I. Course Description:
Taiji Kine 1133

II. Rational:
Taijiquan or T’ai Ch’i Chuan (translated as the Grand Ultimate Fist) is an ancient Chinese internal 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. Course Objectives/Student Learning Outcomes
This course is designed to enable students to:
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:
  A. Methods and Percentage of Final Course Grade Each Assessment Constitutes
     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 first page of 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.
  B. Grading Scale
     A: 90-100
     B: 80-89
     C: 70-79
     D: 60-69
     F: 0-59

IX. Course schedule and policies
  A: Tentative Course schedule:
     Day 1  1-21 History, theory, posture and stance.
     2  1-23 Taiji walking.
     3  1-26 Commencing.
     4  1-28 Part the wild horses mane.
     5  1-30 White crane spreads its wings.
     6  2-02 Brush knee and press (step forward).
     7  2-04 Play the (lute) Pipa.
     8  2-06 Repulse like monkey. Reverse reeling forearm.
     9  2-09 Left Grasp sparrow’s tail.
    10  2-11 Qigong.
    11  2-13 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.


Turn body and left heel kick.

Review and Qigong.

Written Midterm

Left lower body and stand on one leg.

Spring Break

Qigong.

Right lower body and stand on one leg.

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.

Review.

Review.

Review.

Review for final.

Final.

Attendance/Tardiness

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 (exceptions possible for injury or illness). Ten or more absences that are not made up may result in failure.

Late work and make-up exams

There are options for making up approved University business and pre-approved absences. Students have two weeks to make up an absence, after that the absence may count against their grade. Students are allowed one week to make up missed exams.
Cell phone/electronic device usage

No using cell phones or any other electronic devices during class. 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.

No food or gum during class.

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, falsification, forgery, complicity or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.)

Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved.

Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:
1. Written reprimand.
2. Requirement to re-do work in question.
3. Requirement to submit additional work.
4. Lowering of grade on work in question;
5. Assigning grade of 'F' to work in question;
6. Assigning grade of 'F' for course;
7. Recommendation for more severe punishment, such as dismissal from the program or from the University.

See the University Catalog for more information.

Dropping a Class

I hope that you never find it necessary to drop this or any other class. However, events can sometimes 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. (Include date for semester) is the last day to drop a class with an automatic grade of “W” this term.

Preferred methods of scholarly citations

Classroom/professional behavior

Texas A&M University-Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary sanction outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.
Statement of Civility (can be in place of classroom/professional behavior)

Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

Grade Appeals

As stated in University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures, 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 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. For assistance and/or guidance in the grade appeal process, students may contact the Dean’s office in the college in which the course is taught or the Office of the Provost.

Disabilities Accommodations

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 Corpus Christi Hall 116.

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.

Statement of Academic Continuity

In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.

X. Required Reading

Textbook:
"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.