T'AI CHI CHUAN
KIN 133A

Semester: FALL 2014
Instructor: SUSAN D. SNYDER
Course: T’AI CHI CHUAN
Course No: KIN 133A
When: TUESDAYS, 6:00-7:40pm (RE B1)
Class No: 16706
Office Hours: TUE 7:45-8:00pm (Also by Appointment)
Class Website: http://www.csun.edu/~ssnyder/tai_chi_chuan/

COURSE OBJECTIVES:

1. Demonstrate the basic principles and techniques of T’ai Chi Chuan, and the entire (Short Form) Yang Style 24 Movement sequence.
2. Understand and describe “Chi” and apply it to the techniques presented in this class as well as its relationship to other physical disciplines.
3. Exhibit improved motor skills, flexibility, strength, and aerobic endurance.
4. Recognize and evaluate performance in T’ai Chi Chuan as a spectator as well as a participant.

COURSE OUTLINE:

1. Understanding “Chi”
   a. Energy in the Human Body
   b. Principles of Unifying Mind, Body and Spirit
   c. Awakening the Chi and Releasing Energy Blockages.

2. Physical Training
   a. Breathing Exercises
   b. Qigong Exercises / Meditation
   c. 24 Movement “Yang-Style” T’ai Chi Chuan (Short Form)
      · Progression of Practice
      · Individual Movements - Combined Movements
      · Continuity, Tranquility, Flow of Practice & Breathing

COURSE MATERIALS:

1. Required: The 24 Yang Style T’ai Chi and Qigong are now available on Youtube. All class information will be contained in Moodle and the links to the class videos will be placed within that class day in Moodle.
2. Occasionally, there will be handouts from the Instructor during class.
3. There is no manual or book to be purchased from the CSUN Bookstore.

COURSE REQUIREMENTS AND GRADING:

1. Requirements:
   a. Complete your Student Contract Agreement
   b. Practice your T’ai Chi Movement Routine at home every week as homework. The student must be able to perform the movements and studying at the last minute is not possible with this class.
   c. Two Movement Tests:
      1. Mid-Term Movement Evaluation: (25%)
      2. Final Movement Evaluation: (50%)
   d. 1 Final Written Exam (25%)
2. Grade Determination: +/- Grading. To receive a Credit, all tests must be completed with at least a C average. Taking the class Credit/No Credit is more applicable for some students.

3. **Weekly attendance is mandatory**; missing more than 3 classes will result in your course grade being lowered because of non-attendance. **No Exceptions.**