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

Upon completion of this course, the student will have mastered the first one third of the Yang Style Tai Chi Chuan.

COURSE PREREQUISITIES

None

REQUIRED TEXTS

**Classical Yang Style Tai-Chi Chuan** By Master Mary Chow

RECOMMENDED TEXTS


COURSE REQUIREMENTS

60% = Attendance and Participation
20% = Mid-Term Examination
20% = Final Examination

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

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 given ½ absence towards attendance. 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 earn an F in that class and/or be referred to the Academic Dean for professionalism.

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)
Introduction to Traditional Tai-Chi Chuan: The Tao, Yin-Yang, Five Elements, Eight Trigrams, History, Types of Forms, Basic Principles, Benefits.

Tai Chi, Qi Gong, Warm-up, Rooting and Grounding, Opening and Grasp the Sparrow’s Tail.
Introduction to "Tou-Shou/Push Hands"
CLASS TWO
Single Whip, Raise Hands & Step Up

CLASS THREE
White crane spreads Wings, Right Brush Knee, Playing the Pi-Pa.
Push Hands.

CLASS FOUR
Left Brush Knee, Right Brush Knee, Playing the Pi-Pa, Right Brush Knee

CLASS FIVE
Step up, Parry and Punch, Apparent closing up, Cross Hands

Practice & Review

CLASS SIX
**Mid-term Examination (20%)**

Carry Tiger to the Mountain, Punch under Elbow

CLASS SEVEN
Step Back and Repulse the Monkey

CLASS EIGHT
Diagonal Flying, Raise Hands, White Crane Spreads Wings, Brush Knee.

CLASS NINE
Needle at the Bottom of the Sea, Fan through Arms

Push Hands.

CLASS TEN
Chop opponent with Fist, Step Up Deflect Downward, Parry and Punch, Grasp Sparrows Tail, Single Whip
Practice & Review

CLASS ELEVEN
**Final Examination (20%)**

REFERENCE MATERIAL

FACULTY INFO

O’Connor, Tim
Please check with instructor during class to get updated contact info.
310.721.2033
tim@taichiworx.com
Course Code: OM350

2 Units

EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS

TAI CHI I

O'Connor, Tim
Fall 2017