



Agar-Hutton Tai Chi Academy (AHTCA)

Instructor Program Overview

Developed by

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AHTCA Chief Instructor

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Program Introduction

The Agar-Hutton Tai Chi Academy (AHTCA) Instructor Program takes you through a rigorous and progressive training regime. Upon qualification, it will allow you to teach Tai Chi for health and exercise but with an understanding of the martial origins and capabilities of the art.

This approach allows for Tai Chi to be taught to...

- Anybody who wants to maintain their health and fitness.
- Anyone who is 'stressed' and needs to have a way to relax.
- People recuperating after injury or disease (With appropriate permission from their doctor or other medical experts).
- Those with balance issues or who want to improve their balance.
- Those suffering from anger issues who want to have a mechanism to aid anger prevention and control. (Note: Robert Agar-Hutton was a corporate coach for many years. He developed and taught programs to enable people to be Anger Management Coaches using a CBT methodology that included Tai Chi and Qigong principles)
- Anyone who wants to learn Tai Chi for its interesting approach to exercise and/or because of the Chinese cultural heritage that it includes.
- Anyone who wants to compete in Tai Chi form competitions.

After qualification, Instructors are required to renew their certification every year and this includes agreed time spent in additional and advanced training.

Participation in the training program and qualification and recertification at any level is at the absolute discretion of Robert Agar-Hutton.

There is no mandatory time for achieving any qualification level. It is only based on your ability to perform and to teach the required curriculum.

Participation in the Instructor Program requires you to be a member of the AHTCA Online Program and to meet the Instructor Level requirements for training sessions attended.

Upon achievement of each level of the program you will be allowed to style yourself as "Level 'x' Instructor in Agar-Hutton Tai Chi" or as "A level 'x' instructor of the Agar-Hutton Tai Chi Academy" for as long as you keep your instructor's certification current. Subject to the rules of the Academy in relation to appropriate behaviour.

The content and fees for this Instructor Program are correct as of the date of this document but may be subject to change, and for the latest version please contact Robert Agar-Hutton.

Training and Certification Fees

Online Training:

AHTCA Membership Site (discounted monthly rate)	US\$ 15.95
One hour one-to-one instructor training session	£55

'Real World' Training:

One hour instructor training session	£45
Two hour instructor training session	£80
One day instructor training session (5 hours training)	£180
Weekend training intensive (2 days of 5 hours training each day)	£320

Registration and recertification:

Teaching Apprentice registration fee (Only required if teaching own classes)	£175
Instructor registration fee (payable once on award of each level)	£250
Annual recertification fee for instructor levels 1 through 3	£150
Annual recertification fee for instructor level 4	£25

Teaching Apprentice

If an instructor candidate wants to teach Tai Chi before being awarded Level 1 certification, then the 'Teaching Apprentice' qualification is how they may do so.

It requires a commitment to training and supervision and allows the candidate to teach specific aspects of the Agar-Hutton Tai Chi method.

The training for Teaching Apprentice includes:

- Tai Chi technical understanding.
- Basic Tai Chi History and Philosophy.
- Basic First Aid awareness.
- Health and Safety awareness.
- Understanding the wants and limitations of your target demographic.

Warm Ups:

Set A; Set B

Tai Chi Forms:

8 Move 1 Step; 8 Move Energy

Qigong Routine:

5 Move Qigong

As a Training Apprentice you will agree to the following:

1. To have appropriate insurance cover.
2. To be DBS checked if working with children or vulnerable adults.
3. To attend a minimum of 2 hours of training (online or in person) a month.
4. To specifically and only teach the AHTCA Training Apprentice curriculum.
5. To be monitored (in person) in your teaching once in each of the first two months of running classes and once per quarter thereafter. There will be a fee charged for the monitoring, which will depend on the class location.

Candidates can attend one-hour or two-hour or weekend training sessions. Certificates of attendance will be issued, so that candidates can build a training record and portfolio.

Level 1 Instructor

The areas in which you will need to be trained (or have already had training) for the Level 1 Instructor certification are (in no particular order):

In addition to the training required for Teaching Apprentice certification:

- Tai Chi skills and performance.
- Qigong skills and performance.
- Basic class design.

