

Tai Chi Beginning

ESSF 1410

LOCATION: HPER W 106

INSTRUCTOR: Professor Bill Parkinson

PHONE: 585-5236 (leave message)

ADDRESS: Mail boxes for E.S.S. instructors are in N-241. Students may contact instructors by leaving messages in these boxes.

ATTENDANCE: To receive credit for this class you may miss no more than one class period per half-semester. No make-ups will be accepted. If you decide to drop this class, it should be done by the first week of the semester.

COURSE DESCRIPTION: Slow relaxing movements used to improve balance, coordination and timing. Reduces stress improves concentration. A mediation in movement.

DRESS: Wear comfortable, loose fitting clothes.

RECOMMENDED TEXT: The Ultimate Guide to Tai Chi by *The Best of Inside Kung Fu*, edited by John R. Little and Curtis F. Wong.

COURSE OBJECTIVES: To learn the short form of Tai Chi. To experience through Tai Chi the ability to focus the mind on the body during exercise, sports and daily life.

COURSE CONTENT: 50% of class time is spent learning the form, 25% on readings and discussion and 25% on yoga, meditation and other related psychophysical disciplines. Includes Chi Kung and Hand Pushing.

EVALUATION: A knowledge evaluation will be given the final night of class.

CREDIT: Credit will be based upon attendance. (80%) and a Comprehensive final test. The final will include a written section with about 25 questions and a performed section. You must read at least one book from the Suggested Readings list (below).

ADD/DROP: The ADD/DROP policy was changed by the university. Please consult the schedule for a complete explanation.

REMEMBER: A grade of NC in a CR/NC class is not figured into the quarterly GPA of a student.

MISCELLANEOUS: 1. Only students who are officially enrolled may attend classes.
2. Any change to class meeting place will be posted at HPER W 106 one hour before class time.

INJURY & FIRST AID: All Instruction Program classes pose a certain risk to the participant. This class has a potential of injury. In case of ANY accident, please inform your instructor immediately. Fill out a University of Utah Incident/Accident Report Form as soon as possible.

Suggested Readings

- Tai Chi for Health by Edward Maisel
- Embrace Tiger Return to mountain- the essence of Tai Chi Chuan by AI Huang
- The Little Zen Companion by David Schiller
- The Ronin by William Dale Jennings
- The Inner Structure of Tai Chi by Mantak Chia and Juan Li
- The I- Ching Translated by Wilhelm Baynes
- The Tao Te Ching by Lao Tzu
- The Way of Chuang Tzu by Thomas Merton
- The Zen Teachings of Master Lin Chi translated by Barton Watson
- The Zen Teachings of Huang Po translated by Thomas Merton
- The Three Pillars of Zen by Richard Kapleau
- Zen Flesh Zen Bones by Paul Reps
- Zen Mind Beginners Mind Shunryu Suzuki
- The Tao of Tai Chi Chuan by Da Lu
- Movements of Magic by Bob Klein
- Movements of Power by Bob Klein
- The Complete Book of Tai Chi Chuan by Wong Kiew Kit
- The Essence of Tai Chi by Wayson Liao
- The Art of War by Sun Tzu
- The Yin Yang Butterfly by Valentine Chu
- The Secret of the Golden Flower by Richard Wilhelm
- The Art of Peace by Morihei Ueshiba
- Psychotherapy East and West by Alan Watts
- Tao the Watercourse Way by Alan Watts
- Zen in the Art of Archery by Eugen Herngel
- Integral Yoga Hatha by Swami Satchidananda

NOTE: Other books on Tai Chi Chuan, martial arts, meditation and eastern religions will enhance your appreciation and understanding of principles presented in class.

Things to Remember

1. Abdominal (diaphragm), breathing.
2. Proper Meditation posture includes a straight back and a comfortable position. Let the tip of your tongue touch the roof of your mouth.
3. Transferral and redirection of energy.
4. Coordination of hands feet and breath, the three harmonies.
5. Watch the direction of your attack, or the flora of energy.
6. Allow the breath, momentum, Chi and imagination to move your body, No tension.
7. Remain relaxed and keep the movements continuous. Maintain an even tempo throughout the form.
8. All movements should be light, natural and effortless.
9. Always move the light foot never the heavy one.
10. Breath slow and deep through the nose.

Things to Practice

1. Centering exercises
2. Meditations
3. Breathing exercises, pranayamas
4. Balance exercises
5. Yoga Postures, Asanas
6. Speed drills varying tempo
7. Dynamic tension for strength
8. Practice with the Eys closed
9. Auto-suggestion and msualization
10. Aikido warm-up exercises, kicks and blocks
11. Chi Kung, breathing meditations, and hand pushing

Elementary Tai Chi

Week Introduction check rolls, sign release form, assign and discuss books, go over
1: handouts. Opening movements, posture, abdominal breathing.

Week Ward-off right ward-off left, sitting postures, Meditation 1, introduce flexibility
2: work, balance exercise. Check rolls sign disclaimer.

Week The waves go in and the waves go out, start hand-pushing exercises, begin
3: moving balance techniques, review abdominal breath start complete breathing.

Week The whip, start Chi Kung 1 continue hand pushing, meditation 2. Flexibility
4: work.

Week Crane spreads wings, chi-kung 2 meditation 3 competitive balance exercises
5: review complete breath.

Week Slant flying continues hand-pushing techniques, Alternate nostril breathing
6: meditation 4 review standing and moving balance exercises.

Week Finish Tai Chi Chuan form review for written test. Speed drills dynamic tension,
7: Left - handed form demonstrate long form. Meditation 4 Chi Kung 3.

Week Workshop, written test. **Summer semesters and certain sessions will have
8: reduced classes. Those classes will have condensed syllabi.**

— Hand-pushing and competitive balance teach students martial art applications of Tai Chi movements

— Chi-Kung is the energy work of Tai Chi.

— Workshop is an opportunity to resolve any final student needs.

— Classes will usually start with some warm-ups. Then a review of last week's materials followed by this week's new choreography and complementary techniques.