

# PHED 18C: ADVANCED 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 advanced Tai Chi
- Demonstrate improved coordination, flexibility and balance by incorporating the advanced techniques of Tai Chi

## Description

Focuses on the applications and dynamic alignment during the Taijiquan form practice. Emphasizes total integration of mind and body movements through Taijiquan push-hand exercises and the development of ting jin (listening energy). Emphasis on the sensitivity and awareness of surroundings to achieve a focused center in order to neutralize and redirect incoming forces.

## Course Objectives

The student will be able to:

- Develop and understand the ting jin (listening energy) with different Taijiquan push-hand techniques: zhan (contact), lian (connect), nian (stick), sui (follow), and apply these techniques in push-hand exercises
- Practice the final section of the Chen Taijiquan first routine with proper body alignment and coordination
- Recognize that some of the "shaking" movements in the Silk Reeling Exercises are intended to build up the awareness of the body's mechanics to generate supple power of internal energy and should be executed by starting with a supple, continuous, back and forth shake before the intended issue of energy
- Practice and understand principles of zhan ahuang (standing post) with practice of the four sounds in coordination with breathing
- Value Taijiquan as a complete martial art system, and understand push-hand as one of the Taijiquan drills that develop sensitivity, leveraging, timing, and coordination, to deal with incoming forces
- Familiarize one's self with the routine of push-hand exercises with single-hand fixed step to double-hand fixed step

## Course Content

- Physical benefits of Taiji and push-hand exercises
  - Development of stronger kua, better body alignment, and more solid ground connection in the martial aspect
  - Development of strong connection of upper and lower body to achieve total body integration
  - Development of ting jin (listening energy) ability to neutralize and redirect incoming forces
  - Improvement of body coordination through push-hand practice
- Mental benefits of Taiji and Zhan Zhuang (standing post)
  - Development of better sensitivity and awareness of surroundings
  - Improvement in stress management with zhan zhuang (standing post) that coordinates with the four sounds during breathing exercises
  - Enhancement of sense of well-being and self-confidence with the ability to neutralize and redirect incoming forces
  - Increased patience and focus with the development of ting jin (listening energy)
- Taiji principles
  - Body
    - Relaxation of muscles and joints with proper alignment for unrestricted movement
    - Rotation of spine as vertical axis with suspended natural upright position
    - Movements are fluid, circular, and connected, with tension/relaxation, fast/slow, and open/closed to stimulate better circulation
  - Mind: calm and focused with proper intention and alertness for incoming energy
  - Breath
    - Natural breathing through the Dantian (abdominal area) and reciting four sounds in the ahan ahuang practice; sequentially, these four sounds are "a" (exhale), "xi" (inhale), "xu" (exhale), "chui" (inhale)
    - Using external movements to guide the internal energy flow, which emphasizes the mixing of the prenatal and postnatal qi to achieve internal balance
  - Qi: maximize internal energy (qi) flows with the guiding of the external movements with intended coordination between the qi and yi
  - Body, mind, and spirit integration: cultivation of clean energy and quieting down for the development of listening energy
  - Harmony of yin and yang: internal balance and external balance through Taiji form practice and the four sounds meditation to strengthen internal organs
  - Chen-style Taijiquan principles
    - Neutralize and redirect incoming forces with taijiquan push-hand techniques: zhan (contact), lian (connect), nian (stick), sui (follow), which build on strong ground connection and proper body alignment
    - Ground connection with internal energy (jin) flowing sequentially from the legs up to the Dantian and out to the upper extremities, in order to manifest the proper energy path through coordination of all the joints to maintain spring, supple, and flexible energy
- Silk Reeling Exercises

## Lab Content

Lab content may include, but is not limited to:

- a. Liu feng si bi: Six Sealing and Four Closing
- b. Dan bian: Dantian Change (Single Whip)
- c. Qian zhao: Forward Trick
- d. Hou zhao: Backward Trick
- e. Yie ma fen zong: Part the Wild Horse's Mane
- f. Yu nu chuan suo: Jade Lady Works the Shuttle
- g. Lan cha yi: Grab and Tuck the Robe
- h. Yun shou: Maneuver the Hands
  - i. Bai jiao: Swing the Leg
  - j. Die cha: Drop and Split
- k. Jin ji du li: The Golden Rooster Stands on One Leg
  - l. Dao nian gong: Reverse with Spiraling Forearms
- m. Ba e liang chi: The White Goose Displays the Wings
- n. Xie xing: Oblique Posture
- o. Shan tong bei: Flash through the Back
- p. Yan shou gong quan: Covering-the-Hand Forearm Fist
- q. Gao tan ma: Feel Out the Tall Horse
- r. Shi zi jiao: Cross the Foot
- s. Zhi dang chui: Pointing-to-the-Groin Punch
- t. Yuan hou tan guo: Giant Monkeys Search for Fruit
- u. Qie di long: Ground-Hacking Dragon
- v. Shang bu qi xing: Step Forward to Form the Seven Stars
- w. Bai jiao: Swing the Leg
- x. Dang men pao: Head-On Cannon
- y. Shou shi: Closing Posture

## Special Facilities and/or Equipment

1. Comfortable exercise clothing and low-heeled, supportive, non-slipper-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 final section of Chen-style Taijiquan first routine and Taijiquan push-hand principles  
 Instructor assessment of student's ability to demonstrate the advanced level of Taijiquan movements with correct technique, and to perform the proper posture of zhan ahuang with the four sounds  
 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  
 Lecture  
 Group participation

Discussion

## Representative Text(s) and Other Materials

Chan, Qingzhou. [Chen Family Taijiquan-Gong Fu Frame \(Lao Jia\)](#). American Chen Taiji Society, 2008. Video.

Although this video is older than the suggested "5 years or newer" standard, it remains seminal in the area of study.

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

- a. Optional reading and writing assignments as recommended by instructor.

## Discipline(s)

Physical Education