Taiji

I. Course Description:
Taiji Kine 1133

II. Rationale:
Taijiquan or T’ai Ch’i Chuan (translated as the Grand Ultimate Fist) is an ancient Chinese martial art used for health, self-defense and self development. Taiji is performed with slow and graceful movements. Taiji is also a form of meditation and is used for relaxation and stress reduction.

Taijiquan emphasizes relaxation and good body mechanics rather than physical strength and can be learned by almost anyone regardless of age, gender or physical ability. Taiji is a low stress exercise that uses natural body movements.

Qi or chi is thought by the Chinese to be our life energy. Imbalances of Qi are believed, by the Chinese, to be the cause of all physical, mental and emotional sickness. Taiji is considered an advanced form of qigong. Qigong or Chi Gong exercises are ancient Chinese exercises that involve the mind, breath and movement. These exercises help to create a calm, natural balanced energy that can improve health and increase strength.

III. State Adopted Proficiencies for Teachers and/or Administrators/Counselors
N/A

IV. TExES Competencies
N/A

V. Learning objectives:
The student will learn:
X Learn basic exercises and stretches from Chinese martial arts.
X Learn Taiji walking.
X Learn the 24 movement Taiji form.
X Learn basic Qigong exercises.
X Learn basic push hands exercises.
X Learn martial applications of the Taiji postures.
X Learn basic concepts of Chinese Taoist and yin/yang theory.
VI. Course topics
The major topics to be considered are:
- Stance and Posture
- Breathing
- Qigong Exercises
  - Quan Qi Fa
  - Taiji Qigong
- 24 Movement Yang Taijiquan
- Tu'ei Sou - Push Hands

VII. Instructional methods and activities:
A. Traditional experiences - lecture/discussion, demonstration, drill and video.
B. Clinical experiences - Practice exercises and drills with partners.
C. Field experiences - Optional seminar participation possible with different instructors.

VIII. Evaluation and grade assignment:
Attendance and participation: 50%
Tests:
- Midterm: 10%
- Final: 30%
- Magazine article or book report - typed 10%

The report should be on a related area, Taiji, Qigong, Chinese medicine or Chinese philosophy. The article can come from a book, a magazine or the internet. If from the internet, print out the article and hand it in. The report should be one page, double spaced and in 12 point Times New Roman font. One inch margins.

IX. Course schedule and policies:
Students are allowed two unexcused absences. Each non-excused absence is worth 3% of your final grade. Being late to class three times will count as one absence. Nonparticipation will count as an absence unless due to injury or illness. There are options for making up classes. Twelve or more absences that are not made up may result in failure.
Students must put away all electronic devices and any notes before accepting tests. Failure to do so will result in a zero for that test.

**Academic Integrity/Plagiarism**

University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, forgery, or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.) In this class, academic misconduct or complicity in an act of academic misconduct on an assignment or test will result in a zero for that assignment or test.

**Dropping a Class**

I hope that you never find it necessary to drop this or any other class. However, events can sometime occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, **you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form.** Just stopping attendance and
participation WILL NOT automatically result in your being dropped from the class.

X. **Textbook**

The textbook adopted for this course are:

"A Guide To Taijiquan: 24 and 48 Postures with Applications"

By Liang Shou-Yu and Wu Wen-Ching.

XI. **Bibliography**

The knowledge bases that support course content and procedures include:

Thirty years of martial arts training.

XII. **Grade Appeals**

As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule 13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at [http://www.tamucc.edu/provost/university_rules/index.html](http://www.tamucc.edu/provost/university_rules/index.html). For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

XIII. **Disabilities Accomodations**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Driftwood 101.

If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.

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Day 1 1-11 History, theory, posture and stance.
Taiji walking.

Commencing.

Part the wild horses mane.

White crane spreads its wings.

Brush knee and press (step forward).

Play the (lute) Pipa.

Repulse like monkey. Reverse reeling forearm.

Left Grasp sparrow’s tail.

Right Grasp sparrow’s tail.

Single whip.

Wave hands like clouds.

Single whip and High pat on horse.

Right heel kick.

Review and Qigong

Review and push hands

Double wings to ears. Strike to ears with both fists.


Review and Qigong.

Written midterm.

Turn body and left heel kick.

Left lower body and stand on one leg.

Qigong.

Right lower body and stand on one leg.

Spring Break

Shuttle back and forth.

Review.

Push hands.

Qigong.

Needle at sea bottom and Fan through the back.

Turn body, deflect, parry and punch.

Qigong.

Appears closed.

Cross hands.

Closing.

Review and Push hands.

Review and Qigong.

Review and Push hands.

Review and Qigong.

Review and Push hands.

Review and Qigong.

Review forml.

Review for final

Final