

**PE 127 BEGINNING TAI CHI CHUAN**  
**(Spring 2009 Tue. & Th. 2:30 to 3:45 pm)**

**Instructor:** Dr. Yang, Guibao

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**Office hour:** : MWF: 11:50 to 12:50 pm

**Also by an appointment**

**Office:** Gym 103 H

**Fax:** 770-784-4677

**Location:** Williams Hall

**TTh:** 1:30 to 2:30 pm

**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 the balance of the internal and external environment of the body, promote body and mind connections, 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. Qi Gong meditation exercise, Self-defense, Pushing Hands

**Instructional Activities and Methodology:**

A developmental and systematic approach will be employed for teaching. Students will have a variety of classroom lecture sessions, discussions, 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' grade will be dropped)	

Final Exam:	150
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### C. Participation and Motivation (30 %) 300 points

Students will earn **200 points** for 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 two (2) classes (one-week class) will be allowed 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 or immediately after you have missed any class for any reasons you might have. I may or may not ask why you miss the class; it is your responsibility to initiate the communication with me and keep the record for each of your absence.**
- B. After 2 allowed absences, **each of the following absence will be penalized with a deduction of your participation's grade points. Five percent (5%) 50 points will be deducted for absence three to five (3-5). Ten per cent (10%) 100 points will be deducted for number six (6). After that, if one has seven (7) or more absences, one automatically fails 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, **10 points will automatically be deducted from each tardy**.
- 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 two absences for illness and emergency legitimately, and you cannot help to miss more classes, 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 cell phone**, food, drinks, or gum chewing is allowed in the class.
- B. Dress: Loose sportswear, 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 not be allowed to take part in the class and marked as an 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 me 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		TTh	Beginging Tai Chi Chuan Calendor
W		Day	Activities
	<b>January</b>		
1	15	Th	Introduction
2	20	Tues	Introduction and skill preparation
	22	Th	Lecture and Skill practice
3	27	Tues	Skill practice
	29	Th	Lecture and Skill practice
	<b>February</b>		
4	3	Tues	Skill practice
	5	Th	<b>Written Exam 1</b>
5	10	Tues	<b>Skill Test 1, Form 1-6</b> and skill practice
	12	Th	Go over Exam 1 and Skill practice
6	17	Tues	Skill practice
	19	Th	Lecture and Skill practice
7	24	Tues	Skill practice
	26	Th	Lecture and Skill practice
	<b>March</b>		
8	3	Tues	<b>Skill Test 2, Form 7-12</b>
	5	Th	<b>Written Exam 2</b> and Skill practice
9	10	Tues	<b>Spring break – No class ☺</b>
10	17	Tues	Skill practice
	19	Th	Lecture and Skill practice
11	24	Tues	Skill practice
	26	Th	<b>Skill Test 3, Form 13-18</b> and skill practice
12	31	Tues	Lecture and Skill practice
	<b>April</b>		
	2	Th	<b>Written Exam 3</b> and Skill practice
13	7	Tues	Skill practice
	9	Th	<b>Skill practice</b>
14	14	Tues	<b>Skill Test 4, Form 19-24</b>
	16	Th	<b>Final Skill Test and Exam Reviewing</b>
15	21	Tues	<b>Final Skill Test and Exam Reviewing</b>
	23	Th	<b>Final Skill Test: 24 form of Tai Chuan</b>
16	28	Tues	<b>FINAL EXAM</b>

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