

**KCOMB 1.2 Course Outline as of Summer 2022****CATALOG INFORMATION**

Dept and Nbr: KCOMB 1.2 Title: TAI CHI - YANG STYLE

Full Title: Tai Chi - Yang Style

Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

This class is designed for individuals of all fitness levels who want to improve balance, concentration, focus, flexibility, breathing, and mind/body awareness through practicing Yang Tai Chi. Applications of Yang Tai Chi principles and Qigong breathing techniques will be covered. Students will be introduced to Yang Style Tai Chi Chuan, a series of flowing movements developed for personal cultivation, health improvement, and self defense.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: This class is designed for individuals of all fitness levels who want to improve balance, concentration, focus, flexibility, breathing, and mind/body awareness through practicing Yang Tai Chi. Applications of Yang Tai Chi principles and Qigong breathing techniques will be covered. Students will be introduced to Yang Style Tai Chi Chuan, a series of flowing

movements developed for personal cultivation, health improvement, and self defense. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Demonstrate the movements of Yang Tai Chi covered in class with proper posture and breathing integration.
2. Demonstrate understanding of basic Tai Chi history, philosophies, and approaches.
3. Assess and evaluate personal experience with Yang Tai Chi.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Perform Yang Tai Chi positions with proper breathing in tandem with positions.
2. Demonstrate an understanding of breath integration with Yang Tai Chi positions.
3. Assess and evaluate personal experience with Yang Tai Chi.
4. Describe the history, principles, and processes of Yang Tai Chi.
5. Discuss various approaches to Yang Tai Chi.
6. Compare and contrast traditional Yang Tai Chi to forms currently practiced in the West.
7. Describe the history, philosophy, principles, processes and approaches of Yang Tai Chi, including traditional forms and current practices.
8. Integrate Yang Tai Chi as part of their everyday life.

### **Topics and Scope:**

- I. Yang Tai Chi Positions
- II. Breathing and Breath Integration
- III. Personal Experiences with Yang Tai Chi
- IV. History of Yang Tai Chi

- A. Origins of development in China
- B. Connection with Taoism and Buddhism
- C. Current styles and approaches to Tai Chi around the world
- V. Yang Tai Chi Philosophy
  - A. Yin/Yang “Taiji” theory
  - B. Traditional Chinese Medical “Jingluo” meridian theories
  - C. Yang Tai Chi compared/contrasted to other martial arts and health exercises.
- VI. Yang Tai Chi Fundamentals
  - A. Balance
  - B. Flexibility
  - C. Yang Tai Chi breathing techniques
  - D. Fluidity of movement
  - E. Posture
- VII. The Complete Yang Tai Chi Form
- VIII. Life Integration of Tai Chi
  - A. Diet and nutrition
  - B. Adaptation of form as required by:
    - 1. Body type
    - 2. Level of fitness
    - 3. Injuries
    - 4. Exercise or personal goals
  - C. Yang Tai Chi as a benefit to other forms of exercise
  - D. Developing a personal practice
  - E. Application to activities of daily living
  - F. Stress reduction and meditation applications

### **Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

1. Written assignments to be determined by instructor such as:
  - A. Assessment of personal growth and experience in Yang Tai Chi class
  - B. Reflective journal
  - C. Personal practice plan
2. Skill demonstrations to be determined by instructor such as:
  - A. Class performances demonstrating knowledge of the complete Yang Tai Chi form
  - B. One or two performance exams of learned Yang Tai Chi positions
3. Objective exam(s)

### **Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written Assignments
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Writing 5 - 10%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Skill demonstrations	Skill Demonstrations 20 - 40%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Objective exam(s)	Exams 5 - 15%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
Attendance and participation	Other Category 40 - 60%

### **Representative Textbooks and Materials:**

Tai Chi Illustrated. Master Piziong Qiu and Zhu, Weimo. Human Kinetics. 2013 (classic)  
Instructor prepared materials