

COURSE DESCRIPTION

Students will be introduced to the Yang style Taiji Sword based on the most popular sequences of the Yang school. This series consists of 32 forms which begins with simple easy movements and progressively advances to the more difficult forms.

LEARNING OBJECTIVES

Students will learn the 32-Step Taiji Sword, which includes 13 sword techniques: Point 点, Stab 刺, Sweep 扫, Draw带, Chop 劈, Pull back 抽, Slice Upward 撩, Block 拦, Hook 挂, intercept 截, lift 托, Strike 击, and Smear 抹.

Students also will learn seven stances 步型, which includes Front Bow stance, Empty stance, Crouch Stance, one-leg Stance, Feet-together Stance, T-stance, and Side-bow Stance; and over 10 footwork techniques 步法, includes Step in, Step Back, Forward Step, Draw-in Step, Follow-up Step, jumping step, Stabbing Step, Standing Up-right with Feet together Step, Toes-out Step, Toe-in step, and Step with the pivot on the ball or heel of the foot; and self-defense techniques 身法 of moving the body, such as Shift, rotate, Contract or Draw Back, and Turn Around.

COURSE PREREQUISITIES

none

REQUIRED TEXTS

Taijiquan by Li Deyin, Foreign languages press, Beijing (With complimentary DVD)

RECOMMENDED TEXTS

COURSE REQUIREMENTS

Student evaluation will be based on: Class attendance and final examination.

Attendance: 20%

Final Exam: 80%

Total: 100%

> 70% = Pass, < 70% = F

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

SPECIAL NOTES

EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
YANG STYLE TAI CHI SWORD

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

32-Forms Yang Style Taiji Sword

(3 to 4 forms each week for 10 weeks):

Ready Position 预备势

Beginning Position 起□

Three rings Envelop the Moon 三环套月

1. Stand with the feet together and point 并步点剑 (also known as Dragonfly skims over the water). 蜻蜓点水
2. One-leg stance and reverse stab 独立反刺 (also known as Big Dipper) 大魁星□
3. Crouch stance and sweep to the side 仆步横扫 (also known as Swallow brushes the water) 燕子抄水
4. Horizontal draw to the right 向右平带 (also known as Right block and sweep) 右拦扫
5. Horizontal draw to the left □左平□(also known as left block and sweep) 左□□.
6. One leg stance, circle and chop down □□抡劈(also known as Probe the sea position 探海□).
7. Step back and draw the sword back 退步回抽(also known as Embrace the moon) 怀中包月
8. One leg stance and stab up □□上刺 (also known as Birds fly into the wood).宿鸟投林
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9. Empty stance and intercept downward 虚步下截 (also known as Black dragon waves its tail) 乌龙摆尾.
10. Left bow stance and stab □弓步刺 (also known as Blue dragon emerges from water) 青□出水.
11. Turn the body and draw on a slant 转身斜□ (also known as Wind curls lotus leaves) 风卷荷叶.
12. Contract the body and draw on the diagonal 缩身斜带 (also known as Lion nods its head) 狮子摇头..
13. Raise the knee and hold the sword 提膝捧剑 (also known as Tiger covers its head) 虎抱□.
14. Jump step and stab with a flat sword 跳步平刺 (also known as Wild horse leaps over ravine) 野马跳涧.
15. Left empty stance and slice upward 左虚步撩(also known as Little dipper).
16. Right bow stance and slice upward 右弓步撩 (also known as Dredge for the moon in the sea) 海底捞月
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17. Turn the body and pull back 转身回抽 (also known as Shoot at the wild goose) 转身回抽.
18. Stand upright with feet together and stab with a flat sword 并步平刺 (also known as White ape offers fruit) 白猿献果.
19. Left bow stance and block 左弓步□ (also known as Wind flicks the dust) 迎□掸尘.
20. Right bow stance and block 右弓步拦 (also known as Wind flicks the dust) 迎风掸尘..
21. Left bow stance and block 左弓步拦 (also known as Wind flicks the dust) 迎风掸尘..
22. Step in and stab backhand 进步反刺(as known as Push the boat along with the current) 顺水推舟.
23. Reverse body and chop behind 反身回劈 (also known as Meteor chases the moon) 流星赶月.
24. Empty stance and point the sword 虚步点□ (Alos known as Celestial Horse transverses the void) 天□行空
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25. One-leg Stance and Lift Horizontally 独立平托 (also known as Lift the Curtain) 挑帘势.
26. Bow Stance, Hook and Chop 弓步挂劈 (also known as Wheel the Sword to the Left) 左车轮剑.

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MTOM COURSE SYLLABUS
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27. Empty Stance, Circle Sword and Chop 虚步抡劈(as known as Wheel the Sword to the right) 右车轮剑
 28. Back Step and Strike Back-hand 撤步反击 (Great Eagle Spreads Its Wings) □鹏展翅.
 29. Step In and Stab with a Flat Sword □步平刺 (also known as Yellow Bee enters the Cave) 黄蜂入洞.
 30. T-Stance and Pull Back 丁步回抽 (also known as Embrace the Moon) □中抱月
 31. Turn Around and Smear Horizontally 旋□平抹 (also known as Wind Sweeps the Plum Blossoms) □□梅花
 32. Bow Stance and Stab Straigh 弓步直刺 (also known as Compass Points South) 指南针
- Closing Position 收式

CLASS TWO

CLASS THREE

CLASS FOUR

CLASS FIVE

CLASS SIX

CLASS SEVEN

CLASS EIGHT

CLASS NINE

CLASS TEN

FINAL EXAMINATION

CLASS ELEVEN

REFERENCE MATERIAL

FACULTY INFO

Li, Ming-Dong

Please check with instructor during class to get updated contact info.

Course
Code **EL735**

2 Units

**EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
YANG STYLE TAI CHI SWORD**

Li, Ming-Dong
Summer 2012

none provided

Ming Dong Li served as attending physician at Shanghai Yu Dian Hospital, where he specialized in Chinese internal medicine. Ming Dong Li is also an expert in Tai Chi, Qi Gong, and Shaolin martial arts and won four gold metals in 2007 in the highly competitive national Chinese Martial Arts Tournament. Dr. Li teaches Tui Na and Tai Chi in the MTOM Program.