

PDP MB 100 Beginning Tai Chi

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Meets 3x per week: 1.0 Credit

Course Description:

Tai-Ji (Chi) is an internal form of Wushu, or gongfu, which is the term used to describe Chinese martial arts. Tai Ji is known for its unique blend of totally integrated exercise, one which works all of the body's systems deeply yet gently. In this beginning course, we will focus on cultivating awareness, concentration, relaxation and balance from the inside out. Through the practice of mindful breathing and slow precise body movements, we can strengthen both our body and mind. We will also discuss how the practice of Tai Ji and its philosophy can benefit our daily lives.

Required Equipment:

"Taste of Tai Chi": \$15.00

"Simplified Tai Chi Chuan": \$15.00

You may purchase these books through the instructor, or online at www.taichi-arts.com

Course Goals:

Learn to become more aware of your own physiological condition, and gain more control over your own actions and movements;

Gain more balance with Tai Chi movements (Simplified Tai Chi Chuan);

Improve your relationship with your surroundings (both people and environment), and enhance your overall sense of well-being.

Enjoy the benefits of all of the above gains in dealing with the daily demands and stresses of a full-time, rigorous academic life.

Grading Policy:

This class will be graded Pass/Fail based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 85% attendance

W – Withdraw: If you drop this class after the specified deadline, you will receive a "W" grade.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an "I" until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a "P" once all classes have been made up.

AU- Audit: If you intend to audit this class, please fill out and obtain your instructor's signature for the Class Adjustment/AU form and turn it into the Registrar's Office by the specified deadline.

F – Fail: It is very unlikely that you will receive a failing grade. Your instructor will be happy to work with you to make up any missed classes. A grade of "F" will only be given in extenuating circumstances, such as violating the BU Student Code of Conduct.

Attendance Policy

All Mind/Body classes have the same attendance policy. Classes are graded primarily on attendance and learning is cumulative, so it is important that you attend each class. You will need an 85% attendance record to receive a passing grade.

If your class meets once a week, you are allowed 2 absences.

If your class meets twice a week, you are allowed 4 absences.

If your class meets three times a week, you are allowed 6 absences.

At the instructor's discretion, one additional absence for illness or family emergencies may be granted; the student must receive the instructor's approval in writing before the end of the semester.

Make-Up Policy

Mind/Body classes may be made up by attending other Mind/Body classes. Please email your instructor and Ramelle Adams at rfadams@bu.edu before attending a make-up class. This is to ensure that there is space in the class and to alert the instructor that they will be having a make-up student. If no Mind/Body classes fit in your schedule, you must get permission from your instructor for an alternate make-up.

It is recommended that students make up the class within two weeks of the absence. Make-up slips may be obtained at the PERD office on the second floor of FitRec. They must be signed by the instructor of the make-up class and turned into either your instructor or the PERD office.

You are responsible for keeping track of your attendance record and making up any missed classes.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec's website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Schedule:

Week 1	<p>Introduction: What is Tai Chi (Ji) Chuan The interrelationship between Tai ji practice and our daily lives. Characteristics of Tai Ji Chuan: circular, relaxed, calm and continuous, with intent and energy. Building the basic techniques and warm-up exercise and movements of the 32- steps.</p>
Week 2	<p>Understanding of the 3 main sections of the body: arms, legs, and body proper: Arms: upper arm, forearm, and hand. Legs: upper leg (thigh), lower leg (shin) and foot. Body: head, chest and lower abdomen.</p> <p>Building the basic techniques and steps through warm-up exercises and the four basic movements of the 32 steps.</p>
Week 3	<p>Understanding Ying and Yang, coordination, and harmony. Continue to build the basic techniques and steps through strengthening the waist, warm-up exercises and the introduction of new movements: Taste of Tai Ji (form).</p>
Week 4	<p>Introduction to Peng, Lu, Ji, An (four basic Tai Ji techniques) with the “Grasp the bird’s tail” movement. Tai Ji’s concept of relaxation. Continue to build the basic techniques, warm up exercises and the Taste of Tai Ji form.</p>
Week 5	<p>Introduction to Push-hands with a partner, developing awareness of energy, and learning to listen and develop sensitivity. Continue to build and practice the basic techniques and learn the form -- Taste of Tai Ji form.</p>
Week 6	<p>Basic Tai Ji concept review. Continue to build the basic techniques and steps, and practice the Taste of Tai Ji form. Observing meditation in motion.</p>
Week 7	<p>Review Taste of Tai Ji and individual demonstrations. Zen and Tai Ji relationship.</p>
Week 8	<p>Review Taste of Tai Ji and introduction to Simplified Tai Ji form (24 movements). Linking the awareness of practicing Tai Ji to our way of being.</p>
Week 9	<p>Practice push-hands to develop more awareness. Further development of Simplified Tai Ji form.</p>
Week 10	<p>What Tai Ji practice has to do with our daily lives? Continue to learn the Simplified form.</p>
Week 11	<p>Review 32 steps and Taste of Tai Ji Further development of the awareness of “song” (relax, be at ease, and pliable).</p>
Week 12	<p>Review basic Tai ji concepts and practice requirements. Review the Simplified form.</p>
Week 13	<p>Review the form. Individual demonstrations</p>
Week 14	<p>Individual demonstrations Summary/overview</p>