The candidate for Level 1 Instructor must show the ability to perform and to teach the following:

Warm Ups:

Set A; Set B.

Tai Chi Forms:

8 Move 1 Step; 8 Move Energy; Dynamic; Tri-Chi; Short Balance Form.

Qigong Routines:

5 Move Qigong; 5 Elements Qigong.

Floating Hands:

Patterns 1 through 5.

Partner Work:

TBA – subject to Covid safety requirements for target student group.

The steps to qualification include the above and teaching and training performance evaluations including being monitored whilst teaching a class.

As a Level 1 Instructor you will agree to the following:

1. To have appropriate insurance cover.
2. To be DBS checked if working with children or vulnerable adults.
3. To attend a minimum of 2 hours of training (online or in person) a month.
4. To specifically and only teach the AHTCA Level 1 Instructor curriculum.
5. To be monitored (in person) in your teaching twice per year. There will be a fee charged for the monitoring, which will depend on the class location

Candidates can attend one-hour or two-hour or weekend training sessions. Certificates of attendance will be issued, so that candidates can build a training record and portfolio.

Level 2 Instructor

The areas in which you will need to be trained (or have already had training) for the Level 2 Instructor certification are (in no particular order):

In addition to the training required for Level 1 certification:

- Intermediate Tai Chi History and Philosophy.
- Coaching different students with different requirements.
- Advanced class design

The physical skills requirements for Level 2 are all Level 1 skills with fluidity and intent and the ability to perform and teach the following:

Warm Ups:

Set A; Set B; Set C; Set D.

Tai Chi Forms:

All previous forms plus Long Balance; 24 Move; Sun 13 Form.

Qigong Routines:

All previous routines plus Heaven & Earth Qigong.

Floating Hands:

Patterns 1 through 10.

Partner Work:

TBA – subject to Covid safety requirements for target student group.

Basic Applications:

TBA – subject to Covid safety requirements for target student group.

As a Level 2 Instructor you will agree to the following:

1. To have appropriate insurance cover.
2. To be DBS checked if working with children or vulnerable adults.
3. To attend a minimum of 2 hours of training (online or in person) a month.
4. To specifically and only teach the AHTCA Level 2 Instructor curriculum.
5. To be monitored (in person) in your teaching twice per year. There will be a fee charged for the monitoring, which will depend on the class location

Candidates can attend one-hour or two-hour or weekend training sessions. Certificates of attendance will be issued, so that candidates can build a training record and portfolio.

Candidates must teach Tai Chi regularly as an instructor in their own class, or as an assistant to Robert or Lee Agar-Hutton.

Level 3 and Level 4 Additional Requirements

Instructors wanting to progress to Level 3 and 4 must in addition to all the specific requirements of those levels, also show that they are doing one or more of the following:

- Attending AHTCA seminars/workshops/camps.
- Organising seminars/workshops/camps.
- Demonstrating Tai Chi at public events.
- Entering Tai Chi competitions.
- Visiting other instructors (in the UK or abroad) to broaden their own Tai Chi training.
- Promoting the art and study of Tai Chi to the general public.

Level 3 Instructor

The areas in which you will need to be trained (or have already had training) for the Level 3 Instructor certification are (in no particular order):

- Tai Chi technical understanding.
- Tai Chi History and Philosophy.
- Coaching individual students.
- Tai Chi skills and performance.
- Qigong skills and performance.

The steps to qualification include the above and teaching and training performance evaluations.

The physical skills requirements for Level 3 are all Level 1 & 2 skills at an improved level, and the ability to perform and teach the following:

Tai Chi Forms:

All previous forms plus Sun 38; Fan (all three parts); Four Winds Form.

Qigong Routines:

All previous routines plus Shi Ba Shi set 1; Standing Post.

Floating Hands:

Patterns 1 through 20.

Partner Work:

TBA – subject to Covid safety requirements for target student group.

Basic Applications:

TBA – subject to Covid safety requirements for target student group.

As a Level 3 Instructor you will agree to the following:

1. To have appropriate insurance cover.
2. To be DBS checked if working with children or vulnerable adults.
3. To attend a minimum of 2 hours of training (online or in person) a month.
4. To specifically and only teach the AHTCA Level 3 Instructor curriculum.
5. To be monitored (in person) in your teaching twice per year. There will be a fee charged for the monitoring, which will depend on the class location

Candidates can attend one-hour or two-hour or weekend training sessions. Certificates of attendance will be issued, so that candidates can build a training record and portfolio.

