

ACCHS COURSE OUTLINE/ SYLLABUS

COURSE TITLE: Tai Ji & Qi Gong Research Seminar of TCM I

COURSE NUMBER: OM247E

UNITS/HOURS: 2/30

INSTRUCTOR: Joe Davis LAc jdavis.tcm@gmail.com

TERM OFFERED: IV

COURSE OBJECTIVES:

The student will demonstrate a working knowledge of the fundamental movements of Tai Ji Chuan, complete a basic Qi Gong set, and express the relationship between these movement arts and Traditional Chinese Medicine. The focus will be on developing a sound foundation for any further study of Tai Ji and Qi Gong, regardless of particular form or style. Students will be capable of showing others simple Qi Gong movements for building and maintaining health. Students new to the Chen Pan Ling form will start from the beginning. Continuing students will be shown more advanced sections. Material from the prior course will be explored in greater depth. Strategies for cultivating regular practice will be addressed.

TEACHING METHODS:

Methods include lecture, discussion, readings from classical and contemporary texts, individual and partner exercises.

GRADING POLICY:

Grading will be based on attendance, participation, several short written assignments, and personal improvement of the movements shown in class. The letter grade will be based on the Academy's official grading policy, which is in the student handbook. Every absence will count as a 3% deduction from your final grade. 4 absences and you will be dropped from the course with a failing grade. There will be some opportunity to make up credit for a missed class. There will also be a final exam, comprising 20% of the grade (10% written, 10% practical movement).

PRE-REQUISITES: None

TEXT BOOK: Handouts

REFERENCES:

Handouts

DESCRIPTION OF CONTENT ON A WEEKLY BASIS:

WEEK 1	Intro to Hua Tou's Five Animal Frolics and Chen Pan Ling's Tai Ji Quan
WEEK 2	Internal Space: Cultivating Proprioception
WEEK 3	External Space: Directions, Corners, and Center
WEEK 4	5 Principles of Body-Being
WEEK 5	Tai Ji Energetics
WEEK 6	Tai Ji Energetics, continued
WEEK 7	Tai Ji Energetics, continued
WEEK 8	Cultivating Focus
WEEKS 9	Developing Skillful Listening
WEEK 10	Developing Skillful Listening, continued
WEEK 11	Harmonizing the Joints
WEEK 12	Working with the Cavities of the Body
WEEK 13	Integrating Mind and Movement
WEEK 14	Reviewing and Applying Essential Movement Principles
WEEK 15	Final