

**Three Rivers Community College**  
**574 New London Turnpike, Norwich, CT 06360**  
**CRN 32094 HPE K136 TM7 - Tai Chi (7wMOD1)**  
**Fall 2019 Syllabus**

**Monday & Wednesday 6:00 – 6:50 p.m.**  
**Studio in F111-1**

**Instructor Information**

Instructor: Barbara Chan, MS, BA  
USA Wushu Kungfu Federation Certified Tai Chi Instructor and Chinese  
Martial Arts Judge  
Chinese Martial Arts 6th Duan (Black Belt 6th Degree)

Communication with Your Instructor: Contact your instructor via e-mail at  
[bchan@trcc.commnet.edu](mailto:bchan@trcc.commnet.edu) or [bchan1@prodigy.net](mailto:bchan1@prodigy.net).

Office Hours: Adjunct Faculty Office (Room D-207)  
Monday and Wednesday: 5:30 p.m. – 6:00 p.m. or by appointment

**Course Description**

Tai Chi was originally a form of internal Chinese martial art practiced for both its defense training and health benefits. Tai Chi today has become a modified exercise using all the techniques as a means to attain healing qualities rather than combative awareness. Unlike some exercises that can be learned simply from following diagrams, Tai Chi is a fluid movement that requires very deliberate and precise movements. It is therefore best to find an instructor who is qualified to demonstrate the Tai Chi movements and techniques. In this course, the same Tai Chi theory and movements created in ancient China and now practiced all over the world as a healing and relaxation exercise will be taught by Ms. Barbara Chan, a U.S.A. Wushu Kungfu Federation-certified Tai Chi instructor, with a black belt 6<sup>th</sup> degree status in Chinese martial arts. Ms. Chan is also a nationally certified Chinese martial arts judge.

Tai Chi routines require the practitioners to be tranquil and calm, emphasizing slow and soft movements. Because specific mental focus is placed on the movement and breathing during the exercise, it is, therefore, often referred to as "moving meditation." This meditation in motion has recently been gaining popularity for relieving pain, developing balance and enhancing relaxation. Focused and rhythmic breathing emphasizes a relaxed body and encourages strong blood circulation. The slow and fluid movements practiced in Tai Chi improve the body's alignment, posture, strength, flexibility, coordination, balance, and stamina. Tai Chi provides practitioners with an overall toning and strengthening of specific muscles.

This course covers either a series of Chi Kung (Qigong) exercises and a simplified Tai Chi (Taiji) routine, or one complete longer Tai Chi routine. Chi Kung is a breathing exercise on which Tai Chi is based. This breathing exercise is practiced in coordination with a set of pressure point stimulating movements, and is commonly used to prepare students for the more complicated Tai Chi moves. Since the basics will be taught in this course, students do not need to have prior knowledge of Chi Kung or Tai Chi to take this course. A different set

of Chi Kung exercise and/or a different Tai Chi routine will be taught each time this course is offered. Therefore, this course can be repeated by those students who wish to obtain a more in-depth learning experience in the Tai Chi art form.

### **Objectives**

With the completion of this course, students will be able to:

- relate and discuss the general principles and benefits of practicing Tai Chi
- exercise the proper way of breathing used in practicing Tai Chi
- use breathing effectively to enhance general well-being
- implement self-massage exercise to prevent common ailments and pressure point stimulating exercise to regulate blood flow
- practice Tai Chi to enhance balance and promote relaxation
- do a set of Chi Kung exercise on their own
- do a Tai Chi routine on their own
- identify each movement with its corresponding English name
- exercise proper protocol to greet and thank the instructor in Chinese

