

PE 127 BEGINNING TAI CHI CHUAN
(Spring 2010, TTh 11:30 to 12:45 pm)

I Instructor: Dr. Yang, Guibao

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Office hour: MWF: 11:00 to 11:45 am

MWF: 2:00 to 2:30 pm

Office: Gym 103 H

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Location: Williams Hall

TTh: 11:00 to 11:30 am

3:45 to 4:30 pm

Catalog Description:

Through Tai Chi Chuan forms and movements, one develops coordination, flexibility, improvement of level of concentration, and acquires stress release techniques. Discussion of Eastern culture is included. Tai Chi Chuan is a form of Chinese martial arts and exercise form that involves breathing exercise, meditation, slow, graceful, and precise body movements to enhance a balance of the internal and external environment, body and mind connection, and mental and muscular relaxation to improve individual health and wellness.

Course Objectives:

At the conclusion of the course, students will:

1. Explain the philosophy of Tai Chi Chuan and its history.
2. Apply the terminology and basic principles of Tai Chi Chuan.
3. Demonstrate basic techniques such as stance, hand movement, body movements, punching, blocking, striking, and kicking.
4. Learn how to relax, deeply concentrate and meditate.
5. Improve personal health and fitness.
6. Demonstrate 24 Yang Style Tai Chi Chuan Form.
7. Learn to apply Tai Chi Chuan techniques for self-defense.

Course Topics:

- A. Lectures: Class orientation, general introduction; history, legend, styles and development of Tai Chi Chuan; principles, philosophy, and fundamental knowledge of Tai Chi Chuan; current research on Tai Chi Chuan and benefits of practicing Tai Chi Chuan; Ying Yang theory and its relationship with Tai Chi Chuan; features and characteristics of Tai Chi Chuan
- B. Class Activity: Learning Simplified 24 Yang Style Tai Chi Chuan Form
- C. Tai Chi Qi Gong meditation exercises.

Instructional Activities and Methodology:

A developmental and systematic approach will be employed for teaching. Students will be provided with a variety of practice sessions and activities to improve their cognitive knowledge and motor skills.

Evaluation:

A. Skill Tests (35%) 350 points

Test 1: Tai Chi Chuan Form 1-6	30
Test 2: Tai Chi Form Chuan 7-12	30
Test 3: Tai Chi Form Chuan 13-18	30
Test 4: Tai Chi Form Chuan 19-24	30
Final Test: 24 Simplified Tai Chi Chuan Form	230

B. Written Exams (30%) 300 points

First Exam:	100
Second Exam:	100
Final Exam:	100

C. Participation and Motivation (350 %) 350 points

Students will earn **250 points** toward their final grade if they do not miss more than **two (2)** classes.

Students will earn **100 points** if they are motivated and actively participating all of the activities of the class (it is my subjective evaluations to each student).

D. Grading Summary:

A=920–1000 A-= 900-919 B+=880–899 B=820-879 B-800–819 C+=780–799
C=720- 799 C-=700-719 D+=680-699 D=620–679 D-=600-619 F=0 – 599

Class Attendance Policy:

- A. You are expected to attend all of the class at the scheduled times, thus tardy and absence will be counted and considered for your final grade. **There are no UNEXCUSED absences in this class.** If you have to miss a class, it has to be **serious illness or emergencies** and you have to communicate with me before/after in order to arrange in making up your missed work. **The Maximum two (2) absences (one-week class) may be allowed with my consensus.** You must communicate with me before or immediate after you plan or have missed a class for whatever reasons you have.
- B. After allowed 2 absences, each following absence will face consequence of deduction of points off from your participation grade.

3 absences= -50, 4 absences= -100, 5 absences= -200, 6 absences= 300, 7 absences= -400 F grade for the class
- C. Religious Holidays approved by the college may be excused. However, you must inform me and seek approval in advance for each of the holidays. You may also be responsible to make up the missed classes if it is needed.

- D. Students are expected to come to the class on time. If you arrive after roll-call, you are late. You are allowed to be late for **two times without a penalty**. After two times, **each time you late will be a deduction your grade: Late 5min=10p, 10min=15p 15min=20p 20min=25p etc.**
- E. Under the special circumstances, **I may give** opportunities to let a student to make up his/her absences if I consider the absences to be reasonable and the student has no control of the situations. For example, if you have to use your allowed three absences for illness and emergency legitimately, and you cannot help to miss more classes than you are allowed to miss, in this case, **it is your responsibility to initiate the meeting with me and present to me the justifiable reasons and record for the missed classes**. I will discuss with you and make decision accordingly. **If such a meeting called upon by you and you are giving opportunities to make up those missed classes, you are responsible to give effort and make them up within certain period of time.**

Honor Code:

Oxford College considers any academic misconduct such as cheating of any form on a quiz, examination or homework to be a very serious offense. Any students not adhering to the honor code policy will be subject to likely consequences of disciplinary probation, suspension, and/or dismissal from the college.

General Requirements and Information

- A. No food, drinks, or gum chewing is allowed in the class.
- B. Dress: Loose sports wear, t-shirts, shorts, sweat pants and so on are required and highly recommended. **No Jeans except Lecture time. Failure to wear proper Gym cloth may result in a penalty absence.**
- C. Try not to wear jewelry during classes.
- D. Attention: Class activities may include vigorous exercises. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature (e.g., weak knee joint, history fainting etc.). If you have a condition which would limit your potential for fulfilling the requirements of this class you should have your physician fax a letter immediately to me stating a) the nature of the limitation(s) and b) his/her suggestions for activities which would help you meet the requirements of this course.
- E. Text Book:

No textbook, I will provide some handouts.

PE 127		TTh	Beginging Tai Chi Chuan Calendor
W		Day	Activities
	January		
1	14	Th	Introduction
2	19	T	Introduction and skill preparation
	21	Th	Lecture and Skill practice
3	26	T	Skill practice
	28	Th	Lecture and Skill practice
	February		
4	2	T	Skill practice
	4	Th	Written Exam 1
5	9	T	Skill Test 1, Form 1-6 and skill practice
	11	Th	Go over Exam 1 and Skill practice
6	16	T	Skill practice
	18	Th	Lecture and Skill practice
7	23	T	Skill practice
	25	Th	Lecture and Skill practice
	March		
8	2	T	Skill practice
	4	Th	Skill Test 2, Form 7-12
9	9		Spring break – No class ☺
10	16	T	Skill practice
	18	Th	Lecture and Skill practice
11	23	T	Skill practice
	25	Th	Written Exam 2 Skill Test 3, Form 13-18
12	30	T	Lecture and Skill practice
	April		
	1	Th	Skill practice
13	6	T	Skill practice
	8	Th	Skill practice
14	13	T	Skill Test 4, Form 19-24
	15	Th	Final Skill Test and Exam Reviewing
15	20	T	Final Skill Test and Exam Reviewing
	22	Th	Final Skill Test: 24 form of Tai Chuan
16	27	T	FINAL EXAM

All dates and activities are subject to change. Instructor will give proper notice of such change(s).