

LFA INSTRUCTOR TRAINING – Stage 2

Developing Your Knowledge

Stage 2 builds upon the foundations established during Stage 1, providing the opportunity to broaden your knowledge, deepen your personal practice and develop your understanding of the many aspects of the Lee Family Arts.

This 12-month program is suitable both for students who wish to continue their **personal development and understanding of the arts** and for those who wish to further develop the knowledge and skills required to **teach all the disciplines in LFA T'ai Chi classes**.

Your Stage 2 Training

During Stage 2 you will learn and develop:

Taoist Yoga & Breathing Practices

Explore a wider range of Taoist Yoga breathing exercises, developing a greater understanding of their practice, purpose and application.

Traditional Form Sets

The first 50 movements of:

- T'ai Chi Nunchaku
- T'ai Chi Fan
- T'ai Chi Whip

Health & Well-being Sets

Develop your knowledge and practical understanding of:

- Vitality Set
- Reflected Moon Set
- Active Mist Set
- Shou Phay Far

Throughout the program, you will continue to develop your understanding of how the different aspects of the Lee Family Arts can be practised, combined and taught safely and effectively.

Continuing Your Development

Stage 2 is about more than learning additional movements. It provides an opportunity to deepen your understanding of the principles behind the Arts and develop greater confidence in their practical application.

For those following the instructor pathway, the program also continues to develop your ability to plan, demonstrate and deliver appropriate sessions across the different aspects of the Lee Family Arts.

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 Stage 2 Award** on successful completion of the program.

Assessment

Assessment takes place throughout the course, allowing you to demonstrate your continued development in practical knowledge, understanding and, where appropriate, teaching skills.

All required assessments must be completed successfully to achieve the **LFA Instructor Training Stage 2 Award**.

Additional Requirements

To meet LFA Instructor requirements, you will also need:

- Full DBS Disclosure
- First Aid Certificate
- LFA Insurance

These requirements are not included in the course fee.

Duration: 12-MONTH PROGRAM

Cost: £1,000

9 Training Sessions • Online Learning • Assessment • Stage 2 Award

Continue Your LFA Journey

Stage 2 takes you beyond the foundations — expanding the range of arts you can practise and teach while developing a deeper understanding of the principles, movements and practices that make up the Lee Family Arts.