### **Course Content**

1. Greeting the instructor at the beginning of each class in Chinese.
2. Routine warm-up and stretching exercise at the beginning of each class to prepare the body and to prevent from injury during exercise.
3. Practice of Tai Chi breathing through Chi Kung exercises.
4. Practice moving meditation through Chi Kung exercises and through Tai Chi routines.
5. Practice of body alignment and posture through Tai Chi movements to reduce stress on the spine.
6. Practice of weight transfer and joint flexing to improve balance, flexibility and coordination through Tai Chi.
7. Practice of a “position sense” through Tai Chi to prevent accidents from falling.
8. Practice of using the spine as a pivot point to improve posture and reduce back pain.
9. Practice using the “inner stillness” to maintain a clear mind and focus and to release stress.
10. Cool-down exercise after practicing Chi Kung and/or Tai Chi.
11. Thanking the instructor at the end of each class in Chinese.

### **Text and Other Required Materials**

No textbook is required for this course. The instructor will distribute handouts of notes for the forms and routines she teaches.

Comfortable loose garments and a pair of soft-sole canvas shoes or sneakers are ideal for practicing Chi Kung and Tai Chi in. Students must not do the exercise bare-foot. No mat is needed for practicing Tai Chi.

### **Teaching Methods**

1. Review: All moves taught in previous class(es) in this course will be reviewed before new ones are taught to ensure that students have learned the moves correctly.
2. Demonstrations: The instructor will demonstrate each new move to be taught first, highlighting important points for each move.
3. Teaching: The instructor will teach hand and leg movements separately, and then combine both. Students will follow the instructor's moves, imitating as closely as possible and at the same time applying the ideas of important points highlighted by the instructor.
4. Repetition: All old and new moves are repeated during each class to ensure that students have learned the moves so they can practice at home by themselves.
5. Evaluation Method: The instructor will observe each student's performance during class, and a test will be conducted at the end of the course to ensure comprehension.

### **Student Preparation:**

Appropriate Mental Readiness: Students should come to class with a peaceful, happy and positive attitude. Be polite and kind to one another.

Appropriate Attire: Students must wear comfortable clothing that does not limit movements and shoes with soft sole.

Protocol: Be punctual. Greet your instructor at the beginning of each class, and thank her at the end of the class. If you are late for the class, do a little stretching on your own before catching up with the class, without disturbing your fellow classmates. Space may be tight in the studio, so please be considerate and mindful of your fellow classmates. However, each student is responsible for locating himself/herself at a spot where he/she is visible to the instructor and vice versa.

### **Course Expectations:**

Practice: It is of utmost importance that all students practice at home as often as they can, but especially on the same day after the class. If a student cannot practice on the same day, he/she should at least try to practice the moves mentally. This way one will not forget the new moves and thus will not hinder practice for a whole week until the next class. It will be a waste of an entire week without practice. This may also affect the progress of the entire class having to go over the old moves again plainly because a few students have not practiced during the week. Remember: practice makes perfect. Practicing the forms is the only required homework for this course.

If you miss a class, it is your responsibility to learn the missed moves from a fellow classmate. Your instructor is not obliged to provide you a private lesson to teach you the missed moves. However, you may schedule a time with your instructor for extra help with those moves after you have learned them from your fellow classmate.

Test: There will be no written test for this course. To evaluate students' performance and their understanding for this course, the instructor will conduct a physical test at the end of the semester. For this test, each student is expected to be able to perform the Tai Chi forms independently and individually, or in small groups, as the instructor sees fit. When asked, students are expected to know the English name for each move.

Attendance and Participation Policy: Students wishing to withdraw from this class must go to the Registrar's Office and fill out the proper withdrawal form by September 9, 2019 for a partial tuition refund. Not following proper withdrawal procedures will result in receiving a failing grade for the course. All students are expected to attend ALL classes scheduled and **must participate in the physical exercise** in class, unless the instructor's permission is sought before each class begins. Attendance will be taken by the instructor each time the class meets. If, for a justifiable reason, a student knows he/she cannot come to class on a certain day, a courtesy notice to the instructor will be appreciated. Supporting documents (e.g., doctor's note) must be submitted for an excused absence. If a student misses more than 4 classes, he/she will receive an "F" for attendance, and a possible "F" for the course if more than 5 classes are missed. Discipline and endurance are important concepts to be learned in the study of Tai Chi. Learning is achieved largely through participation in class, so it is very important to practice the discipline that all Tai Chi practitioners are expected to cultivate.

