

# PHED 18: BEGINNING TAI CHI (TAIJI)

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Combatives family of activity courses; not open to students with credit in PHED 19A.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

## Student Learning Outcomes

- Demonstrate improved coordination, flexibility and balance by incorporating the basic techniques of Tai Chi.
- Analyze the relationship of mind-body through the practice of Tai Chi

## Description

Introduces the fundamentals and principles of Taijiquan. Emphasizes body alignment in stillness with natural breathing and its relationship to mind-body awareness. Traditional Chen-style Taijiquan Lao Jia (Old Frame) first routine and the standing posture with breathing exercises (Wuji Qigong) will be practiced to facilitate the development of basic body strength and mind-body coordination.

## Course Objectives

The student will be able to:

1. Understand the history, evolution, and philosophy of Taijiquan
2. Practice the first section of the Chen Taijiquan first routine with proper body alignment and coordination
3. Recognize the values of Taijiquan as a means to achieve health and to gain knowledge in a martial arts system that fosters self-defense
4. Demonstrate increased awareness, coordination, flexibility, balance, and strength by incorporating the basic techniques and principles of Taijiquan
5. Implement Taiji and breathing exercises as a means of managing stress, aligning major acupressure points to achieve optimal body posture in order to maximize internal energy flow (qi)

## Course Content

1. History and background
  - a. Chinese origins: how and why this art was created in China by Chen Wangting (1600-1680); Chen-style Taijiquan is the original

system, from which all five major Taijiquan styles in China were directly or indirectly derived

- b. Introduction to the United States; when and how
2. Physical benefits of Tai Chi
    - a. Increased joint flexibility and mobility
    - b. Development of overall body strength
    - c. Improvement of balance and coordination
    - d. Development of optimal and beneficial breathing patterns
  3. Mental benefits of Taijiquan and Wuji Qigong
    - a. Development of mind-body awareness with standing meditation (10 minute minimum)
    - b. Improvement of stress management
    - c. Enhancement of sense of well-being and self-confidence
    - d. Increased patience and focus
  4. Taiji principles
    - a. Body
      - i. Opening the kua (inguinal creases) to align with the knees with the feet while keeping the body in an upright position with relaxed shoulders
      - ii. Relaxation of muscles and joints while the body is properly aligned
      - iii. Rotation of the spine as the vertical axis with suspended natural upright position
      - iv. Establishment of a solid ground connection with the earth with upright position, keeping the knees open to align with the feet
      - v. Movements to be done in a circular, continuous, connected motion
    - b. Mind
      - i. Calm and focused with proper intention
    - c. Breath
      - i. Natural breathing through the Dantian (abdominal area)
    - d. Qi
      - i. Maximize internal energy (qi) flows with natural equilibrium positions
    - e. Body, mind, spirit integration
      - i. Intention
      - ii. Attention, awareness
      - iii. Meditation
    - f. Harmony of yin and yang
      - i. Internal and external balance achieved through Taijiquan form practice and Wuji Qigong
    - g. Chen-style Taijiquan principles
      - i. Motion through one's center (Dantian)
      - ii. Mindful maneuvering of the lower extremities and weight shifting with control
      - iii. Stances with comfortable, upright position, modified and adjusted for individual abilities
      - iv. Relaxation of the shoulders and sinking of the center to ensure supple body motion while maintaining solid connection to the ground
      - v. Arm movements with relaxed elbows to prevent shoulders from tensing up
    - h. Warm-up exercises

- i. Introduction of the fundamental principles
- ii. Learning and engaging in practicing the Taijiquan movements appropriate for individual abilities

## Lab Content

Lab content for this course may include but is not limited to:

1. Tai ji chu shi: Taiji Beginning Posture
2. Jin gang dao dui: Jin Gang Pounds with the Pestle
3. Lan cha yi: Grab and Tuck in the Robe
4. Liu feng si bi: Six Sealing and Four Closing
5. Dan bian: Dantian Change (Single Whip)
6. Bai e liang chi: The White Goose Displays the Wings
7. Xie xing: Oblique Posturing
8. Lou xi: Embrace the Knee
9. Ao bu: Paced (Twist) Steps
10. Yan shou gong quan: Covering-the-Hand Forearm Fist
11. Pie shen quan: Diagonal Body-Stroke Fist
12. Qing long chu shui: The Teal Dragon Emerges from Water
13. Shuang tui shou: Push with Both Hands
14. Zhou xia kan quan: Fist Presented Under the Elbow

## Special Facilities and/or Equipment

1. Comfortable exercise clothing and low-heeled, supportive, non-slippery-soled shoes. No bare feet.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access. Students may need to secure their own access to equipment specific to the sport.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Instructor and student pre- and post-test of first section of Chen-style Taijiquan first routine  
Assessment of student's knowledge of Taijiquan history, terminology, and principles  
Assessment of student's ability to demonstrate and explain principles of Taijiquan movements with proper body alignment  
Written examination at the end of the quarter  
Instructor observation of the student's improvement through class participation and practice

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Instructor demonstration  
Lecture  
Group participation and discussion

## Representative Text(s) and Other Materials

Wollering, Loretta M.. [Tai Chi](#). 2015.

Rockford, Matthew. [Total Tai Chi](#). 2015.

Although these texts are older than the suggested "5 years or newer" standard, they remain seminal texts in this area of study.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Optional reading and writing assignments as recommended by instructor.

## Discipline(s)

Physical Education