

I. CATALOG DESCRIPTION:

A. Department Information:

Division: Physical Education, Athletics & Health
Department: Physical Education
Course ID: PE/I 190 X 4
Course Title: Tai Chi
Units: 1
Lecture: None
Lab: 3 Hours
Prerequisite: None

B. Catalog and Schedule Description:

This course is designed to study and practice Tai Chi (a moving meditation) from the introductory through advanced levels. The history, research, and benefits of Tai Chi will be examined, and the basic 12, 24, and 42 FORMS of Tai Chi will be explored. The course will include individual and group instruction and practice.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four

III. EXPECTED OUTCOMES FOR STUDENTS

A. On successful completion of level one of this course, the student should be able to:

1. Describe a brief history of Tai Chi
2. List the four major Tai Chi styles
3. Demonstrate a basic understanding of life energy (Qi)
4. Describe the basic health benefits of Tai Chi
5. Demonstrate the ability to practice Tai Chi safely
6. Demonstrate the 12 basic moves of Tai Chi
7. Demonstrate proper warm up and cool down techniques
8. Define ten common terms used in Asian martial art

B. On successful completion of level two of this course, the student should be able to:

1. Describe the flow of the meridians
2. Demonstrate mastery of the basic 12 movements
3. Demonstrate the 24 forms of Tai Chi smoothly in a group setting
4. Describe how Tai Chi can be used in disease prevention
5. Define twenty common terms used in Asian martial art
6. Demonstrate a basic understanding of the meridians

C. On successful completion of level three of this course, the student should be able to:

1. Demonstrate mastery of the 24 forms of Tai Chi
2. Demonstrate the first half of the 42 forms of Tai Chi
3. Demonstrate the moving meditation to achieve physical and mental balance
4. Define 30 common terms used in Asian martial art

D. On successful completion of level four of this course, the student should be able to:

1. Demonstrate the 42 forms of Tai Chi
2. Demonstrate mastery of Tai Chi breathing skills
3. Demonstrate mastery of the moving meditation with mental balance and focus
4. Define 40 common terms used in Asian martial art

IV. CONTENT:

- A. Introduction
 - 1. Definition of Tai Chi Chuan
 - 2. Benefits of Tai Chi
 - 3. Where to practice
- B. History of Tai Chi
 - 1. Creation of Tai Chi
 - 2. Zhang-Feng theory
 - 3. Wang Zong-Yue theory
 - 4. Chen Wang-Ting theory
 - 5. Yang Lu-Chan
- C. Health Benefits of Tai Chi
 - 1. Improved muscular strength
 - 2. Improved balance and flexibility
 - 3. Pain relief
 - 4. Achieve peace and harmony within oneself
 - 5. Stress reduction
 - 6. Prevent fall
 - 7. Enhance immune system
- D. Safety Practices
 - 1. Before starting
 - 2. During the practice
 - 3. After practice
- E. Learning Tai Chi
 - 1. Purpose
 - 2. Where to find a good teacher
 - 3. Patience and persistence
 - 4. How to use books and video
 - 5. Find a partner or group
 - 6. Have fun
- F. Location for Tai Chi
 - 1. Safe surroundings
 - 2. Loose, comfortable clothing and flat, well-fitting shoes
- G. Precautions for Tai Chi
 - 1. Do not discriminate
 - 2. Know first aid and contact person
 - 3. Know medical condition
- H. Common Terms Used in Asian Martial Art
 - 1. Yin and Yong
 - 2. Five element (Wuxing) theory
 - 3. Quan (fist or martial art)
 - 4. Qi (Chi, energy)
 - 5. Qigong (chi kung)
 - 6. Yi (the mind)
 - 7. Jin
 - 8. Jian
 - 9. Gonfu (Kungfu)
 - 10. Meridians
 - 11. Accupressure points
- I. Major Tai Chi Styles
 - 1. Chen
 - 2. Yang
 - 3. Wu
 - 4. Sun
- J. Qigong Exercises and the Meaning of Energy (Qi)
 - 1. Qi and Dan Tian

- 2. Posture awareness
- 3. Environment awareness
- 4. Breathing methods
- K. Warm Up and Cool Down Skills
 - 1. The feet and legs position
 - 2. Loosen and massage the body parts
 - 3. Stretching exercise, neck, head, shoulders, spine
 - 4. Rotation exercise, arms, hips, legs, and ankles
- L. The 24 Forms of Tai Chi
- M. The 42 Forms of Tai Chi

V. METHODS OF INSTRUCTION:

- A. Lecture
- B. Demonstration
- C. Video
- D. Guest speaker

VI. TYPICAL ASSIGNMENTS:

- A. Review and critique lecture notes and discuss in class
- B. Demonstrate and successfully perform Tai Chi techniques
- C. Read and critique an article on Tai Chi benefits
- D. Maintain journal of Tai Chi experiences

VII. EVALUATION:

- A. Methods of Evaluation:
 - 1. Methods of evaluation for first semester students
 - a) Skill tests – form analysis on basic Tai Chi techniques
 - b) Written assignments on basic history and benefits of Tai Chi
 - c) Written mid-term exam
 - d) Written final exam
 - 2. Methods of evaluation for second semester students
 - a) Skill tests – form analysis on low intermediate Tai Chi techniques
 - b) Writing assignments on low intermediate history and benefits of Tai Chi
 - c) Written mid-term exam
 - d) Written final exam
 - 3. Methods of evaluation for third semester students
 - a) Skill tests – form analysis on high intermediate Tai Chi techniques
 - b) Writing assignments on high intermediate history and benefits of Tai Chi
 - c) Written mid-term exam
 - d) Written final exam
 - 4. Methods of evaluation for fourth semester students
 - a) Skill tests – form analysis on advanced Tai Chi techniques
 - b) Writing assignments on advanced history and benefits of Tai Chi
 - c) Written mid-term exam
 - d) Written final exam
- B. Frequency of Evaluation:
 - 1. Skill testing every 3-4 weeks
 - 2. Written assignments every 6 weeks
 - 3. Exams at mid-term and end of semester

VIII. TYPICAL TEXT(S):

Master Liang, Shou-Yu & Wu. Wen-Ching, Edited by Denise Breiter. Tai Chi Chuan: 24 & 48 Postures with Martial Applications, Rosindale, 1996.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS: Loose comfortable clothes, comfortable soft shoes, and a towel