

LFA INSTRUCTOR TRAINING – Stage 3

Expanding Your Practice

Stage 3 continues your journey through the Lee Family Arts, building upon the knowledge, practical skills and teaching experience developed during Stages 1 and 2.

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 expand the range of disciplines they can **teach within LFA T'ai Chi classes**.

Your Stage 3 Training

During Stage 3, you will continue to develop the traditional T'ai chi Form and disciplines introduced during your earlier training.

Traditional Form Sets

Training progresses from movement 50 through to the end of the relevant training book for each discipline, extending your knowledge, practical ability and understanding of the Arts.

This includes:

- T'ai Chi Dance — through to movement 184
- T'ai Chi Stick — through to movement 150
- T'ai Chi Silk — through to movement 156
- T'ai Chi Sword — through to movement 150
- T'ai Chi Nunchaku — through to movement 150
- T'ai Chi Fan Form — through to movement 150
- T'ai Chi Whip — through to movement 100

Developing Greater Depth

Stage 3 provides the opportunity to move beyond the introductory sections of the traditional form sets and develop greater depth, continuity and understanding within each discipline.

As your own practice develops, you will continue to explore the principles that connect the different aspects of the Lee Family Arts, strengthening your movement, coordination, awareness and understanding.

For those following the instructor pathway, Stage 3 also develops the confidence and practical knowledge required to teach a broader range of LFA disciplines safely and effectively.

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 continue to develop your knowledge, practical ability and teaching skills.
- **LFA Instructor Training - Stage 3 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 teaching skills.

All required assessments must be completed successfully to achieve the **LFA Instructor Training - Stage 3 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: £500

9 Training Sessions • Online Learning • Assessment • Stage 3 Award

Expand Your LFA Journey

Stage 3 significantly broadens your knowledge across the Lee Family Arts, progressing each of the traditional disciplines beyond the first 50 movements and developing greater depth of practice, understanding and teaching experience.