

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 46 - Tai Chi Chuan**

**1.5 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** NONE

**Transfer Status:** CSU/UC

17 hours Lecture

34 hours Lab

This course is an introduction to the ancient Chinese art of Tai Chi Chuan. The course covers terminology, history, and philosophies associated with Tai Chi Chuan. Students will learn Tai Chi moves, Chi Gung exercises and their purpose that will help them in movement and attitude.

### II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. explain the history and general philosophy of Tai Chi Chuan.
- B. identify the differences between Tai Chi and Chi Gung exercises.
- C. discuss the benefits of Tai Chi Chuan to health and wellness.
- D. define the terminology specific to Tai Chi Chuan.
- E. perform the meditation and breathing techniques of Tai Chi Chuan.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Introduction: Health and Safety	2.00
2. History and Chinese Terminology	2.00
3. Differences Between Tai Chi Form and Chi Gung Exercises	3.00
4. Stretching Techniques	2.00
5. Standing Meditations, Movement Meditations, and Breathing Techniques	3.00
6. Flying Crane – Loosening Joints	1.00
7. Swimming Dragon – Balancing Metabolism	1.00
8. Tai Chi Basics	1.00
a. Brush Knees	
b. Cat Stance	
c. Cloud Hands	
d. Push Hands	
9. Practice and Refinement	2.00
Total Hours	17.00

Lab	
<u>Topics</u>	<u>Hours</u>
1. Introduction: Health and Safety	2.00
2. History and Chinese Terminology	3.00

3. Differences Between Tai Chi Form and Chi Gung Exercises	4.00
4. Stretching Techniques	4.00
5. Standing Meditations, Movement Meditations, and Breathing Techniques	4.00
6. Flying Crane – Loosening Joints	3.00
7. Swimming Dragon – Balancing Metabolism	3.00
8. Tai Chi Basics	7.00
a. Brush Knees	
b. Cat Stance	
c. Cloud Hands	
d. Push Hands	
9. Practice and Refinement	4.00
Total Hours	34.00

#### **IV. METHODS OF INSTRUCTION**

- A. Lecture
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Discussion
- D. Demonstrations
- E. Reading Assignments
- F. Multimedia Presentations
- G. Drill/Practical

#### **V. METHODS OF EVALUATION**

- A. Demonstration
- B. Homework
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical Evaluations

#### **VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Research articles that allow you to compare and contrast Tai Chi form and Chi Gung exercises. Be prepared to discuss your findings in class.
  - 2. Read an article that describes the history and basic philosophy of Tai Chi Chuan. Be prepared to discuss in small groups.
- B. Writing Assignments
  - 1. Write a paper that describes the breathing techniques that are used in the practice of Tai Chi Chuan.
  - 2. Write an essay that explains several of the health and wellness benefits of practicing Tai Chi Chuan. Include your own personal health and wellness goals for this course.
- C. Out-of-Class Assignments
  - 1. Watch demonstrations online of the following Tai Chi Chuan techniques: Brush Knees, Cat Stance, Cloud Hands, Push Hands and be prepared to discuss in class.
  - 2. Maintain journal entries for a minimum of two weeks. Document your progress with proper breathing techniques, standing meditations, form, and balance.

#### **VII. RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. The student will be required to provide:
  - a. Athletic apparel (loose fitting clothing, sweatpants, loose fitting t-shirts)
  - b. Tai Chi shoes-flexible, thin, flat-soled shoes
- B. Other materials and/or equipment will be provided by the department.

**Created/Revised by:** Mario Vela

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