

PENP 130 Sec. 501 CRN 30985 TAI CHI I SYLLABUS

Spring Semester 2016 – 15 week course –

Tuesdays and Thursdays 10:15 am to 11:45, January 17 to May 11

FWEC, GF Room 140

Instructor: Dug Corpolongo (505-306-0118 or sifudug@gmail.com)

Fitness Center 925-8830

Required Text: Instructor will distribute handouts to all students as necessary

Suggested texts: “T'ai Chi: The "Supreme Ultimate" Exercise for Health, Sport, and Self-Defense” by Cheng Man-Ching and Robert W. Smith, “The Tao of Tai Chi Chuan Way to Rejuvenation” by Jou, Tsung Hwa and “The Essence and Applications of Taijiquan” by Yang Cheng fu

Catalogue Description: Instruction and practice in techniques to enhance body awareness, reduce stress, improve balance and increase strength.

Course Description:

Tai Chi will be practiced to loosen, stimulate and regenerate the body/mind and ready the student to begin the form. The Traditional Yang Style 37 Movement Form was developed by Grandmaster Cheng Man Ching. He was one of the first Tai Chi masters to teach Tai Chi Chuan in the West. If practiced regularly this form will cultivate a more subtle awareness, increase vitality as well as enhance our balance and sense of wellbeing.

Tai Chi: Tai Chi Chuan is an ancient Chinese system of exercise, health and martial arts created by Taoist monks and rooted in traditional Chinese healing arts. Breathing, alignment, precise body mechanics and slow, soft graceful movements are used in circulating and focusing the chi or vital force to harmonize the body, mind and spirit. The principles of yin and yang, as opposites, are always in flux and moving in the now. Attention to this process can better unite us with the universe, allowing us to feel more grounded, peaceful, engaged and mindful of each moment. Early Tai Chi Chuan roots date from the seventh century CE to the legendary Taoist monk Chang San Feng who is generally recognized as the art's founder. This course focuses on Yang style Tai Chi which began with Grandmaster Yang Lew Shan (1799-1872). It emphasizes the importance of internal and external movement to achieve benefits of overall health and vitality as well as grace, balance, relaxation, strength, flexibility and self-defense applications.

Student Learning Outcomes (Objectives for knowledge, skills and appreciation).

Students will:

1. Demonstrate beginning knowledge of the basic principles of Tai Chi through group discussions and practice during class.
2. Demonstrate the first section of Yang Style 37 Movement Tai Chi Form in a group with prompting (Returning students will work on demonstration of the second section and more advanced Tai Chi forms).

Please practice at home at least 30 minutes a day

Student evaluation is based upon meeting the following requirements:

1. Attendance and Participation- 33% of grade- Please notify the wellness center or

the teacher if you can't come to class or will be late. A good sense of responsibility and respect is required for this level of study. Continued absenteeism is disruptive to the class, hampers your learning and progress and as a result lowers your grade. Each new movement is demonstrated and explained thoroughly when it is first presented in class. In order to understand and integrate each section of the form it is necessary to be present and practice with the group. The percentage of classes attended directly relates to the grade- 70%-79% attendance is a C grade for the attendance portion.

2. Participation and Improvement-33% of grade- A positive attitude, a respect for others, a sense of play (The Chinese call Tai Chi practice play) leave ego at the door, safety in practice, cultivate “Beginner’s Mind”, be open, willing and ready to listen, watch, practice and learn...and keep learning deeper. Asking and answering questions, practicing before, after and between classes is vital, bringing in info and materials, leading exercises are all taken into account given a percentage grade. Should be able to perform Yiquan Qigong and the first section of the Tai Chi Short Form at a beginners level as a group with prompting (Returning students also perform movements from the second section), 25% of grade at final day testing with grading according to performance of the basic Tai Chi principles.

3. Pop Quizzes 33% of grade

Oral and performance pop quizzes presented randomly during classes as one way ascertain your progress and understanding. These will either be oral questions about the material covered in class or requested demonstrations of our Tai Chi Chuan up to the level you have studied. Points will be accumulated according to correct responses and performances. Missed pop quizzes will result in zero points being awarded. Correct performances will also be evidence of personal practice (at least 30 minutes per day).

Course Evaluation is based as follows:

1. 66%-Attendance, Participation and Improvement (25% Attendance and 25%-Participation and improvement)
2. 33%- Pop Quizzes (Oral questions and/or performance of movements as requested during class by teacher)

90% to 100%=A, 80% to 89 %=B, 70% to 79%=C, 60% to 69%=D, 0% to 59%=F

Take responsibility for self during practice: Inform the teacher at the beginning of the course and during of any special needs, limitations or conditions that might affect your practice. Learn how far to go by becoming more sensitive about when to push and when to let up. If you have a documented disability notify your academic advisor at Student Services for a referral at 925-8560 and please provide me with a copy of your letter from Equal Access Services as soon as possible to ensure that your accommodations are provided for in a timely manner.

Extra Credit: 5% extra credit will be given for attending another tai chi class, participating in UNM Valencia Wellness Center special events and classes (a written report and proof of participation will be necessary), reviewing a tai chi video or book.

Reports and reviews should be turned in the second to last class of the series. They will be handed back the following week assessed for credit according to the conditions outlined here. Reports and reviews that are turned in late will not be considered when calculating your grade.

Notebook up to 10% Extra Credit

You can also earn extra credit by purchasing a dedicated notebook and bringing it to each Tai Chi class. It should contain a list of the Yang Style 37 Posture Tai Chi Form, the Yiquan Qigong Postures and all other handouts. Notes should be taken during each class to help you remember the movements and sequence of the form. Record any questions that may arise during practice at home in your journal any ask them during the question and answer period the next class. You should also record any changes you feel in your over-all health, balance and mobility, and any new Tai Chi understandings or insights into that you may be transferring into your life. Notebooks should be turned in the second to last class of the series. Notebooks will be handed back the following week assessed for credit according to the conditions outlined here. Notebooks that are turned in late will be considered when calculating your grade.

Important Dates:

- *Senior Citizen Registration Open, January 17*
- *Last day to register: Friday, January 27*
- *Last day to change grading option: Friday, January 27*
- *Last day to drop without a grade: Friday, February 3*
- *Spring Break March 12 to March 19*
- *Last day to drop without approval WP/WF: Friday, April 14*
- *Last day to drop with approval WP/WF: Friday, May 5*
- *Extra Credit Projects due Thursday, May 4*
- *Last day of class Thursday, May 11*

Dress: Comfortable loose clothing-Soft, flat athletic shoes with support- No sandals or flip flops- No sharp or loose jewelry and please don't bring your cell phones to class.

Bring to Class: Water- Possible change of shirt or blouse- Empty stomach (please avoid food for at least one hour before class) A readiness to enjoy and learn and open to increased potential. Please don't bring food to class and be considerate of your fellow students and refrain from loud or disruptive speech and behavior.

I look forward to having fun while learning Tai Chi Chuan together. In a Tai Chi class there is one teacher, but everyone present is a student.