

LFA INSTRUCTOR TRAINING – Stage 4

Deepening Understanding & Application

Stage 4 brings together the knowledge, practical skills and teaching experience developed throughout the LFA Instructor Training pathway.

This 12-month program is suitable both for students who wish to deepen their **personal development and understanding of the Arts** and for those who wish to further develop their ability to **teach the many disciplines of the Lee Family Arts with confidence, understanding and purpose**.

Your Stage 4 Training

During Stage 4, you will continue your development across the traditional LFA Form Sets while placing greater emphasis on understanding, application and effective teaching.

Traditional Form Sets

Continue your development through to the end of the following Form Sets:

- T'ai Chi Dance
- T'ai Chi Stick
- T'ai Chi Silk
- T'ai Chi Sword
- T'ai Chi Nunchaku
- T'ai Chi Fan
- T'ai Chi Whip

Training builds upon the movements covered during the previous stages, developing greater continuity, understanding and practical ability within each discipline.

Revisiting the T'ai Chi Form

Stage 4 returns to the complete T'ai Chi Form with a different emphasis.

Rather than simply knowing the sequence of movements, you will develop a deeper understanding of **why and how the movements are taught**, including:

- Understanding the application and purpose of movements
- Recognising the physical and well-being benefits of different movements
- Explaining those benefits clearly to students
- Observing posture, balance and movement within your class
- Selecting appropriate movements and exercises for different needs
- Adapting and tailoring your teaching to the individuals within your class
- Helping students understand not only *how* to perform a movement, but *why* they are doing it

From Practising to Understanding

Stage 4 is about bringing the different layers of your training together.

As your knowledge develops, the emphasis moves beyond learning sequences towards understanding how the Arts can be used and taught to support the individual.

For those following the instructor pathway, this means developing the confidence, observation skills and understanding to recognise that every class — and every student — is different.

Rather than simply teaching the same movements in the same way, you will learn to draw upon your wider knowledge of the Lee Family Arts to create safe, purposeful and appropriate sessions for the people you teach.

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 understanding, practical ability and teaching skills.
- **LFA Instructor Training - Stage 4 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 4 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.

12-MONTH PROGRAM

£500

9 Training Sessions • Online Learning • Assessment • Stage 4 Award

Bringing Your LFA Training Together

Stage 4 brings together movement, knowledge, observation and teaching — developing your ability to understand the Arts at a deeper level and, for those who teach, to use that knowledge to meet the needs of the individuals within their classes.