### **Grading Policy**

All students will receive a letter grade for the exam at the end of the semester, basing on their class participation and their ability to perform the form taught in the semester independently.

Disabilities Policy: If you have a question regarding a disability that may affect your progress in this course, please contact one of the college's Disability Service Providers as soon as possible. Matt Liscum (860-215-9265 Room A-113) generally works with students who have Learning Disabilities, ADD/ADHD, Autism Spectrum, or Mental Health Disabilities. Elizabeth Wilson (860-215-9289 Room A-113) generally works with students who have Medical Disabilities, Mobility Disabilities, or Sensory Disabilities. Please note that an instructor **cannot** provide disability academic adjustments until a student provides the necessary paperwork from the college's Office of Disability Services to the instructor. Also, academic adjustments take effect when the instructor receives the paperwork from a student; academic adjustments are not provided retroactively.

On-line Learning Portfolio: All students are required to maintain an online learning portfolio in Digication that uses the college template. Through this electronic tool students will have the opportunity to monitor their own growth in college-wide learning. The student will keep his/her learning portfolio and may continue to use the Digication account after graduation. A Three Rivers General Education Assessment Team will select and review random works to improve the college experience for all. Student work reviewed for assessment purposes will not include names and all student work will remain private and anonymous for college improvement purposes. Students will have the ability to integrate learning from the classroom, college, and life in general, which will provide additional learning opportunities. If desired, students will have the option to create multiple portfolios.

**Board of Regents for Higher Education and Connecticut State Colleges and Universities Policy Regarding Sexual Misconduct Reporting, Support Services and Processes Policy:**

**Public Act No. 14-11: An Act Concerning Sexual Assault, Stalking and Intimate Partner Violence on Campus:**

“The Board of Regents for Higher Education (BOR) in conjunction with the Connecticut State Colleges and Universities (CSCU) is committed to insuring that each member of every BOR governed college and university community has the opportunity to participate fully in the process of education free from acts of sexual misconduct, intimate partner violence and stalking.”

**Title IX Statement of Policy:**

“Title IX of the Education Amendments Act of 1972 protects students, employees, applicants for admission and employment, and other persons from all forms of sex discrimination, including discrimination based on gender identity or failure to conform to stereotypical notions of masculinity or femininity. All students are protected by Title IX, regardless of their sex, sexual orientation, gender identity, part or full-time status, disability, race, or national origin, in all aspects of educational programs and activities.”

Please Report Student Incidents to: Edward A. Derr, Student Diversity and Title IX Coordinator  
Admissions Welcome Center \* Office A116  
574 New London Turnpike, Norwich CT 06360  
860.215.9255 \* [EDerr@trcc.commnet.edu](mailto:EDerr@trcc.commnet.edu)

