

# PHED 18B: INTERMEDIATE 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.
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

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

## Description

Focuses on the understanding and transition of body alignment in stillness to dynamic alignment during the Taijiquan form practice. Emphasizes maintaining the body alignment during movements and through motion with natural breathing. External movements guiding the internal energy flow exercises (Hun Yuan Qigong) and a series of connected spiral movements (Silk Reeling Exercises) will be taught, as well as mind body awareness. Practice of second section of Chen-style Taijiquan Lao Jia (Old Frame) first routine to facilitate the development of the body-ground connection.

## Course Objectives

The student will be able to:

- Understand and recognize techniques in different Taijiquan movements
  - Stretches
  - Rotations
  - Circles
  - Spirals
  - Shaking
  - Basic 8-directional energy drills of Taijiquan
- Practice the second section of the Chen Taijiquan first routine with proper body alignment and ground connection
- Recognize Taijiquan practice not as a stretching exercise but as an integrated martial art, and that all movements should be executed in a continuous and connected manner without any jerky motion in order to avoid muscle injury

- Demonstrate an increase in awareness, coordination, flexibility, balance, and strength, by incorporating the intermediate level of techniques and principles of Taijiquan
- Familiarize themselves with the routine of Silk Reeling Exercises, starting in sequence from the head to the toes, from the left to the right, and then from going upward/outward to going downward/inward (ni and shun), and utilize this exercise to facilitate and foster basic internal strengths (Peng Jin) and coordination in the practice of Taijiquan

## Course Content

- Physical benefits of Taiji and Silk Reeling Exercise
  - Increasing the balance and stability with deeper ground connection
  - Promoting muscle relaxation and flexibility by reducing physical tension and strain with a series of connected spiral movements used to facilitate the development of basic strengths and coordination in the practice of Taijiquan
  - Increasing endurance to complete the full set of Silk Reeling Exercises without fatigue
  - Feeling the alternation of relaxation (song) and tension (jiang) throughout the body during Taijiquan form practice as it promotes better circulation
- Mental benefits of Taiji and Hun Yuan Qigong
  - Development of deeper mind-body awareness with extended meditation time (minimum of 15 minutes)
  - Improvement of stress management with increased ability to control one's own mind
  - Enhancement of sense of well-being and self-confidence with increased self-awareness
  - Increased patience and focus
- Taiji principles
  - Body
    - Maintaining alignment of the knees and feet during shifting of the weight and rotation of the waist
    - Sink into the kua (inguinal creases) to feel the ground connection, instead of shifting the body weight side to side
    - Relaxation of muscles and joints with proper alignment
    - Rotation of the spine as vertical axis with suspended natural upright position
    - Establishment of solid ground connection
    - Movements should be fluid, circular, and connected, with tension/relaxation, fast/slow, open/closed to stimulate better circulation
  - Mind
    - Deep understanding of the Wuji stand will permit students to calm their xin (heart) and yi (intention) and allow the yi to settle in the Dantian, coordinating with the qi (internal energy)
    - Calm and focused with proper intention
  - Breath
    - Natural breathing through the Dantian (abdominal area)
    - Using external movements to guide the internal energy flow, which emphasizes the mixing of the prenatal and postnatal qi to achieve internal balance
  - Qi

- i. Maximize internal energy (qi) flows with the guiding of the external movements with intended coordination between the qi and yi
- e. Body, mind, spirit integration
  - i. Cultivation of the 3 human treasures: jing (life essence), qi (vital energy), and shen (spirit or awareness)
- f. Harmony of yin and yang: internal and external balance achieved through Taijiquan form practice and Wuji Qigong
- g. Chen-style Taijiquan principles
  - i. Stretches, rotations, circles, spirals, shaking in a continuous and connected manner without any jerky motion
  - ii. Ground connection with the internal energy (jin) flowing sequentially from the legs up to the Dantian and spreading out to the upper extremities, in order to manifest the proper energy path through coordination of all the joints
- h. Silk Reeling Exercises: continuous spiral movements in sequence to further establish a solid foundation and to prepare the body internally and externally for the practice of Taijiquan forms

## Lab Content

Lab content may include, but is not limited to:

1. Bai e liang chi: The White Goose Displays the Wings
2. Xie xing: Oblique Posture
3. Shan tong bei: Flash Through the Back
4. Yan shou gong quan: Covering-the-Hand Forearm Fist
5. Liu feng si bi: Six Sealing and Four Closing
6. Dan bian: Dantian Change (Single Whip)
7. Yun shou: Maneuver the Hands
8. Gao tan ma: Feel Out the Tall Horse
9. You cha jiao: Thrust with the Right Foot
10. Zuo cha jiao: Thruse with the Left Foot
11. Zuo deng yi gen: Kick with the Left Heel
12. Qian tang ao bu: Wade Forward with Paced (Twist) Steps
13. Shen xian yi ba zhua: Immortal's Grappling Grip
14. Ti er qi: Kick with Two Feet Up
15. Hu xin quan: Protecting-the-Heart Fist
16. Xuan feng tui: Whirlwind Kick
17. You deng yi gen: Kick with the Right Heel
18. Yan shou gong quan: Covering-the-Hand Forearm Fist
19. Xiao qin da: Small Catching and Striking
20. Bao tou tui shan: Embrace the Head and Push the Mountain

## 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 second section of Chen-style Taijiquan first routine and Silk Reeling Exercise  
 Instructor assessment of student's ability to demonstrate the intermediate level Taijiquan movements with correct technique and to perform the proper sequence of the Silk Reeling Exercise  
 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 demonstrations  
 Lectures  
 Group participation  
 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