

**PE 127 BEGINNING TAI CHI CHUAN**  
**(Fall 2009, TTh 11:30 to 12:45 pm)**

**Instructor:** Dr. Yang, Guibao

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

MW: 2:00 to 2:30 pm

**Office:** Gym 103 H

**Fax:** 770-784-4677

**Location:** Williams Hall

**TTh:** 10:30 to 11:30 pm

**Also by an appointment.**

**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 (35%) 350 points

First Exam:	100
Second Exam:	100
Third Exam/presentation	100
(One of the lowest exams' grades will be dropped)	

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

Students will earn **200 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=900 – 1000 B=800 – 890 C=700 – 790 D=600 – 690 F=0 – 590**

## 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. The Maximum **two (2)** absences (one-week class) will be allowed without penalty for the semester. **These two allowances should only be used for serious illness and emergencies. There are no UNEXCUSED absences in this class.** It is strongly suggested that you communicate with me before or immediate after you plan or have missed a class for whatever reasons you have.
- B. After allowed 3 absences, each following absence will face consequence of deduction of points off from your participation grade. **50 points will be deduced for each absence number three and four, (3-4). 100 points will be deducted for each absence number five and six (5-6). If you have seven (7) or more absences, you will automatically fail this 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 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.

#### **Text Book:**

No textbook, I will provide some handouts.

**PE 127 TTh Beginging Tai Chi Chuan Calendor**

<b>W</b>		<b>Day</b>	<b>Activities</b>
	<b>August</b>		
1	27-Aug	Th	Introduction
	<b>September</b>		
2	1-Sep	Tues	Introduction and skill preparation
	3-Sep	Th	Skill practice
3	8-Sep	Tues	Lecture and Skill practice
	10-Sep	Th	Skill practice
4	15-Sep	Tues	Lecture and Skill practice
	17-Sep	Th	Lecture and <b>Skill Test 1, Form 1-6</b>
5	22-Sep	Tues	<b>Written Exam 1 and</b> Skill practice
	24-Sep	Th	Go over Exam 1 and Skill practice
	<b>October</b>		
6	29-Sep	Tues	Lecture and Skill practice
	1-Oct	Th	Skill practice
7	6-Oct	Tues	Lecture and Skill practice
	8-Oct	Th	<b>Skill Test 2, Form 7-12</b>
8	13-Oct	Tues	<b>Fall break – No class</b> ☐
	15-Oct	Th	Skill practice
9	20-Oct	Tues	Lecture and Skill practice
	22-Oct	Th	Skill practice
10	27-Oct	Tues	<b>Written Exam 2 and</b> Skill practice
	29-Oct	Th	<b>Skill Test 3, Form 13-18</b>
	<b>November</b>		
11	3-Nov	Tues	Lecture and Skill practice
	5-Nov	Th	Skill practice
12	10-Nov	Tues	Lecture and Skill practice
	12-Nov	Th	Skill practice
13	17-Nov	Tues	<b>Written Exam 3 and</b> Skill practice
	19-Nov	Th	<b>Skill Test 4, Form 19-24</b>
14	24-Nov	Tues	<b>Final Skill Test and Exam Reviewing</b>
	26-Nov	Th	<b>Thanksgiving Day-no class</b>
	<b>December</b>		
15	1-Dec	Tues	<b>Final Skill Test and Exam Reviewing</b>
	3-Dec	Th	<b>Final Skill Test: 24 form of Tai Chuan</b>
16	8-Dec	Tues	<b>FINAL EXAM</b>

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