

SUMMER OPENING SERIES CLASSES

FOR NON-MATRICULATED STUDENTS

Opening Series is a selection of 11-week courses that provide an introduction to basic concepts in Oriental Medicine.

These classes are an integral component of Emperor's College master's degree program and academic units are awarded for each class.

If you decide to enroll in the master's degree program your credits will transfer.

Tai Chi I – Chen Style

OM352 | 2 Units

Mon 9:00am – 11:00am

Chen style tai chi is regarded as the oldest of the five major tai chi styles (Chen, Yang, Wu, Hao, and Sun). It is known for its low stance (chan si jin) and bursts of short, fast, explosive power (fa jin). It is more physically demanding than other forms of tai chi and combines athleticism with internal qi cultivation. In this class, students gain understanding of the history and theory of Chen style tai chi through the practice of basic principles, breathing techniques, movements, and centering techniques.

Tai Chi I – Sun Style

OM353 | 2 Units

Tues 7:00am – 9:00am

Sun style tai chi is considered a “fusion style” tai chi, incorporating movements from Hao style tai chi and other forms of internal martial arts, namely ba gua and hsing-yi. It is best known for its smooth, flowing movements which omit the more physically vigorous crouching, leaping, and striking movements of some other styles. Its gentle postures and high stances make it very suitable for those looking for health benefits and for the senior community. In this class, students gain understanding of the history and theory of Sun style tai chi through the practice of basic principles, breathing techniques, movements, and centering techniques. *Meets at Douglas Park, 1155 Chelsea Ave, Santa Monica.*

Introduction to Herbal Medicine

HB300 | 2 Units

Tues 12:30pm – 2:30pm

Learn major herb groups, Chinese botanical nomenclature and an understanding of important herbs from the Oriental pharmacopoeia including individual properties such as flavor, entering meridians, functions and medicinal uses.

Fundamentals of Oriental Medicine

OM315 | 4 Units

Tues 5:30pm – 9:30pm

This class provides the groundwork of basic principles and theories of Oriental Medicine including Yin-Yang Theory, Five Elements, Eight Principles, Etiology, Qi, Blood, Body Fluids, Zang Fu and other paradigms of TCM. It also establishes a solid foundation for all future studies in Oriental Medicine.

Art of Meditation

EL143 | 2 Units

Wed 10:00am – 12:00pm

In this class you will study the fundamental philosophy, form and practice of meditation. You will be introduced to breathing, sitting and mindfulness techniques which will foster increased awareness of internal qi, yin and yang organs, and the meridian system.

Medical Qi Gong I

OM351 | 2 Units

Wed 1:00pm – 3:00pm

Students practice breathing, posture, relaxation, energy movement and mind-regulating techniques that empower a direct experience of Qi with the ability to direct it therapeutically. *Meets at Douglas Park, 1155 Chelsea Ave, Santa Monica.*

Nei Gong

EL726 | 2 Units

Wed 6:30pm – 8:30pm

Nei Gong exercises are part of the Nei Jia tradition that involves “inner development”, mental and physical stillness, designed to produce relaxation. Through the movements and postures of Nei Gong, it's possible to engage the circulatory system to produce specific therapeutic effects. One of the many benefits of Nei Gong exercises is the relaxation of blood vessels, nerves, muscles and sinews to enhance health and well being.

Tai Chi I – Wu-Hao Style

EL737 | 2 Units

Thurs 7:00am – 9:00am

Wu-Hao Tai Chi is a distinctive style with small, subtle movements; highly focused on balance, the practitioner will experience an increase in sensitivity and the development of internal Chi. A rare style today, Wu-Hao is one of the 5 recognized family styles of Tai Chi. Wu-Hao is known to produce great therapeutic benefits without using strenuous postures. The Wu-Hao style served as an inspiration for the creation of Sun style Tai Chi. *Meets at Douglas Park, 1155 Chelsea Ave, Santa Monica.*

Plant Medicine of the West

EL535 | 3 Units

Thurs 6:00pm – 8:00pm

Get an introduction to principles and theories of Western herbology, including adaptogens and tonifications. Dive into scientific data and present research on Western herbal medicines. Learn how to choose specific herbs, teas, and spices for the treatment of organ system diseases, imbalances, and psychological conditions.

Shiatsu

EL202 | 3 Units

Thurs 6:00pm – 9:00pm

This is an introductory course for Anma/Shiatsu massage. This course introduces students to two of the primary Japanese manual therapies: Anma is a manual therapy method using kneading and tapping techniques; Shiatsu directly translates as “Finger Pressure”. Anma and shiatsu access the meridian system and have been shown to enhance circulation, reduce stress and promote wellbeing. Students will learn proper body mechanics and techniques, and will develop the sensitivity and skills necessary for applying these methods.

