

LFA INSTRUCTOR TRAINING – Stage 1

Building the Foundations

Begin your journey towards becoming a qualified LFA T'ai Chi Instructor with a structured 12-month programme combining practical training, traditional LFA Arts and the essential skills required to teach safely and confidently.

Your Stage 1 Training

During Stage 1 you will learn and develop:

T'ai Chi Form

The complete LFA T'ai Chi Form — movements 1–140.

Traditional Form Sets

The first 50 movements of:

- T'ai Chi Dance
- T'ai Chi Stick
- T'ai Chi Silk
- T'ai Chi Sword

Taoist Yoga & Well-being Practices

A selection of Taoist Yoga breathing exercises, together with warm-up and close-down exercises to support safe and effective practice.

Teaching Skills & Safe Practice

Introduction to the practical skills required to begin developing as an LFA instructor, including:

- Health & safety
- Session planning
- Safe and appropriate delivery
- Developing confidence in demonstrating and explaining movements

What's Included

- **9 practical training sessions** (currently held at Inmans Primary School, HU12 8NL on Saturday's from 1pm – 4pm)
- **Unlimited access to online training materials** throughout your training.
- **Ongoing assessment and guidance** as you develop your knowledge, practical ability and teaching skills.
- **LFA Instructor Training - Stage 1 Award** on successful completion of the program.

Assessment

Assessment takes place throughout the course, allowing you to demonstrate your progress in both practical knowledge and teaching skills.

All required assessments must be completed successfully to achieve the **LFA Instructor Training - Stage 1 Award**.

Additional Requirements

To meet LFA Instructor requirements, you will also need:

- Full Enhanced DBS Disclosure
- First Aid Certificate
- LFA Insurance

These additional requirements are not included in the course fee.

Duration: 12 - MONTH PROGRAM

Cost: £1,000

9 Training Sessions • Online Learning • Assessment • Stage 1 Award

Your First Step on the LFA Instructor Pathway

Stage 1 provides the foundations on which your future instructor training is built — developing your own practice while beginning to acquire the knowledge, understanding and teaching skills needed to share the LFA Arts safely and effectively with others.