

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.

---

LEARNING OBJECTIVES

Upon completion of this course, the student will have mastered the first one third of the Yang Style Tai Chi Chuan.

---

COURSE PREREQUISITIES

None

---

REQUIRED TEXTS

**Classical Yang Style Tai-Chi Chuan** By Master Mary Chow

---

RECOMMENDED TEXTS

Tai-Chi Chuan Touchstones: Yang Family Secret Transmissions Revised Edition. Edited by Douglas Wile

---

COURSE REQUIREMENTS

60% = Attendance and Participation  
20% = Mid-Term Examination  
20% = Final Examination

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

---

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 given ½ absence towards attendance. 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 earn an F in that class and/or be referred to the Academic Dean for professionalism.

---

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

Introduction to Traditional Tai-Chi Chuan: The Tao, Yin-Yang, Five Elements, Eight Trigrams, History, Types of Forms, Basic Principles, Benefits.

Tai Chi, Qi Gong, Warm-up, Rooting and Grounding, Opening and Grasp the Sparrow's Tail.  
Introduction to "Tou-Shou/Push Hands"

---

CLASS TWO

Single Whip, Raise Hands & Step Up

---

CLASS THREE

White crane spreads Wings, Right Brush Knee, Playing the Pi-Pa.  
Push Hands.

---

CLASS FOUR

Left Brush Knee, Right Brush Knee, Playing the Pi-Pa, Right Brush Knee

---

CLASS FIVE

Step up, Parry and Punch, Apparent closing up, Cross Hands

Practice & Review

---

CLASS SIX

**Mid-term Examination (20%)**

Carry Tiger to the Mountain, Punch under Elbow

---

CLASS SEVEN

Step Back and Repulse the Monkey

---

CLASS EIGHT

Diagonal Flying, Raise Hands, White Crane Spreads Wings, Brush Knee.

---

CLASS NINE

Needle at the Bottom of the Sea, Fan through Arms

Push Hands.

---

CLASS TEN

Chop opponent with Fist, Step Up Deflect Downward, Parry and Punch, Grasp Sparrows Tail, Single Whip  
Practice & Review

---

CLASS ELEVEN

**Final Examination (20%)**

---

REFERENCE MATERIAL

---

FACULTY INFO

O'Connor, Tim

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

310.721.2033

tim@taichiworx.com

Course Code **OM350**

**2 Units**

**EMPEROR'S COLLEGE  
MTOM COURSE SYLLABUS**

**TAI CHI I**

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

---