

COURSE DESCRIPTION

COURSE DESCRIPTION: The student will study the fundamental philosophy of one of the Five recognized styles of Tai q: Chen, Yang, Wu, Hao, and Sun. Sun is style tai chi is considered a "combination style" tai chi, incorporating movements from Hao style Tai Chi and other forms of internal martial arts, namely ba gua and hsing-si. Sun style is best known for its smooth flowing movements which omit the more physically vigorous crouching, leaping and striking movements of some other styles. In this class students will gain an understanding of the history and theory of Sun style tai chi through the practice of basic principles, breathing techniques, movements, and centering postures.

LEARNING OBJECTIVES

Students will practice slow relaxing movements used to improve balance, coordination and timing. These will be used to reduce stress and improve concentration. Sun Style Tai Chi activates the 8 Extraordinary channels (chi mai) and balances the 5 Zang (solid organs) and six Fu (hollow organs). It is a mediation in movement.

COURSE PREREQUISITIES

REQUIRED TEXTS

None required. See below.

RECOMMENDED TEXTS

A Study of Taijiquan by Sun Lutang. North Atlantic Books Berkeley, CA

The Harvard Medical School Guide to Tai Chi by Dr. Peter Wayne

COURSE REQUIREMENTS

50% of class time is spent learning the form
25% discussion and therapeutic concepts
25% Qi gong , meditation and other related psychophysical disciplines.

Grading:

Final Paper 50%

Attendance and participation 50%

Grading Scale: 100-90% A, 89-80% B, 79-70% C, 69% and below F.

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SPECIAL NOTES

NOTE: Other books on Tai Chi Chuan, martial arts, meditation and eastern religions will enhance your appreciation and understanding of principles presented in class.

COURSE OBJECTIVES: To learn the first half of the Sun family form of Tai Chi. To experience through Tai Chi the ability to focus the mind on the body during exercise, to learn to relax in daily life.

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.

TAI CHI I - SUN STYLE

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.

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

1. Wu Ji
2. Tai Ji
3. Lan Fu Zhayi (Lazily Tie the Coat)

CLASS TWO

1. Kai Shou (Open Hands)
2. He Shou (Close Hands)
3. Dan Bian (Single Whip)
4. Ti Shou Shang Shi (Raise Hands)

CLASS THREE

1. Bai He Liang Chi (White crane spreads its wings)
2. Kai He (Open Close)
3. Lou Xi Ao Bu (Brush the knee and step)
4. Shou Hui Pi Pa Shi (Strum the lute)

CLASS FOUR

1. Jin Bu Ban Lan Chui (Advance with deflect, parry and punch)
2. Ru Feng Sibi (Close)
3. Bao Hui Tui Shan (Embrace tiger push mountain)

CLASS FIVE

1. Kai He (Open Close)
2. Lou Xiao Bu (Brush the knee step)
3. Shou Hui Pi Pa (Strum the Lute)

CLASS SIX

1. Lan Fu Zhayi (Lazily Tie the Coat)
2. Kai He (Open Closs)
3. Dan Bian (Single Whip)
4. Lhou Xia Kan Chui (Fist under the elbow)

CLASS SEVEN

1. Dao Nian Hou (Repulse the monkey)
2. Shou Hui Pi Pa Shi (Strum the lute)

CLASS EIGHT

1. Bai He Liang Chi (White crane spreading its wings)
2. Kai He (Open Close)

CLASS NINE

1. San Tong Bei (Three connections through the back)

CLASS TEN

1. You Shou (Cloud Hands)
2. Gao Tan Ma
3. You Qi Jiao (Raise Left Leg)

4. Zou Qi Jiao (Raise Right Leg)

CLASS ELEVEN

Review

Final Examination

REFERENCE MATERIAL

FACULTY INFO

MoraMarco, Jacques

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

310.453.8300 x108

jacques @emperors.edu

Jacques MoraMarco has been practicing Tai Chi, qi gong, and kung fu for over forty years, and has studied with the leading masters of these arts in both America and China. He is a recognized instructor of Yip Man and Gu Lao Wing Chun kung fu. He is also a long term practitioner of the Hong Kong and Shanghai branch of Liu He Ba Fa, also known as water boxing. Dr. MoraMarco is a lineage disciple of the late Master Sun Shu Rong (Beijing), the granddaughter of the renowned Chinese martial arts master Sun Lu Tang. Dr MoraMarco learned his Wu-Hao style from the lineage of Hao Weizhen in Bangkok, Thailand. Dr. MoraMarco is currently the Academic Dean of Emperor's College in Santa Monica, California, and he is a teacher in the DAOM program at Emperors College.

Please visit Sun www.suntaichi.com