sessions
- T'ai Chi Form, Dance, Stick, Silk, Sword, Nunchaku and Fan books.
- Level 3 Award
- Unlimited access to online training materials
- Once qualified you will receive assistance in setting up and marketing your classes.

### **Assessment:**

You will be assessed throughout the course and must complete all assessments successfully in order to complete the course and be awarded your qualification.

### **Additional Requirements:**

(not included in the cost of the course)

- Attendance to 18 full day training courses - £30 per day. Additional training and teaching assessments will take place on these days
- Full DBS disclosure
- First Aid Certificate
- LFA Insurance



# FAQs

## ***When does the training take place?***

The trainee half day courses are held in Hedon or Preston near Hull one Saturday per month. The full day courses are on the Sunday of the same weekend.

## ***Do I have to pay in full?***

You can pay in blocks of £500 prior to starting each module. The additional training days and Spring and Summer courses are payable on the day of attendance.

## ***Can you earn an income from teaching LFA T'ai Chi?***

Yes, we also teach you how to market your classes. The more effort you put into your marketing the more successful your classes will be.

## ***How can I be sure another LFA Instructor will not open a class in direct competition with mine?***

All LFA classes have to be approved by the LFA President and Master Instructor Sheila Dickinson. This ensures that our Instructors are not in competition with each other. In fact all LFA Instructors are very supportive of other Instructors.



# Joining the team

To book your place on the trainee instructor programme contact:

Sheila Dickinson

mobile: 07904 526944

email: [sheila@lfataichi.online](mailto:sheila@lfataichi.online)

website: [www.lfataichi.online](http://www.lfataichi.online)

