SYLLABUS
Theatre 3210 (3 Credit Hours)
Tai Chi Yoga Movement

All sections (Fall and Spring), are taught in FAW 130. Check class schedule for times and days, and for Summer Semester locations. Open to all students.

May fulfill certain requirements for International Studies, Asian Studies, Peace and Conflict, as well as Religious Studies.

Instructor: Assistant Professor (Lecturer), Bill Parkinson
Office: Room 109 W.I. (office hours arranged)
Phone: 801-946-7673
Email: w.parkinson@utah.edu

COURSE DESCRIPTION

Tai Chi Yoga incorporates, the dance forms, martial applications, and energy work of Tai Chi with the exercise, breathing, and meditation of Yoga.

AT THE END OF THE COURSE, THE STUDENT WILL BE ABLE TO...

Perform one Tai Chi form, eight hand-pushing exercises, and five chi kung meditations. Forty Hatha Yoga asanas, eight pranayamas and six meditations will also be studied. Students are required to read at least three books on the book list. One of the test questions will be about the books read. Teaching methods include: lecture, discussion, technique, readings, and choreography.

Grades will be based on 400 points possible:

25% - Special project performed or written, due weeks 5 through 12. If students choose to write a paper for their project, it should be 8-12 pages in APA format, double-spaced, with a size 14 font. (100 pts.)
25% - Written test given around week 13, Spring and Autumn; week 10, Summer. (100 pts.)
25% - Form performance and Salutation to the Sun. Due finals week. (100 pts.)
25% - Attendance and participation, make-up classes are accepted. (100 pts.)

Late or missed assignments will not be accepted after the last class period. Points may be deducted for late assignments.

Extra Credit! - Students will receive extra credit for attending any play on campus. Please submit a short review and your ticket stub for 5 points. You may attend as many plays as you like, enjoy.
The written test will have questions that are true false, essay and fill in the information. It will be comprehensive dealing with all materials covered in the class.

Special Projects may need to be cleared with me. The more original and the more performance oriented the better. Written projects are accepted.

The form performance tests may be repeated, with your best performance used for your grade.

In place of the written test, **repeat students** are required to perform two new Asanas, turn in two book reports, and write the names of all Tai Chi moves learned. Points will be deducted for items not fulfilled. **Class may be taken for credit up to four times.**

**Hatha/Raja Yoga**

Yoga is a 5000 year old spiritual system developed in India by ancient sages. The classical yogas, (way's to attain union with god), include:

- **Bhakti yoga** - union obtained through love of god.
- **Karma yoga** - union through god dedicated action.
- **Jnana yoga** - union through knowledge, study, and discrimination.
- **Raja yoga** - union through meditation.
- **Mantra yoga** - repetition of a sacred sound.

Hatha yoga - a more recent development is based upon the radical premise, (at the time), that a healthy mind and body are important adjuncts to the spiritual seeker. Before the time of Buddha, circa 500 B.C. the principal spiritual practices involved the belief that the body was the enemy of the spirit. Starvation, dehydration, flagellation and other techniques to deny the body were commonly employed by those seeking spiritual insights. Remnants of these practices are still found today. Part of what Buddha taught was that a strong healthy body is an important part of any seekers life. This helped lay the intellectual foundations for the world's oldest health system, Hatha Yoga.

Hatha Yoga - Ha means sun, tha means moon, yoga means union. For hundreds of years this system was used primarily as a preparatory yoga for the classical yogas mentioned above. More recently it has been considered a complete system leading to union by itself. Many, however, still consider it a part of Raja Yoga.

**The eight steps of Raja yoga**

1. **Yamas:** (abstentions), truth, non-violence, abstinence, non stealing, non covetness.
2. **Niyamas:** observances, austerities, purity, contentment, study, surrender.
3. **Asanas:** Yoga postures or exercises. The central aspect of Hatha.
4. **Pranayama:** breathing exercises leading to control of the bodies energy systems.
5. Pratyahara: withdraw of the senses.
7. Dhyana: Meditation
8. Samadhi: the super conscious state of union, the goal of all yogas

Hatha yoga is principally Asana, pranayama and mindfulness.