**Weekly Schedule**

<b>Week</b>	<b>Materials/Topics</b>	<b>Activities</b>
<b>1</b> 9/4	<ul style="list-style-type: none"> <li>- Tai Chi History</li> <li>- Course Syllabus</li> <li>- Greetings</li> <li>- Warm-up Exercise</li> <li>- Forms 1 - 3 of Tai Chi Chi Kung</li> <li>- Chi Kung Closing form</li> <li>- Greeting</li> </ul>	<ul style="list-style-type: none"> <li>- A brief history and a discussion of how Tai Chi is developed and practiced, and its benefits</li> <li>- Explanation of the course syllabus and grading policies</li> <li>- Learning how to greet and thank the instructor in Chinese</li> <li>- Do warm-up exercise</li> <li>- Learn Chi Kung Form 1 (Willow tree sways in the wind)</li> <li>- Learn Chi Kung Form 2 (Celestial being draws a picture)</li> <li>- Learn Chi Kung Form 3 (Hold the moon in your center)</li> <li>- Closing form for Chi Kung exercise</li> <li>- Practice thanking the instructor in Chinese</li> </ul>
<b>2</b> 9/9	<ul style="list-style-type: none"> <li>- Warm-up exercise</li> <li>- Review of Chi Kung Exercise 1<sup>st</sup> to 3<sup>rd</sup> moves</li> <li>- Learn Chi Kung Exercise Forms 4 – 8</li> <li>- Review of Chi Kung exercise Forms 1 - 8</li> <li>- Chi Kung Closing form</li> <li>- Greeting</li> </ul>	<ul style="list-style-type: none"> <li>- Greet the instructor in Chinese</li> <li>- Do warm-up exercise</li> <li>- Review Chi Kung exercise 1<sup>st</sup> – 3<sup>rd</sup> moves</li> <li>- Learn Chi Kung Form 4 (Buddhist monk waves his sleeves),</li> <li>- Learn Chi Kung Form 5 (Yellow dragon stretches its claws),</li> <li>- Learn Chi Kung Form 6 (Lion turns the ball around)</li> <li>- Learn Chi Kung Form 7 (Woodcutter gives directions)</li> <li>- Learn Chi Kung Form 8 (Fisherman puts his net into the water)</li> <li>- Review 1<sup>st</sup> – 8<sup>th</sup> moves</li> <li>- Closing form for Chi Kung exercise</li> <li>- Thank the instructor in Chinese</li> </ul>
9/11	<ul style="list-style-type: none"> <li>- Greeting</li> <li>- Warm-up exercise</li> <li>- Review of Chi Kung Exercise 1<sup>st</sup> to 8<sup>th</sup> moves</li> <li>- Chi Kung Closing form</li> <li>- Learn Tai Chi basics</li> <li>- Learn Tai Chi Forms 1 and 2</li> <li>- Greeting</li> </ul>	<ul style="list-style-type: none"> <li>- Greet the instructor in Chinese</li> <li>- Do warm-up exercise</li> <li>- Review Chi Kung exercise 1<sup>st</sup> – 8<sup>th</sup> moves</li> <li>- Closing form for Chi Kung exercise</li> <li>- Learn Tai Chi basics</li> <li>- Learn Tai Chi Form 1 (Commencing Form)</li> <li>- Learn Tai Chi Form 2 (White crane spreads its wings)</li> <li>- Thank the instructor in Chinese</li> </ul>
<b>3</b> 9/16	<ul style="list-style-type: none"> <li>- Greeting</li> <li>- Warm-up</li> <li>- Review of Chi Kung exercise</li> <li>- Review of Tai Chi Forms 1 and 2</li> </ul>	<ul style="list-style-type: none"> <li>- Greet the instructor in Chinese</li> <li>- Do warm-up exercise</li> <li>- Review Chi Kung exercise</li> <li>- Review Tai Chi Forms 1 and 2</li> </ul>

