

The College of William and Mary
Department of Kinesiology & Health Sciences

KINE 106 Tai Chi

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Course Description

T'ai Chi Ch'uan (now more often spelled Tai Ji Quan), translated as the Supreme Ultimate Fist, is a centuries-old Chinese discipline for health, relaxation, meditation, self-defense, and self-cultivation. Sometimes called Taoist yoga, it emphasizes relaxation and inner calm rather than physical strength. It is practiced slowly in circular patterns while coordinating the upper and lower body.

This course will teach the student the T'ai Chi style known as the 24, simplified form, derived from the Yang Family Style and adopted by Chinese State Committee of Sports in 1956.

The challenge to the Western student after learning the individual postures is to coordinate them into a relaxed and free-flowing system supported by deep, slow breathing while the mind is totally focused on the movement. When these exercises – so different from those of the West – are mastered, the student will experience increased energy and oxygen flow, a lower metabolic rate, and a general sense of calm and well-being.

Course Credit

1 credit hour

Pre-Requisite

An open mind and a desire to learn and practice. This is a BEGINNING course.

Course Objectives

Upon completion of the course the student will be able:

- To follow the instructor in executing each posture, first by learning the movement of the lower body, then the upper body, and finally combining them to complete the form.
- To act as an instructor in groups of 2-4, mastering the commands for postures and thus internalizing them.
- To perform the postures in such a manner that the four limbs are working from the waist as the center of gravity with the eyes following the hands, forming a circle of smooth and continuous movement without interruption.
- To execute the 24 postures in 5 to 8 minutes.
- To acquire insight into Chinese culture and philosophy.

Course Content

This course will include the 24 postures:

1. Commence
2. Part the Wild Horse's Mane (both sides)
3. White Crane Spreads Its Wings
4. Brush Knee (both sides)

5. Pluck the Lute
6. Step Back to Repulse Like a Monkey
7. Grasp the Bird's Tail (left side)
8. Grasp the Bird's Tail (right side)
9. Single Whip
10. Wave Hands Like Clouds
11. Single Whip
12. High Pat on Horse
13. Kick with Right Heel
14. Strike Opponent's Ears with Both Fists
15. Turn and Kick with Left Heel
16. Snake Creeps Down, and Golden Rooster Stands on One Leg (left side)
17. Snake Creeps Down, and Golden Rooster Stands on One Leg (right side)
18. Fair Maiden Throws the Shuttle (both sides)
19. Needle at the Bottom of the Sea
20. Fan Through the Back
21. Turn to Deflect Downward, Parry and Punch
22. Apparent Close-Up
23. Cross Hands
24. Closure

Course Evaluation

Student must pass in all three areas to receive a passing grade.

1. **Attendance: YOU MUST BE HERE!** Students are expected to be at all scheduled class meetings. Students receive academic credit for participating in activity classes. More than three absences constitutes a FAILING GRADE! These absences should be reserved by the student in cases of illness, job interviews and other emergencies. There are no "excused" absences. Students who have valid medical excuses may be advised to withdraw, take a medical withdrawal or in rare cases, take an incomplete. The instructor will base this decision on individual circumstances. **BE HERE ON TIME!!** If you come in after attendance, it is your responsibility to come to the instructor and advise he/she of your presence. If you come in late or leave early, you receive ½ credit for attendance that day.
2. Participation: Students are expected to participate in all class activities.
3. At the end of the course, each student will demonstrate proficiency in the postures evaluated by five standards: harmony, balance, accuracy, tempo, and flow.

Required Items

Good, supportive and protective athletic shoes (no sandals), appropriate athletic clothing/clothing that allows freedom of movement (no tight jeans).

Text

Course handouts

NOTE: Remember that active participation is a must!!