T’ai Chi Ch’uan

Literally, Great-Spirit-Fist. Tai Chi is a Kung Fu system that first introduced the idea of soft style to the Chinese martial arts. Today Tai Chi (Yang Style) is practiced for health, balance, coordination, meditation and self defense.

WEEKLY SCHEDULE

**Week 1:** Handouts, introduction, demonstration. Preview book list, discuss requirements and grading procedures. Opening movements. Most classes start with warm-ups and reviews. Three aspects of Tai Chi and three aspects of Yoga. Be prepared to take notes and workout.

**Week 2:** Warm-ups, Sitting positions, Meditation 1. Continue the form, begin yoga asanas (exercises or postures), balance exercises, abdominal breathing. Readings (readings or lectures are usually given weekly). They are an opportunity to explore the philosophical aspects of Tai Chi Yoga. Workshop. Workshops are focused on meeting individual student needs. Four Yogas: Karma, Jnana, Bhakti, and Raja.

**Week 3:** Warm-ups, Meditation 2, stances. Begin cultural yoga postures, continue form. Begin hand-pushing exercises (martial arts applications of tai chi movements), balance exercises, relaxation. Meaning of Yin and Yang. Preview next week.

**Week 4:** Warm-ups review last weeks choreography. Reading. Begin pranayamas 1, (breathing exercises), begin chi-kung's (breathing meditations), number 1 how to store energy. Meditation 3 (follow the breath), hypnosis, (auto suggestion). Workshop. Yoga and Vishnu Mudras. Preview next week.

**Week 5:** Readings. Pranayama 2, Chi kung 2, (for storing energy), more hand-pushing, complete Yoga cultural poses, continue form. Begin student projects. Complete book list. Preview next week.

**Week 6:** Warm-ups, review last week, preview class. Long form, balance exercises, competitive balance exercises, review chi kungs, continue handpushing, continue form, Pranayama 3, add yoga asanas. Meditation 4 (listen). Workshop. Kundalini, Chakras, and Tantra. Continue student projects.

**Week 7:** Warm-ups, review and preview. Readings, teach quick hands technique, continue form, projects, dynamic tension, Yoga long form, Pranayama 4, practice with eyes closed, learn redirection and movement of energy. Workshop. Soft vs. Hard styles -- blocks and kicks. Preview next week.
Week 8: Warm-ups review and preview. Continue projects, review kicks, hand-pushing, chi-kung 3 (for healing, pain relief and disease treatment), Mental Tai Chi, advanced asanas, left-hand form. Competitive balance exercises. Creating a sacred space. Preview next week.


Week 10: Work on individual balance and competitive balance exercises. Special projects continued. Practice kicks, learn chi-kung 4 (moving energy around chakras), correct yoga postures, more hand-pushing. Meditation 6 (mantra), Pranayama 7. Selected readings.

Week 11: Warm-ups, complete yoga workout, includes all 30 asanas, 6 pranayamas and 6 meditations. Add yoga, Triple Banda (3 locks used to increase effectiveness of some pranayamas), Pranayama 8, Chi Kung 5 (aligning chakras). Test Review. Workshop.

Week 12: Written test - Projects Due

Week 13: Reading. Review forms, refine movements, review all hand-pushing and chi kungs. Speed drills, practice with eyes closed, practice dynamic tension, (a way to put any muscle under any stress level through any range of movement), develops power strength and endurance. Workshop.

Week 14: Review and workshop, prepare for final performance. Selected reading.

Week 15: Final Performance. Students Graded on Tai Chi forms and Salutation to the Sun.

