

KIN 0023 - TAI CHI

Catalog Description

Formerly known as PHED 14

Hours: 36 activity per unit

Description: Ancient Chinese martial art that improves balance and coordination, promotes health, and reduces stress. Emphasizes meditation in motion and self-defense. Focus on mind/body harmony through balancing body energy (chi). (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Identify and evaluate the effects of martial arts on human anatomy.
- CSLO #2: Demonstrate and apply the various breathing techniques in movements and postures of the form.
- CSLO #3: Analyze and demonstrate the effects of proper postures and methods of opening and closing joints, ligaments, muscles and cells of the body for maximum energy flow.
- CSLO #4: Formulate and present the basic self defense strategies.
- CSLO #5: Identify and explain on both the defense training and health benefits found in the practice of Tai Chi.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Identify and elucidate on the defense training, health benefits, and balance improvements, found in the practice of Tai Chi;
2. Relate orally the benefits of Qigong practice, aka Energy Work, to performance of the form;
3. Compare and contrast Tai Chi Chuan to Asian culture and philosophy;
4. Debate the role of respectful behaviors employed in a martial arts class to their individual customs;
5. Describe the history of Tai Chi Chuan and contrast three of the major styles of Tai Chi Chuan;
6. Differentiate and integrate presented learning techniques into their individual learning style;
7. Illustrate the Tai Chi Yang Long Form applying various breathing techniques
8. Analyze and demonstrate the effects on human anatomy through practice of proper postures and methods of opening and closing joints, ligaments, muscles and cells of the body for maximum energy flow;

9. Develop basic skill level of Chi Sao, also known as Sticky Hands or Push Hands, a useful training tool for developing the ability to read the energy flow of the opponent.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable

Methods of Evaluation

- Projects
 - Example: Create, explain, document, and demonstrate a self-defense technique with a partner.
- Reports
 - Example: Based upon the text "Tai Chi Chuan: The Complete Form Qigong", handouts, and classroom experience, write a three-page paper describing the history, basic concepts, and benefits of tai chi chuan. Comment on the benefits and suitability of various aspects of the class particular to youths, adults, and older adults. Write from the third person point of view, as your paper is an article recommending tai chi to new practitioners. Be sure that your paper includes an introduction, body and conclusion, and employs college level writing skills.
- Skill Demonstrations
 - Example: Demonstrate the Form to the best of your ability. Students will be evaluated based on skill competence.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructors encourage critical thinking through the following methods: use of Hands-on and Co-operative Learning; comparing and contrasting Demonstrations by the instructor and other students; Discussion; and Peer Tutoring. Instructors will promote reading skills by assigning readings from the text and various handouts related to the subject, health, and/or fitness. Instructors will employ the teaching method of:
2. Instructor will present a lecture and include the use of video images to demonstrate sound technical form in Tai Chi skill movements and students will demonstrate skills.
3. Instructor will physically demonstrate movements in sequential order to demonstrate proper flow and students will model the activity.

Distance Learning

1. The instructor will lecture on the Tai Chi Yang Long form applying various breathing techniques. The students will list and explain the various breathing techniques.

Typical Out of Class Assignments

Reading Assignments

1. Read Chapters In Tai Chi Chuan: The Complete Form Qigong, compare the authors views with material included in the instructors handouts. 2. Read Chapters Tai Chi Chuan: The Complete Form Qigong and evaluate how you would incorporate the movement technique described in the text with a Tai Chi movement sequence.

Writing, Problem Solving or Performance

1. In a three to four page essay, evaluate a technique of the form, describing its sequence and application to an opponent. Include the attack, the targets, the intended effect on the targets, and the reactionary positions of the opponent. Note the breathing pattern, stances, names of hand positions, and major concepts and principles employed. Compare and contrast the differences in method of execution while practicing the form versus while implementing the selected technique on an attacker.
2. In a five-page paper, describe various methods to develop Chi. Cite 4 sources. Class lecture notes and internet research may count as one source each. Describe your implementation of these methods while practicing the form; while practicing a technique with an opponent; upon awakening; upon retiring for bed, and in a high stress situation. Note the effects of the practice on your mind, body, and performance. Be sure that your paper includes an introduction, body and conclusion and that it has been thoroughly proofread for grammatical errors and misspelled words.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Tai Chi Chuan Classical Yang Style: The Complete Form Qigong
 - Author: Yang Jwing-Ming
 - Publisher: Ymaa Publication Center
 - Publication Date: 2010
 - Text Edition: Revised
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.