

## **PENP 130 Sec. 501 CRN 30985 TAI CHI I SYLLABUS**

**Fall Semester 2019 – August 22 – December 16**

**Tuesday and Thursday 10:30 to 11:45 am, FWEC, GF Room 140**

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

**Fitness Center 925-8830**

**Office Hours: Tuesday and Thursday 11:45 am to 12:45 pm**

**Required Text:** Instructor will distribute handouts to all students during the first week of class. Please bring it with you to all sessions.

**Suggested texts:** “The Tao of Tai Chi Chuan Way to Rejuvenation” by Jou, Tsung Hwa and “The Essence and Applications of Taijiquan” by Yang Cheng fu

### **Official Course Description:**

Introduces the practice and philosophy of Tai Chi. Students will use breathing, alignment, precise body mechanics and soft, graceful movements to develop their understanding of the practice.

### ***Additional Explanation:***

Traditional Yang Style Tai Chi Chuan will be taught and practiced to gently increase our flexibility and balance, stimulate and regenerate our body & mind and to hopefully develop a lifelong health and martial arts practice. If practiced regularly Tai Chi Chuan will cultivate our awareness, increase our vitality and balance as well as enhance our overall sense of wellbeing.

### **About Tai Chi Chuan:**

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 to develop balance, increase functional strength, and improve our overall health. Attention to the Principles of Tai Chi movement will help us to feel more grounded, peaceful and in balance, because we are more engaged and mindful of each moment. According to legend, early Tai Chi Chuan roots date from the seventh century CE and to the fabled Taoist monk Chang San Feng, who is the art’s mythological founder. However, Tai Chi Chuan can only be historically traced back to Chen Wang-ting, Captain of the Guard of the Ming Dynasty palace, who lived in the sixteenth century CE. This course focuses on Yang style Tai Chi Chuan which began with Grandmaster Yang Lu Chan (1799-1872). Yang style emphasizes the importance of internal and external movements to achieve benefits of overall health and vitality as well as grace, balance, relaxation, strength, flexibility, in addition to innumerable martial arts applications. Martial Arts applications are taught to enhance your overall understanding of Tai Chi’s movements and body mechanics and to facilitate correct performance of the form. When the movements of Tai Chi are performed correctly, then we receive more benefits from the exercise.

### **Student Learning Outcomes:**

*(Objectives for knowledge, skills and appreciation)*

1. Demonstrate basic skills, principles, and breathing techniques that are needed to practice Tai Chi.
2. Demonstrate relaxation and revitalization techniques through Tai Chi skills.
3. Apply the principles of alignment, stretching, and relaxation to the Tai Chi postures.
4. Demonstrate specific Tai Chi poses and postures.
5. Understand and explain the history of Tai Chi.
6. Recognize the benefits of a Tai Chi practice.

**Please practice at home at least 30 minutes a day**

### **Student evaluation is determined in accordance with the following criteria:**

**1. Attendance and Participation-** - **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 and tardiness 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. Arriving later than 15 minutes after class startup time is considered an absence

**2. Enthusiasm and Improvement** - A positive attitude, a respect for others, a sense of play (The Chinese call Tai Chi practice play) please leave your 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 considered as a percentage grade. Students should be able to demonstrate progress toward achieving the Student Learning Objectives at a proficiency appropriate to their experience level. However, because each person is an individual who brings their own strengths and challenges to class, each student’s improvement is judged as compared to his/her past performances and is not compared to the other students. Additionally, a student’s effort to incorporate the guidance and corrections toward the basic Tai Chi principles, as described in the Student Learning Objectives that are offered by the instructor is also noted and given credit toward his/her grade.

**3. Pop Quizzes** -Oral and performance pop quizzes are 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 group 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).

**4. Final: Demonstrate the basic principles and postures of Tai Chi Chuan at a level appropriate to your experience-** - I will be looking for the following: a straightening of the spine vertically, lifting of the head from the crown, lowering of the weight by relaxing the hips and legs, relaxing the shoulder and dropping the elbows, concentrating the awareness and calming the mind, moving from the Tan Tien (lower abdomen & hips), unity of shoulders, hips and elbows and stepping empty. Students will demonstrate their understanding during group practice class, pop quizzes and on the final day of testing. My evaluations will be based on improvement as compared to your past performances.

**Course Evaluation is based as follows:**

1. 25%-Attendance and Participation
- 2, 25% Enthusiasm and Improvement
3. 25%- Pop Quizzes (Oral questions and/or performance of movements as requested during class by teacher)
4. 25%-Final Performing Tai Chi forms observed 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 you in a timely manner.

**Extra Credit: 5%** Extra credit will be given for attending another tai chi class or special event, participating in UNM Valencia Wellness Center special events and classes (a written report and proof of participation will be necessary), writing a report on a tai chi video or book. Reports and reviews should be turned on the second to last day of class. 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.. 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 day of class of the series. Notebooks that are turned in late will be considered when calculating your grade.

**Important Dates:**

- **Senior Citizen Registration Opens August 22**
- ***Last day to register: Friday, September 2***
- ***Last day to change grading option: Friday, September 2***
- ***Last day to drop without a grade: Friday, September 2***
- ***Fall Break Thursday October 13***
- ***Last day to drop without Dean's approval WP/WF: Friday, November 11***
- ***Thanksgiving Thursday November 24 - 27***
- ***Last day to drop with Dean's approval WP/WF: Friday, December 9***
- ***Extra Credit Projects due Thursday, December 8***
- ***Last day of class and Final testing Thursday, December 15***

**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.

**Tardiness:** If you come more than 15 minutes late for class you will be counted as absent. However, you should come anyway because you will receive credit for participating and possibly avoid missing a pop-quiz

**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.

**PENP 130.501 is a 15 Week Course - Classes begins Tuesday August 23rd and last day is December 15th.**