The University of Utah seeks to provide equal access to its programs, services and activities for people with disabilities. If you will need accommodations in the class, reasonable prior notice needs to be given to the Center for Disability Services, 162 Union Building, 581-5020 (V/TDD). CDS will work with you and the instructor to make arrangements for accommodations.

Students, be aware that there is some light contact and touching necessary in the teaching, learning and practicing of Tai Chi Yoga. If there is any activity you are not completely comfortable with or feel physically unable to participate in please feel free to watch. The University's policies on academic honesty and sexual harassment are enforced. Students are expected to maintain professional behavior in the classroom. Faculty are expected to maintain and enforce these codes. You have the right to appeal the instructor's decisions to the Student Behavior Committee. For information on your rights and responsibilities go to www.admin.utah.edu/ppmanual/8/8-10_pdfs/8-10_section_1.pdf. For faculty responsibilities, please see www.admin.utah.edu/ppmanual/8/8-10_pdfs/8-12-4.html.

Addressing Sexual Misconduct: Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such
as race, national origin, color, religion, age, status as a person with a disability, veteran’s status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677 (COPS).

Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student’s ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness at www.wellness.utah.edu or 801-581-7776.

Hatha Yoga Asanas

*Hold each pose for about one minute, or as long as comfortable.*

Eye Exercises
Salutation to the Sun, Warrior, Triangular one half and full Standing balance postures stationary or moving
Sphinx, Swim, Stick, Inverted Boat
Three cobras
One half and or full locust Bow
Cat and Cow
Crazy Cat
Head and or shoulder stand, hold for one to five minutes Fish
V ups, quick corpse
Sit up spread legs front stretch, bring one leg on top of thigh touch opposite foot reverse
Shooting Bow
Butterfly and Six-Pointed Star
Plow follow with sitting front toe touch feet together Bridge and or wheel
Heroic, cow-face one half spinal twist, switch legs and repeat Wind eliminating, then lay on back put right foot on ceiling reverse Back roll side roll, hip roll.
After completing workout you may work on new or advanced asanas. Always finish with the corpse, relaxation).

Tai Chi Chuan - Short Form

Tao
Yin & Yang
Low to High Center
Circle of Light - Opening
Ward Off Right
Crane
Ward Off Left
The Waves Go In and the Waves Go Out
Single Whip
Play Guitar
Elbowing
Crane - Crane Spreads Wings
Play Guitar
Stroking the Wild Horse's Mane
Slant Flying
Stroking the Wild Horse's Mane
Hammer
Ram
Apparent Closing

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

Things to Practice
Centering exercises
Meditations
Breathing exercises, pranayamas
Balance exercises
Yoga Postures, asanas
Speed drills varying the tempos
Dynamic tension for strength
Practice with the eyes closed
Auto-suggestion and visualization
Aikido warm-up exercises, kicks and blocks
Chi Kung, (breathing meditations), and Hand Pushing

Meditations and Breathing

Pranayama
1. Complete Breath
2. Alternate Nostril Breathing
3. Hissing
4. Humming Bee
5. Skull Shinning
6. Cooling Breath
7. Bellows
8. Heating Breath

Mudras

1. Namasté
2. Yoga
3. Vishnu

Kriyas

1. Nose
2. Eyes
3. Mouth
4. Ears

Chi Kung

1. Chi Kung one, drawing energy through the nostrils.
2. Chi Kung two, drawing energy through the navel.
3. Chi Kung three for healing, pain relief, and disease treatment.
4. Chi Kung four microcosmic orbit. Moving energy around the chakras.
5. Chi Kung five Aligning chakras.