Week	Materials/Topics	Activities
9/18	<ul style="list-style-type: none"> <li>- Learn Tai Chi form 3</li> <li>- Cool-down exercise</li> <li>- Greeting</li> <li>- Greeting</li> <li>- Warm-up</li> <li>- Review of Chi Kung exercise</li> <li>- Review of Tai Chi forms 1-3</li> <li>- Learn Tai Chi form 4</li> <li>- Review of Tai Chi forms 1 - 4</li> <li>- Cool-down exercise</li> <li>- Greeting</li> </ul>	<ul style="list-style-type: none"> <li>- Learn Tai Chi Form 3 (Brush knees and twist step – left style and right style)</li> <li>- Do cool down exercise</li> <li>- Thank the instructor in Chinese</li> <li>- Greet the instructor in Chinese</li> <li>- Do warm-up exercise</li> <li>- Review Chi Kung exercise</li> <li>- Review Tai Chi forms 1 - 3</li> <li>- Learn Tai Chi Form 4 (Single whip – left style)</li> <li>- Review Tai Chi forms 1 – 4</li> <li>- Do cool down exercise</li> <li>- Thank the instructor in Chinese</li> </ul>
<b>4</b>  9/23          9/25	<ul style="list-style-type: none"> <li>- Greeting</li> <li>- Warm-up</li> <li>- Review of Chi Kung exercise</li> <li>- Review of Tai Chi forms 1 – 4</li> <li>- Learn Tai Chi form 5</li> <li>- Review of Tai Chi forms 1 - 5</li> <li>- Cool-down exercise</li> <li>- Greeting</li> <li>- Greeting</li> <li>- Warm-up</li> <li>- Review of Chi Kung exercise</li> <li>- Review of Tai Chi forms 1 - 5</li> <li>- Learn Tai Chi form 6</li> <li>- Review of Tai Chi forms 1 – 6</li> <li>- Cool-down exercise</li> <li>- Greetings</li> </ul>	<ul style="list-style-type: none"> <li>- Greet the instructor in Chinese</li> <li>- Do warm-up exercise</li> <li>- Review Chi Kung exercise</li> <li>- Review Tai Chi forms 1 - 4</li> <li>- Learn Tai Chi Form 5 (High pat on horse)</li> <li>- Review Tai Chi forms 1 – 5</li> <li>- Do cool down exercise</li> <li>- Thank the instructor in Chinese</li> <li>- Greet the instructor in Chinese</li> <li>- Do warm-up exercise</li> <li>- Review Chi Kung exercise</li> <li>- Review Tai Chi forms 1 – 5</li> <li>- Learn Tai Chi Form 6 (Strike opponent’s ears)</li> <li>- Review Tai Chi forms 1 – 6</li> <li>- Do cool down exercise</li> <li>- Thank the instructor in Chinese</li> </ul>
<b>5</b>  9/30          10/2	<ul style="list-style-type: none"> <li>- Greeting</li> <li>- Warm-up</li> <li>- Review of Chi Kung exercise</li> <li>- Review of Tai Chi forms 1 – 6</li> <li>- Learn Tai Chi form 7</li> <li>- Review of Tai Chi forms 1– 7</li> <li>- Cool-down exercise</li> <li>- Greetings</li> <li>- Greeting</li> <li>- Warm-up</li> <li>- Review of Chi Kung exercise</li> <li>- Review of Tai Chi forms 1 – 7</li> <li>- Learn Tai Chi form 8</li> <li>- Review of Tai Chi forms 1 – 8</li> </ul>	<ul style="list-style-type: none"> <li>- Greet the instructor in Chinese</li> <li>- Do warm-up exercise</li> <li>- Review Chi Kung exercise</li> <li>- Review Tai Chi forms 1 - 6</li> <li>- Learn Tai Chi Form 7 (Work at shuttle – right style and left style)</li> <li>- Review forms 1 - 7</li> <li>- Do Cool-down exercise</li> <li>- Thank the instructor in Chinese</li> <li>- Greet the instructor in Chinese</li> <li>- Do warm-up exercise</li> <li>- Review Chi Kung exercise</li> <li>- Review Tai Chi forms 1 - 7</li> <li>- Learn Form 8 (Needle at sea bottom)</li> <li>- Review forms 1 - 8</li> </ul>

