
COURSE DESCRIPTION

This practical course provides a basic introduction to the theory and benefits of Yang style Tai Qi Chuan. Students will learn and practice the first one third of the classic Yang style form set, with an emphasis on the proper breathing techniques and body movements.

LEARNING OBJECTIVES

Students will practice slow relaxing movements used to improve balance, coordination and timing. These will be used to reduce stress, strengthen the immune system, improve concentration and cultivate qi. The classical Yang style activates the eight Extraordinary channels (chi mai), balances the five Zang (solid organs) and six Fu (hollow organs). Tai Chi Chuan is meditation in movement.

COURSE PREREQUISITIES

None

REQUIRED TEXTS

RECOMMENDED TEXTS

Classical Yang Style Tai-Chi Chuan By Master Mary Chow
Mastering Yang Style Tai Chi Chuan By Fu Zhongwen
Tai Chi Touchstones: Yang Family Secret Transmissions By Douglas Wile
The Harvard Medical School Guide to Tai Chi By Peter Wayne

COURSE REQUIREMENTS

Out-of-Class Work

To successfully complete the program, students need to plan studying a minimum of 2 hours out-of-class for each academic in-class hour; and half an hour out-of-class for each hour of clinical training.

80% = Attendance and Participation
10% = Mid-Term Examination
10% = Final Examination

Grading Scale: 100-90% A, 89-80% B, 79-70% C, 69% and below F

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SPECIAL NOTES

Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)
Tai Chi Qi Gong Warm Up Exercises

1. Preparation
2. Beginning Form
3. Grasp Sparrows Tail

CLASS TWO

4. Single Whip
5. Lift Hands Upward
6. Crane Spreads Its Wings

CLASS THREE

7. Brush Knee Twist Step
8. Playing Pi Pa
9. Brush Knee Twist Step

CLASS FOUR

10. Playing the Pi-Pa
11. Brush Knee Twist Step
12. Advance Step, Deflect Down, Parry and Punch

CLASS FIVE

13. Apparent Close Up
14. Cross Hands (Completion of the First Section)

CLASS SIX
Mid-term Examination

15. Carry Tiger to the Mountain
16. Fist Under the Elbow

CLASS SEVEN

17. Repulse the Monkey
18. Diagonal Flying
19. Lift Hands Upward

CLASS EIGHT

20. Crane Spreads Its Wings
21. Brush Knee Twist Step
22. Needle at the Bottom of the Sea

CLASS NINE

23. Fan Through the Back
24. Turn Body, Chop with Fist
25. Advance Step, Deflect Down, Parry and Punch

CLASS TEN

26. Grasp Sparrows Tail

Review for Final Exam

Course Code **OM350**
2 Units
20 Hours

EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
TAI CHI I

O'Connor, Tim
Fall 2019

CLASS ELEVEN

Final Examination (Execution of Postures Learned)

REFERENCE MATERIAL

FACULTY INFO

O'Connor, Tim

Please check with instructor during class to get updated contact info.

310.721.2033

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