
COURSE DESCRIPTION

Chen Style Tai Chi is regarded as the oldest of the five major tai chi styles (Chen, Yang, Wu, Hao and Sun). Chen Style Tai Chi is known for its low stance (chan si jin) and bursts of short, fast, explosive power (fa jin). It is more physically demanding than other forms of tai chi and combines athleticism with internal qi cultivation. In this class students gain understanding of the history and theory of Chen Style Tai Chi through the practice of basic principles, breathing techniques, movements, and centering techniques.

LEARNING OBJECTIVES

COURSE PREREQUISITIES

REQUIRED TEXTS

RECOMMENDED TEXTS

COURSE REQUIREMENTS

Out-of-Class Work

To successfully complete the program, students need to plan studying a minimum of 2 hours out-of-class for each academic in-class hour; and half an hour out-of-class for each hour of clinical training.

60% Attendance and Participation

20% Midterm Examination

20% Final Examination

Absence Policy: Separate from individual course requirements, ECTOM Students must attend no less than 80% of course hours to pass that class. Students who miss more than 2 classes in a 10 week course (1 class in a 7 week course) will earn an F in that course. Any two occurrences of late arrivals or early departures, of 15 minutes or more, will constitute as 1 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.)

Introduction to Chen style Tai Chi Quan, Chansijing

Chen style first routine

1. Preparing Form

2. Buddha's Warrior Attendant Pounds Mortar

CLASS TWO

3. Lazily Tying Coat
4. Six Sealing and Four Closing
5. Single Whip
6. Buddha's Warrior Attendant Pounds Mortar

CLASS THREE

7. White Crane Spreads Wings
8. Walking Obliquely with Twist Step on both sides
9. First Closing

CLASS FOUR

10. Wade Forward with Twist Step on both sides
11. Walking Obliquely with Twist Step on both sides
12. Second Closing

CLASS FIVE

Midterm Examination (20%)

CLASS SIX

13. Wade Forward with Twist Step on both sides
14. Hidden Thrust Punch
15. Buddha's Warrior Attendant Pounds Mortar

CLASS SEVEN

20. Change Palms Three Times
21. Punch at Elbow's Bottom
22. Step Back and Whirl Arms on both sides
23. Step Back and Press Elbow
24. Middle Winding

CLASS EIGHT

20. Change Palms Three Times
21. Punch at Elbow's Bottom
22. Step Back and Whirl Arms on both sides
23. Step Back and Press Elbow
24. Middle Winding

CLASS NINE

25. White Crane Spreads Wings
26. Wade Forward with Twist Step on both sides
27. Flash the Back
28. Hidden Thrust Punch
29. Six Sealing and Four Closing
30. Single Whip

CLASS TEN

Review
Final Examination (20%)

CLASS ELEVEN

Course Code **OM352**
2 Units
20 Hours

EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
TAI CHI I - CHEN STYLE

Hu, Jiling
Winter 2019

REFERENCE MATERIAL

FACULTY INFO

Hu, Jiling

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

310.914.9020

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Jiling Hu has worked as an attending and senior physician in endocrinology and internal medicine at Dong Zhi Men and China-Japan Friendship Hospitals in Beijing. She has published numerous medical articles on diabetes, thyroid disorders, menopause and arthritis, and was awarded top prizes for her clinical studies in diabetes. She is in private practice in Santa Monica, specializing in internal medicine and women's health. Jiling Hu teaches Herb Formulae in the MTOM curriculum.