

PE 127 BEGINNING TAI CHI CHUAN
(Fall 2008, MWF 11:45 to 12:35 pm)

Instructor: Dr. Yang, Guibao
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Office hour: MWF: 11:15 to 11:45 am
 MW: 3:15 to 3:45 pm

Office: Gym 103 H
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Location: Williams Hall
TTh: 4:00 to 5:00 pm
Also by an appointment.

Catalog Description:

Through practicing Tai Chi Chuan forms and movements, students improve their mental concentration, balance, coordination, and flexibility. Students also acquire stress release techniques. Discussion of Eastern culture is included. Tai Chi Chuan is a form of Chinese martial arts and an 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: Simplified 24 Yang Style Tai Chi Chuan Form
- C. Tai Chi Qi Gong meditation exercise.

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 (35%)

350 points

| | |
|---|-----|
| First Exam: | 100 |
| Second Exam: | 100 |
| Third Exam: | 100 |
| (One of the lowest exams' grades will be dropped) | |
| Final Exam: | 150 |

C. Participation and Motivation (30 %)

300 points

Students will earn **200 points** toward their final grade if they do not miss more than **three (3)** 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=900 – 1000 B=800 – 890 C=700 – 790 D=600 – 690 F=0 – 590

Class Attendance Policy:

- A. You are expected to attend the class at the scheduled times, thus tardy and absence will be counted and considered for your final grade. The Maximum **three (3)** absences (one-week class) will be allowed without penalty for the semester. **These three allowances are only to be used for illness and emergencies. There are no UNEXCUSED absences in this class.** It is strongly suggested that you communicate with me before and after you miss the class for whatever the reason you have.
- B. After 3 absences, each consecutive absence will result deducted points from your participation grade. **50 points will be deducted for the next**

two absences, and 100 points will be deducted from the Sixth absence and after. If you miss more than eight classes, you automatically fail the class.

- C. Religious Holidays approved by the college may be excused if you inform me **in advance** of the holiday.
- 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 **two (2) times**. After two times, **10 points will be deducted automatically from each tardy**.
- E. Under the special circumstances, I may give opportunities to let a student to make his/her absences if I consider the absences to be reasonable for example, family emergency and accident etc. The student must give me the solid reasons why he/she misses each class.

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 and glasses worn should be secured.
- 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.

Text Book:

Tai Chi Chuan: From Theory to Practice, Guibao Yang, Pearson.

| PE 127 | | MWF | Beginning Tai Chi Chuan Calendar |
|--------|------------------|-----|---|
| W | Month | Day | Activities |
| | August | | |
| 1 | 27-Aug | W | Introduction |
| | 29-Aug | F | Skill preparation |
| | September | | |
| 2 | 1-Sep | M | Labor Day-No class |
| | 3-Sep | W | Skill practice |
| | 5-Sep | F | Skill practice |
| 3 | 8-Sep | M | Skill practice |
| | 10-Sep | W | Lecture |
| | 12-Sep | F | Skill practice |
| 4 | 15-Sep | M | Skill practice |
| | 17-Sep | W | Lecture |
| | 19-Sep | F | Skill Test 1, Form 1-6 |
| 5 | 22-Sep | M | Skill practice |
| | 24-Sep | W | First Written Exam and Lecture |
| | 26-Sep | F | Skill practice |
| | October | | |
| 6 | 29-Sep | M | Skill practice |
| | 1-Oct | W | Go over First Written Exam and Lecture |
| | 3-Oct | F | Skill practice |
| 7 | 6-Oct | M | Fall Break |
| | 8-Oct | W | Lecture |
| | 10-Oct | F | Skill Test 2, Form 7-12 |
| 8 | 13-Oct | M | Fall Break-No class |
| | 15-Oct | W | Lecture |
| | 17-Oct | F | Skill practice |
| 9 | 20-Oct | M | Skill practice |
| | 22-Oct | W | Second Written Exam |
| | 24-Oct | F | Skill practice |
| 10 | 27-Oct | M | Skill practice |
| | 29-Oct | W | Go over Exam 2 and Lecture |
| | 31-Oct | F | Skill Test 3, Form 13-18 |
| | November | | |
| 11 | 3-Nov | M | Skill practice |
| | 5-Nov | W | Lecture |
| | 7-Nov | F | Skill practice |
| 12 | 10-Nov | M | Skill practice |
| | 12-Nov | W | Skill practice |
| | 14-Nov | F | Third Written Exam |
| 13 | 17-Nov | M | Skill Test 4, Form 19-24 |
| | 19-Nov | W | Final Exam Reviewing |
| | 21-Nov | F | Skill practice |
| 14 | 24-Nov | M | Skill practice |
| | 26-Nov | W | Thanksgiving Recess |
| | 28-Nov | F | Thanksgiving Recess |
| | December | | |
| 15 | 1-Dec | M | Final Skill Test Review |
| | 3-Dec | W | Final Skill Test 24 Tai Chi Chuan Form |
| | 5-Dec | F | Final Exam Review |
| 16 | 8-Dec | M | Final Exam |

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