

Advice to New Teachers

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Whether you were recently accredited to teach T'ai Chi Chih or have been teaching many years and want to take a fresh look at your teaching, here's some suggestions.

Practice, Practice, Practice

Our personal TCC practice is the heart of our teaching. As we know, the purpose of TCC is to circulate and balance the Chi. It is from our own experience of the flow of the Chi that our best teaching comes. As we daily give ourselves the gift of TCC, we refill our body, mind and spirit so we can give to our students from our overflow.

Regular TCC practice gives us so many invaluable benefits Isn't that why we became teachers?...to share those benefits with others! Practice also enhances our ability to move well so that we model how to move the TCC way for our students.

Teach, Teach, Teach

Start teaching NOW. Don't wait until you have it all figured out...or until you know more...or until you do "Pulling Taffy" perfectly! Students will be drawn to you for what you have to share with them NOW. So share what you know NOW, and continue to improve your form.

Teach anyone who wants to learn TCC. No matter how small the class, it will benefit them & give you teaching experience. Just as we get better at doing TCC with practice, so we get better at teaching with practice. When I began teaching in 1984, I taught more than one class for just one or two people. It benefited me as much as it did them!

Give as many presentations as you can. This is still the most effective way to form classes. That's why giving a sample presentation was part of your Teacher Training experience! By educating people on what TCC is and how it can benefit them, plus giving them an experiential "taste" of TCC, they naturally want to take a class. If you were to do an average of one presentation a week for two months, you would most likely have all the classes you care to teach!

Let Prajna, the Inherent Wisdom aspect of the Chi, guide you to the places to give presentations and to teach TCC. Look for the "open doors" and walk through them! You might ask your Self the question, "How does TCC want to express through me?" If you've been teaching a while ask, "How does TCC want to express through me newly?"

Re-read and refer often to your Teachers Manual and notes from Teacher Training Practice teaching them as you watch yourself in a mirror. At the same time practice . Before each class, review teaching tips for the movements you will teach that day. what to say to convey your instructions simply, clearly and concisely with as few words as

possible. Excess verbage keeps students in their heads instead of the soles of their feet, so keep it simple!

Connect, Connect, Connect

Connect with other TCC teachers in your area. It is especially sweet to practice TCC with other teachers! If your area doesn't have a TCC Teacher Meeting and/or Practice, start one. Connect by email, by phone, in person, whatever works; but do connect and support each other so you know that you are not alone out there.

Stay in contact with teachers from your Teacher Training. You share a special bond and understanding with them. It is well worth staying connected and encouraging each other as you begin teaching. Lifelong friendships may develop!

Connect with our International TCC Community. Plan ahead to attend the annual Teachers Conference. It is empowering & inspiring to do TCC with 150 teachers! Consider it part of your continuing education and growth as a TCC teacher. You can find out about this year's Conference August 9-12 in New Jersey at www.taichichih.org

Audit a Teacher Training within a year of being accredited. It will be a very different experience than your accreditation course, and you will learn so much! Continue to audit a Teacher Training at least every 3 years. Once you are accredited, the only charge to audit is a minimal facility use fee (usually \$10-15 per day) plus of course your room and board. What a bargain!

Attend whatever TCC Workshops, Retreats and Intensives you can. These are ideal opportunities to refine and deepen your TCC practice while connecting with others in our TCC Community.

As you Practice, Teach and Connect, the Chi will evolve you, teach you, and connect you with the Universal Chi and the Cosmic Rhythm of Life. Enjoy teaching T'ai Chi Chih!