Candidates must teach Tai Chi regularly as an instructor in their own class, or as an assistant to Robert or Lee Agar-Hutton.

Level 4 Instructor

The areas in which you will need to be trained (or have already had training) for the Level 4 Instructor certification are (in no particular order):

- Tai Chi technical understanding.
- Training an AHTCA instructor to Level 1.
- Tai Chi skills and performance.
- Qigong skills and performance.

All Level 1 to Level 3 curriculum plus additional skills to be discussed and agreed. i.e. The Level 4 curriculum will vary depending on what areas of Tai Chi the instructor wants to focus on.

The steps to qualification include the above and teaching and training performance evaluations.

Candidates can attend one-hour or two-hour or weekend training sessions. Certificates of attendance will be issued, so that candidates can build a training record and portfolio.

Candidates must teach Tai Chi regularly as an instructor in their own class, or as an assistant to Robert or Lee Agar-Hutton.

Instructor Program Application Form

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I (*Insert full name*)

of (*Address*)

.....

.....

Telephone No:

Wish to apply for instructor training with the Agar-Hutton Tai Chi Academy (AHTCA) and understand and agree that:

1) Participation in the program:

- a) Is not a guarantee that I will be able to attain any specific qualification.
- b) Does not ensure qualification at any level as it is at the absolute discretion of Robert Agar-Hutton.
- c) Is subject to paying the appropriate fees.

2) After qualification:

- a) I will have acceptable instructor insurance in place whenever teaching.
- b) I will not use the appellation of AHTCA Instructor (or any similar designation) unless my registration with AHTCA is current.
- c) My status as an instructor and right to call myself an Agar-Hutton Tai Chi instructor (or similar) may be terminated if I am convicted of any crime or behave in any way likely to bring the name or reputation of the Agar-Hutton Tai Chi Academy into disrepute.

Signature:

Date:/...../.....

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Email address (PLEASE PRINT): _____

Date of Birth: ____/____/____

Give details of previous Tai Chi experience (if any):

Do you suffer from any of the following (Please tick as appropriate):

Diabetes	<input type="checkbox"/>	Epilepsy	<input type="checkbox"/>	Haemophilia	<input type="checkbox"/>	Migraine	<input type="checkbox"/>
Hepatitis	<input type="checkbox"/>	Asthma	<input type="checkbox"/>	Heart disorder	<input type="checkbox"/>	Nervous disorder	<input type="checkbox"/>
Physical disability	<input type="checkbox"/>	HIV/AIDS	<input type="checkbox"/>				

NONE OF THE ABOVE

Do you have any other physical or psychological condition or disability that may affect your ability to train in or teach Tai Chi in an environment that requires contact with other people - Yes/No

If yes, please give details:

Do you have medicine that you might require in an emergency? - Yes/No

If yes, please give details:

Please note that you are advised to consult your GP before participation in any form of exercise.

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Is there any other information which you think might affect or influence your participation? Yes/No

If yes, please give details:

Covid-19

Have you had the recommended Covid -19 vaccinations - Yes/No

Will you have any future Covid-19 vaccinations that are recommended by the NHS - Yes/No

Please note, that you can train whether or not you have been vaccinated but if NOT, then you will not be allowed to take part in or teach partner work.

To be accepted into the Instructor Program you MUST tick the boxes in the questions below to signify acceptance.

1 - Please tick this box to acknowledge that you have answered the above questions fully and truthfully and that you understand that membership of the Agar-Hutton Tai Chi Instructor Program is dependent on adhering to the rules of the Academy.

2 - Please tick this box to acknowledge that you understand that and accept that as with any exercise or martial arts training there is some degree of personal risk.

3 - Please tick this box to acknowledge that we may keep your contact details on our computer system (note, we do not keep your medical details on computer) and that we may contact you via phone, text, email, or via post in order to advise you of any matter relating to the program.

4 - Please tick this box to acknowledge that we may include you in pictures and videos that we take during training sessions for publicity or any other purposes.

Signature: _____ Date ___/___/___