Meditations

1. Counting Inhales and Exhales
2. Counting exhales only
3. Following the breath
4. Shikan Taza turning off the Internal dialogue (internal or external)
5. Pratyahara
6. Mantra Meditation. Listening to internal sounds.
Tai Chi Chuan - Second Form
Embrace Tiger Return To Mountain
The Waves Go In The Waves Go Out
Single Whip (strike and step at same time)
Tiger Claw
Repulse Monkey (backing up sequence)
Stroking The Wild Horses Mane
Needle at Bottom of the Sea
Back Fist - Step Back - Sweep the Leg
Ram
The Waves Go In The Waves Go Out
Single Whip
Wave Hands Like Clouds (move to the left)
Short Kicking Sequence: Front Kick - Blocking Kick - Duck
Left Foot Front Kick - Turn Left - Toe Trap - Dragon Stomp
Slant Flying (2 steps)
Ram (to ground)
Hammer (to the right)
Step Back (with right foot) - Sweep (left foot in front)
Ram
Right Leg Front Kick - (step forward on to right foot)
Throwing the Tiger (2 times with open hands)
Striking the Tiger (2 times with closed hands)
High Block
Duck - Front Kick - Knee - Wind to the Ears
Repeat - Other Side
High Block - Duck - Front Kick
Ram
Apparent Closing Second Form

Tai Chi Chuan - Third Form
Embrace Tiger Return To Mountain
The Waves Go In The Waves Go Out
Single Whip
Parting The Wild Horses Mane
Repeat (Other Side)
Repeat Again (Other Side)
Ward Off Right
Crane
Ward Off Left The Waves Go In The Waves Go Out
Single Whip
The Fair Lady Shuffles
The Waves Go In The Waves Go Out
Single Whip
Wave Hands Like Clouds (move to the right)
Snake Creeps Down
Golden Cock On One Leg
Dragon Stomp
Repulse Monkey
Needle at Bottom of the Sea
White Snake's Tongue Leaps Out
Step Forward - Ram
Step Forward - Throw
The Waves Go In The Waves Go Out
Whip (1/4 turn)
Stroking the Wild Horses Mane
Slant Flying (open palms; 4th step is front kick)
Repulse Monkey (open palms; 2 steps back)
Stroking the Wild Horses Mane
Hammer Ram Apparent Closing - End of Long Form

VARIOUS READINGS

Required Readings (for all beginning students)
The Ultimate Guide to Tai Chi by The Best of Inside Kung Fu, edited by John R. Little and Curtis F. Wong
Integral Yoga Hatha by Swami Satchidananda

Students must read at least one book from the Suggested Reading list below:

Suggested Reading
Tai Chi for Health by Edward Maisel
Embrace Tiger Return to mountain- the essence of Tai Chi Chuan by Al 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 Liu
Movements of Majic 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 Way of the Peaceful Warrior by Dan Millman
Sacred Journey of the Peaceful Warrior by Dan Millman
The Art of War by Sun Tzu
The Book of Five Rings by Miyamoto Musashi, translated by Thomas Cleary
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 Herrigel
The Bhagavad Gita translated by Juan Mascaro
The Mahabharata translated by William Buck
Shankara's Crest Jewel of Discrimination
Upanishads by translated by Juan Mascaro
Eight lectures on yoga by Alister Crowley
The Ramayana by R. K. Narayan
The Sermon on the mount according to Vedanta by Swami Prabhavananda
The gospel according to Zen edited by Robert Sohi and Audrey Carr
The Dhammapada by Juan Mascaro
Yoga the iyengar Way by Silva Mira and Shyam Mehta
Bhakti, Karma, Raja, Jnana, Yoga all by Swami Vivekananda
Autobiography of a Yogi by Paramahansa Yogananda
How to know God the Yoga aphorisms of Pantanjali
A Chakra and Kundalini workbook by Dr. John Mumford
Yoga Therapy by Stella Weller
Yoga Mind Body by Sivananda Yoga Vedanta Center
The Hatha Yoga Pradipika translated by Brian Dana Akers
The Song of the Bird by Anthony de Mello
Yoga for Fitness and Wellness by Ravi Dykema
Kama Sutra by Sir Richard Burton
Chop Wood, Carry Water by Rick Fields
The China Study by T. Collin Campbell and Thomas M. Campbell