

**TAIJIQUAN PHED1691**

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Course Description

This course introduces students to taijiquan by means of Master Yang Yang's Evidence Based Taijiquan form and qigong meditation. The course employs form, qigong, silk reeling and push hands to develop students' awareness of mind-body connection. These principles are highly transferable to every day life by heightening one's awareness of the surrounding environment.

Course Objectives

In this course you will:

- Gain a general understanding of taiji and qigong concepts and principles
- Learn basic movements drawn from a traditional Chen Style Taiji long form
- Reduce stress and nurture a more relaxed, efficient approach to movement
- Learn foundational techniques of qigong meditation
- Apply principles of these movements to daily living

Course Requirements

- Students must adhere to the attendance policies of the Barnard Physical Education department (see Grading and Attendance handout.)
- Be present and ready to participate when class starts. Attendance is taken at 9:00.
- Awake in time to eat or drink something and use the restroom before coming to class.
- No special equipment is needed to practice Taiji and you may dress as you wish, but you will probably be most comfortable in loose clothing that covers your legs.
- Wear comfortable flat shoes with soft bottoms. Sneakers are ok. Or don't wear shoes at all: you may exercise barefoot or wear heavy socks if you prefer. Avoid high heels and thick soles. Leather-soled shoes are not permitted on the gymnasium floor.

Classroom Behavior Expectations

1. No unnecessary talking during class (More gong fu, less tongue fu)
2. Listen carefully, follow instructions and ask questions when needed.
3. If pain or weakness develops, notify instructor immediately, cease training and have a rest until you feel better (pain = **no** gain) or (no pain = **much** gain)
4. Show respect for your teacher and fellow students by not discussing or practicing other "Arts" during class time.
5. Do not come to class if you have a cold or an illness which could be contagious to others.
6. No unsupervised martial or push hands competition with fellow students. Do no harm to anyone. Do not practice martial applications or chin na with force. The purpose of applications is primarily to deepen understanding of the form, not to demonstrate martial superiority or aggression.

### Tentative Course Outline

Week/Dates	Class Focus	
1 <sup>st</sup> week:	Introduction to class, Form 1: Preparation/qigong	
2 <sup>nd</sup> week:	Form 2: Lazy about tying /qigong	
3 <sup>rd</sup> week:	Form 2: Lazy about tying coat /qigong	
4 <sup>th</sup> week:	Form 3: Fist under elbow /qigong	
5 <sup>th</sup> week:	Form 4: Step back/qigong	
6 <sup>th</sup> week:	Form 4: Step back/qigong/Review	
7 <sup>th</sup> week:	Qigong/Step back	
8 <sup>th</sup> week:	Push hands	
9 <sup>th</sup> week:	Form 5 part the horse's main/qigong	
10 <sup>th</sup> week:	Form 6: Wave hands through clouds/qigong	
11 <sup>th</sup> week:	Form 6: Wave hands through clouds/qigong	
12 <sup>th</sup> week:	Form 7: Finishing/qigong/Review	
13 <sup>th</sup> week:	Demonstrations	

#### Recommended Reading

Yang Yang with Scott Grubisich (2005). *Taijiquan: The art of nurturing, the science of power*. Champaign, IL: Zhenwu Publications.

*T'ai Chi Magazine, Building Skills with 3 Core Methods*, (Vol. 19 No. 1- February, 1995. Interview by Marvin Smalheiser  
Available on-line at <http://www.centerfortaiji.com/articles/coremethods.html>

*T'ai Chi Magazine, Integrating Mind and Body*, (Vol. 24 No. 3- June 2000) An Interview with Grandmaster Feng Zhiqiang. Interview by Yang Yang and Scott A. Grubisich Available on-line at <http://www.centerfortaiji.com/articles/integrating.html>

*Best Taiji Practices*. White paper initially drafted by Dr. Yang Yang for the National Expert Meeting on Qigong and Taiji held November, 2005 at the University of Illinois. Available on-line at <http://www.centerfortaiji.com/articles/BestTaijiPractices.doc>