

COURSE DESCRIPTION

This practical course provides a basic introduction to the theory and benefits of Yang style Tai Qi Chuan. Students will learn and practice the first one third of the classic Yang style form set, with an emphasis on the proper breathing techniques and body movements.

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LEARNING OBJECTIVES

Students will practice slow relaxing movements used to improve balance, coordination and timing. These will be used to reduce stress, strengthen the immune system, improve concentration and cultivate qi. The classical Yang style activates the eight Extraordinary channels (chi mai), balances the five Zang (solid organs) and six Fu (hollow organs). Tai Chi Chuan is meditation in movement.

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COURSE PREREQUISITES

None

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REQUIRED TEXTS

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RECOMMENDED TEXTS

**Classical Yang Style Tai-Chi Chuan** By Master Mary Chow  
**Mastering Yang Style Tai Chi Chuan** By Fu Zhongwen  
**Tai Chi Touchstones: Yang Family Secret Transmissions** By Douglas Wile  
**The Harvard Medical School Guide to Tai Chi** By Peter Wayne

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COURSE REQUIREMENTS

80% = Attendance and Participation  
10% = Mid-Term Examination  
10% = Final Examination

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

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SPECIAL NOTES

**Professionalism and Full and Prompt Attendance:** To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

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CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)  
Tai Chi Qi Gong Warm Up Exercises

**TAI CHI I**

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1. Preparation
  2. Beginning Form
  3. Grasp Sparrows Tail
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CLASS TWO

4. Single Whip
  5. Lift Hands Upward
  6. Crane Spreads Its Wings
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CLASS THREE

7. Brush Knee Twist Step
  8. Playing Pi Pa
  9. Brush Knee Twist Step
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CLASS FOUR

10. Playing the Pi-Pa
  11. Brush Knee Twist Step
  12. Advance Step, Deflect Down, Parry and Punch
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CLASS FIVE

13. Apparent Close Up
  14. Cross Hands (Completion of the First Section)
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CLASS SIX

**Mid-term Examination**

15. Carry Tiger to the Mountain
  16. Fist Under the Elbow
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CLASS SEVEN

17. Repulse the Monkey
  18. Diagonal Flying
  19. Lift Hands Upward
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CLASS EIGHT

20. Crane Spreads Its Wings
  21. Brush Knee Twist Step
  22. Needle at the Bottom of the Sea
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CLASS NINE

23. Fan Through the Back
  24. Turn Body, Chop with Fist
  25. Advance Step, Deflect Down, Parry and Punch
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CLASS TEN

26. Grasp Sparrows Tail
- Review for Final Exam
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CLASS ELEVEN

**Final Examination (Execution of Postures Learned)**

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REFERENCE MATERIAL

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FACULTY INFO

Course  
Code **OM350**

**EMPEROR'S COLLEGE  
MTOM COURSE SYLLABUS**

**O'Connor, Tim**  
*Fall 2017*

**2 Units**

**TAI CHI I**

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O'Connor, Tim

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

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