Students must have a minimum of 60 semester units (90 quarter units) of undergraduate coursework to enroll.

Cost: \$185.00 per unit plus \$45.00 non-refundable registration fee.

Register early as classes fill up. Schedule is subject to revision. Call to confirm class days and times.

11 Week Summer Quarter Begins **Friday, June 26, 2015**

Register at www.emperors.edu/newsandevents

Contact admissions@emperors.edu or (310) 453-8300 x119 for more information



Part 1

Personal Data -

Please submit a photo

Application Date / / Applying for: ☐ Winter ☐ Spring ☐ Summer ☐ Fall Year:

☐ New student ☐ Transfer student Name of OM Institution:

☐ Full-time student ☐ Part-time student

Legal Name

Last Name (Family Name)

First

Middle (Maiden)

Address

Mailing Address, if different

Prior Name(s)

Social Security Number

Home Phone () Work Phone ()

Mobile/Pager () E-mail

Date of Birth / / Place of Birth

Month

Day

Year

City

State

Country

CITIZENSHIP

Do you plan to apply for financial aid? ☐ Yes ☐ No If yes, please complete Part 4 of the Application for Admission

☐ US/Dual US Citizen If dual, specify other citizenship

☐ Other citizenship: Country Visa type

☐ US Permanent Resident visa, Green Card Number Citizen of

ACADEMIC INFORMATION

Institution/Location

Major/Degree

Dates Attended/Units completed

Institution/Location

Major/Degree

Dates Attended/Units completed

Institution/Location

Major/Degree

Dates Attended/Units completed

(Continued on reverse)



Part 1

Personal Data

EMPLOYMENT INFORMATION

Name of Employer	Location	Position	Phone	Dates of Employment

How did you find out about the MTOM Program at Emperor's College?

What were the most important factors in your decision to apply to Emperor's College?

EMERGENCY CONTACTS (Please list two)

Name	Relationship to applicant
Address	Phone ()

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Address	Phone ()

ETHNIC BACKGROUND (Information in this section will be used for statistical analysis only and is strictly voluntary)

- ☐ African American/Black ☐ American Indian/Alaskan Native ☐ Asian/Pacific Islander
☐ Hispanic/Latino(a) ☐ White/Caucasian ☐ Other

I certify that the information supplied by me on this application is true and correct to the best of my knowledge. If any of the information on this form changes between now and my matriculation at Emperor's College, I will notify the Director of Admissions. I understand that failure to do so may result in withdrawal of my application and/or the offer of admission.

Signature _____ Date _____

Opening Series Registration Form

Introduction: Opening Series students are limited to Opening Series classes only. There is no minimum or maximum number of credit units Opening Series students may take. Academic credit is awarded for all classes which is fully transferable into the master's degree program.

Procedure:

1. Mail this form, along with the Opening Series application, the \$45 non-fundable registration fee and 50% of course tuition fees to Emperor's College Admissions Department.
2. Pay the remaining tuition balance by the end of the first week of the quarter. (late payments are subject to a \$30 late fee).
3. For classroom assignment and text book information contact the Admissions Department at 310-453-8300.

Name: _____ **Date:** _____

Quarter: ☐ Fall ☐ Winter ☐ Spring ☐ Summer **Year:** _____

Academic Courses \$185 per unit; \$45 Registration						
Add/Drop	Code	Course	Instructor	Day	Time	Units
<input type="checkbox"/> Add <input type="checkbox"/> Drop						
<input type="checkbox"/> Add <input type="checkbox"/> Drop						
<input type="checkbox"/> Add <input type="checkbox"/> Drop						
<input type="checkbox"/> Add <input type="checkbox"/> Drop						
<input type="checkbox"/> Add <input type="checkbox"/> Drop						
<input type="checkbox"/> Add <input type="checkbox"/> Drop						

Please be aware of our policy for DROPPING courses: All students must notify the Administration Office if he/she chooses to drop a course. There is a \$25 fee for each course dropped. Tuition refunds are prorated for each week of class instruction that has passed.

I am aware of my responsibilities regarding payment for Opening Series classes and understand that I must notify Emperor's College admissions department immediately if I decide to drop the course(s) I have registered for. I agree to pay associated fees and tuition charges related to this registration.

Student signature

Date

Office Use Only

☐ **Approved**

Authorized signature

Date