



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 Masters program and academic units are awarded for each class. If you decide to enroll in the Masters Degree program your credits will transfer.

Opening Series is an excellent opportunity for prospective students who are considering applying to the Masters degree program to further explore their interest in Oriental Medicine.

Below is a list of *Opening Series* classes that Emperor's College offers. Courses start at the beginning of each quarter.

Opening Series Classes Offered Every Quarter

Fundamentals of Oriental Medicine OM315 4 Units
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. Establishes a solid foundation for all future studies in Oriental Medicine.

Introduction to Herbal Medicine HB300 2 Units
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.

Rotating Classes in Opening Series

Philosophy of Oriental Medicine OM300 2 Units
Explore the theories and thought processes that form the origin and developmental roots of Oriental Medical concepts. The philosophy will be examined in terms of the 3 treasures, Confucianism, Taoism, and Buddhism, and their contribution to the medicine. *Recommended Prerequisite: Fundamentals of Oriental Medicine.*

Introduction to Meditation I EL141 1 Unit
Introduction to Meditation II EL 142 1 Unit
A quiet weekly meditation class, covering an array of meditation traditions and techniques. The health benefits of meditation exercises will be discussed as well as the importance of meditation in the cultivation of becoming a superior healer. Meditation II enhances your practice through guided meditations focusing on the *yin* organs.

Medical Qi Gong I OM351 2 Units
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 Avenue, Santa Monica.*

Advanced Qi Gong II EL250 2 Units
This class will cover basic and advanced forms of Chinese and Tibetan systems, including ancient and modern approaches to Qi Gong. A new system will be introduced each week. *Meets at Douglas Park, 1155 Chelsea Avenue, Santa Monica.*

Tai Chi I – Yang Style OM350 2 Units
Tai Chi II – Yang Style EL730 2 Units
Yang Style Tai Chi is the most well-known and widely practiced style of tai chi in the world. This practical course provides a basic introduction to the theory and benefits of Yang Style Tai Chi. Students will learn and practice the first one-third of the classic Yang-style long-form set with an emphasis on proper breathing techniques and body movements. Tai Chi II expands the knowledge and skills of Tai Chi I, presenting advanced movements and theory. *Meets at Douglas Park, 1155 Chelsea Avenue, Santa Monica.*

Tai Chi I – Chen Style OM352 2 Units
Tai Chi II – Chen Style EL731 2 Units
Chen Style Tai Chi is regarded as the oldest of the five major tai chi styles (Chen, Yang, Wu, Hao and Sun). Chen Style Tai Chi is known for its low stances (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
Tai Chi II – Sun Style EL732 2 Units
Sun Style Tai Chi is considered a "combination style" tai chi, incorporating movements from Hao Style Tai Chi and other forms of internal martial arts, namely ba gua and hsing-si. Sun style is best known for its smooth, flowing movements and gentle postures. In this class, students gain understanding of the history and theory of Sun Style Tai Chi through basic principles, breathing techniques, movements, and centering postures. Sun Style Tai Chi II expands the knowledge and skills of Sun Style Tai Chi I, presenting advanced movements and theory. *Meets at Douglas Park, 1155 Chelsea Avenue, Santa Monica.*

Yang Style Tai Chi Sword EL735 2 Units
Based on the traditional Yang Style Tai Chi form, the 32 Yang Sword Form applies the same principles of movement for relaxation, yielding and use of softness to overcome force. This form provides a connection between oneself and an inanimate object. *Meets at Emperor's College courtyard.*

Acupressure EL206 2 Units
Learn techniques to release various parts of the body, to balance endocrine function, calm the heart and mind, and perform effective acupressure treatments.

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

Cost: \$160.00/unit plus \$45.00 registration fee per quarter.

All Tai Chi and Qi Gong classes are available for non-credit at \$80.00/unit plus \$45 registration fee.

Classes are subject to change.

For more information on a class schedule and how to enroll in an upcoming Opening Series Class, contact Emperor's admissions department.