

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

RECOMMENDED TEXTS

COURSE REQUIREMENTS

All students must attend 80% of each course, therefore no more than 2 absences are allowed for any 10-week course. 15 minutes late or leaving early is a tardy; 2 tardies= one absence.

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

SPECIAL NOTES

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

- A. Hour One: Mr. Dunn's 18 Warm-Up and Conditioning Exercises; Chen Style Diagram Boxing Exercises with chart and short staffs; 3 basic Yang style posture drills.
 - B. Hour Two: Instruction in Yang style 60-Posture Form of GM William C.C. Chen.
 - 1. Tai Chi Opening
 - 2. Ward-Off Left and Right
 - 3. Grasp the Bird's Tail
 - 4. Single Whip
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CLASS TWO

- A. Hour One: Mr. Dunn's 18 Warm-Up and Conditioning Exercises; Chen Style Diagram Boxing Exercises with chart and short staffs; 3 basic Yang style posture drills.
 - B. Hour Two: Instruction in Yang style 60-Posture Form of GM William C.C. Chen.
 - 1. Shoulder Stroke
 - 2. White Crane Spreads Wings
 - 3. Brush Knee, Play Guitar, Brush Knee
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CLASS THREE

- A. Hour One: Mr. Dunn's 18 Warm-Up and Conditioning Exercises; Chen Style Diagram Boxing Exercises with chart and short staffs; 3 basic Yang style posture drills.
 - B. Hour Two: Instruction in Yang style 60-Posture Form of GM William C.C. Chen.
 - 1. Review of previous 2 Form Lessons.
 - 2. Deflect, Intercept, and Punch.
 - 3. Pick Up Needle on Sea Bottom.
 - 4. Open Back Like a Fan
 - 5. Turn and Chop With Fist
 - 6. Wipe-Off with Straight Shuffle and Push in left bow stance.
 - 7. Close-Up of First Section
 - 8. Repetitive Practice of 1st Section.
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CLASS FOUR

- A. Hour One: Mr. Dunn's 18 Warm-Up and Conditioning Exercises; Chen Style Diagram Boxing Exercises with chart and short staffs; 3 basic Yang style posture drills; Long Form's kicking sequence.
 - B. Hour Two: Instruction in Yang style 60-Posture Form of GM William C.C. Chen.
 - 1. Carry Tiger to Mountain
 - 2. Grasp the Bird's Tail
 - 3. Diagonal Single Whip
 - 4. Fist Under Elbow
 - 5. Repulse the Monkey
 - 6. Slant Flying
 - 7. Wave Hands Like Clouds
 - 8. Single Whip
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CLASS FIVE

- A. Hour One: Mr. Dunn's 18 Warm-Up and Conditioning Exercises; Chen Style Diagram Boxing Exercises with chart and short staffs; 3 basic Yang style posture drills; Long Form's Kicking Sequence.
- B. Hour Two: Instruction in Yang style 60-Posture Form of GM William C.C. Chen.
 - 1. Review of Form through Week 4 Lesson

2. Snake Creeps Down
 3. Golden Pheasant on left leg/right leg.
 4. Separate Left Leg/Right Leg
 5. Turn and Heel Kick
 6. Low Punch in left bow stance
 7. Lift Knee
 8. Double Wind to Ears
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CLASS SIX

- A. Hour One: Mr. Dunn's 18 Warm-Up and Conditioning Exercises; Chen Style Diagram Boxing Exercises with chart and short staffs; 3 basic Yang style posture drills.
 - B. Hour Two: Instruction in Yang style 60-Posture Form of GM William C.C. Chen.
 1. Review of Form through Week 5 Lesson
 2. Grasp the Bird's Tail
 3. Single Whip
 4. Fair Lady Works the Shuttle.
 5. Step up to Seven Stars.
 6. Retreat and Ride Tiger
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CLASS SEVEN

- A. Hour One: Mr. Dunn's 18 Warm-Up and Conditioning Exercises; Chen Style Diagram Boxing Exercises with chart and short staffs; 3 basic Yang style posture drills.
 - B. Hour Two: Instruction in Yang style 60-Posture Form of GM William C.C. Chen.
 1. Review of Form through Week 6 lesson.
 2. Turn and Lotus Kick.
 3. Shoot Tiger with Bow.
 4. Deflect, Intercept and Punch.
 5. Withdraw and Push
 6. Cross-Hands Close of Form.
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CLASS EIGHT

- A. Hour One: Mr. Dunn's 18 Warm-Up and Conditioning Exercises; Chen Style Diagram Boxing Exercises with chart and short staffs; 3 basic Yang style posture drills.
 - B. Hour Two: Corrections in Yang style 60-Posture Form of GM William C.C. Chen.
 1. "Separation and Hold" practice of complete Form
 2. Repetitive flows of complete Form.
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CLASS NINE

- A. Hour One: Mr. Dunn's 18 Warm-Up and Conditioning Exercises; Chen Style Diagram Boxing Exercises with chart and short staffs; 3 basic Yang style posture drills.
- B. Hour Two Corrections in Yang style 60-Posture Form of GM William C.C. Chen.
 1. "Separation and Hold" practice of complete Form
 2. Repetitive flows of complete Form.

CLASS TEN

- A. Hour One: Mr. Dunn's 18 Warm-Up and Conditioning Exercises; Chen Style Diagram Boxing Exercises with chart and short staffs; 3 basic Yang style posture drills.
 - B. Hour Two: Corrections in Yang style 60-Posture Form of GM William C.C. Chen.
 - 1. "Separation and Hold" practice of complete Form
 - 2. Repetitive flows of complete Form.
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CLASS ELEVEN

- A. Hour One: Mr. Dunn's 18 Warm-Up and Conditioning Exercises; Chen Style Diagram Boxing Exercises with chart and short staffs; 3 basic Yang style posture drills.
 - B. Hour Two: Corrections in Yang style 60-Posture Form of GM William C.C. Chen.
 - 1. "Separation and Hold" practice of complete Form
 - 2. Repetitive flows of complete Form.
 - 3. Introduction to Push-Hands.
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REFERENCE MATERIAL

FACULTY INFO

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