Week	Materials/Topics	Activities
	<ul style="list-style-type: none"> <li>- Cool-down exercise</li> <li>- Greetings</li> </ul>	<ul style="list-style-type: none"> <li>- Do Cool-down exercise</li> <li>- Thank the instructor in Chinese</li> </ul>
<b>6</b>	10/7 <ul style="list-style-type: none"> <li>- Greeting</li> <li>- Warm-up</li> <li>- Review of Chi Kung exercise</li> <li>- Review of Tai Chi forms 1 - 8</li> <li>- Learn Tai Chi Form 9</li> <li>- Review of Tai Chi forms 1 – 9</li> <li>- Cool-down exercise</li> <li>- Greetings</li> </ul>	<ul style="list-style-type: none"> <li>- Greet the instructor in Chinese</li> <li>- Do warm-up exercise</li> <li>- Review Chi Kung exercise</li> <li>- Review Tai Chi forms 1 – 8</li> <li>- Learn Form 9 (Whirl arms and step back – 4 times)</li> <li>- Review forms 1 – 9</li> <li>- Do Cool-down exercise</li> <li>- Thank the instructor in Chinese</li> </ul>
	10/9 <ul style="list-style-type: none"> <li>- Greeting</li> <li>- Warm-up</li> <li>- Review of Chi Kung exercise</li> <li>- Review of Tai Chi forms 1 – 9</li> <li>- Learn Tai Chi form 10</li> <li>- Review of Tai Chi forms 1 – 10</li> <li>- Cool-down exercise</li> <li>- Greetings</li> </ul>	<ul style="list-style-type: none"> <li>- Greet the instructor in Chinese</li> <li>- Do warm-up exercise</li> <li>- Review Chi Kung exercise</li> <li>- Review Tai Chi forms 1 - 9</li> <li>- Learn Tai Chi Form 10 (Grasp the bird’s tail)</li> <li>- Review forms 1 - 10</li> <li>- Do Cool-down exercise</li> <li>- Thank the instructor in Chinese</li> </ul>
<b>7</b>	10/14 <ul style="list-style-type: none"> <li>- Greeting</li> <li>- Warm-up</li> <li>- Review of Chi Kung exercise</li> <li>- Review of Tai Chi forms 1 – 10</li> <li>- Learn Tai Chi Forms 11 and 12</li> <li>- Review of Tai Chi forms 1 - 12</li> <li>- Cool-down exercise</li> <li>- Greetings</li> </ul>	<ul style="list-style-type: none"> <li>- Greet the instructor in Chinese</li> <li>- Do warm-up exercise</li> <li>- Review Chi Kung exercise</li> <li>- Review forms 1 – 10</li> <li>- Learn Tai Chi Form 11 (Cross hands)</li> <li>- Learn Tai Chi Form 12 (Closing form)</li> <li>- Review forms 1 - 12</li> <li>- Do Cool-down exercise</li> <li>- Thank the instructor in Chinese</li> </ul>
	10/16 <ul style="list-style-type: none"> <li>- Greeting</li> <li>- Warm-up</li> <li>- Review of Chi Kung exercise</li> <li>- Review of Tai Chi Form</li> <li>- Cool-down exercise</li> <li>- Greetings</li> </ul>	<ul style="list-style-type: none"> <li>- Greet the instructor in Chinese</li> <li>- Do warm-up exercise</li> <li>- Review Chi Kung exercise</li> <li>- Review Tai Chi Form</li> <li>- Do Cool-down exercise</li> <li>- Thank the instructor in Chinese</li> </ul>
<b>8</b>	10/21 <ul style="list-style-type: none"> <li>- <b>Final Exam</b></li> <li>- Cool-down exercise</li> <li>- Greetings</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Final Exam</b></li> <li>- Do Cool-down exercise</li> <li>- Thank the instructor in Chinese</li> </ul>

**Note:** 1. Tai Chi Chuan (or Taijiquan in its Chinese phonetic spelling) has been simplified as “Tai Chi” in this document, because this is its commonly known name in the U.S.A.  
 2. Chi Kung (or Qigong in its Chinese phonetic spelling) is a breathing exercise which is the foundation for practicing Tai Chi to cultivate qi (internal energy). The name “Chi Kung” is used in this document because this is its commonly known name in the U.S.A.