

KCOMB 1.3 Course Outline as of Summer 2022**CATALOG INFORMATION**

Dept and Nbr: KCOMB 1.3 Title: TAI CHI - WUDANG STYLE

Full Title: Tai Chi - Wudang 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 Wudang Tai Chi form. Applications of Wudang Tai Chi principles and Qigong breathing techniques will be covered. Students will be introduced to Wudang Style Tai Chi, a series of flowing movements developed at Wudang Mountain 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 Wudang Tai Chi form. Applications of Wudang Tai Chi principles and Qigong breathing

techniques will be covered. Students will be introduced to Wudang Style Tai Chi, a series of flowing movements developed at Wudang Mountain 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:

| | | | |
|-------------------|----------------------|------------|-----------|
| AS Degree: | Area | Effective: | Inactive: |
| CSU GE: | Transfer Area | Effective: | Inactive: |

| | | | |
|---------------|----------------------|------------|-----------|
| IGETC: | Transfer Area | Effective: | Inactive: |
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|----------------------|--------------|------------|-----------|-----------|
| CSU Transfer: | Transferable | Effective: | Fall 2013 | Inactive: |
|----------------------|--------------|------------|-----------|-----------|

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|---------------------|--------------|------------|-----------|-----------|
| UC Transfer: | Transferable | Effective: | Fall 2013 | Inactive: |
|---------------------|--------------|------------|-----------|-----------|

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

Objectives:

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

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

Topics and Scope:

- I. Wudang Tai Chi Positions
- II. Breathing and Breath Integration
- III. Personal Experiences with Wudang Tai Chi
- IV. History of Wudang 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. Wudang Tai Chi Philosophy
 - A. Yin/Yang “Taiji” theory
 - B. Traditional Chinese Medical “Jingluo” meridian theories
 - C. Wudang Tai Chi compared/contrasted to other martial arts and health exercises.
- VI. Wudang Tai Chi Fundamentals
 - A. Balance
 - B. Flexibility
 - C. Yang Tai Chi breathing techniques
 - D. Fluidity of movement
 - E. Posture
- VII. The Complete Wudang 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. Wudang 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 Wudang Tai Chi class
 - B. Reflective journal
 - C. Personal practice plan
2. Skill demonstrations to be determined by instructor such as:
 - A. Class performance demonstrating knowledge of the complete Wudang Tai Chi form
 - B. One or two performance exams of learned Wudgan 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.

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| 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%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Skill demonstrations

Skill Demonstrations
20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Objective exam(s)

Exams
5 - 10%

Other: 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