

Common Course Outline

PELF 103

Tai Chi Chuan II

1 Semester Hour

The Community College of Baltimore County

Description

This course provides a continuation of practice of Yang style Tai Chi Chuan as a means of maintaining health and well-being. Level I forms are refined and additional forms are learned. The philosophy and role of Taoist meditation in the performance of Tai Chi Chuan is explored. NOTE: credit may be earned for DANC 103 or PELF 103, but not for both. Prerequisite: DANC/ PELF 102, or consent of instructor.

Overall Course Objectives

Upon successful completion of the course, the student will be able to:

1. Express a deeper knowledge of Chinese history and philosophy as they apply to the development of Tai Chi Chuan;
2. Perform forms one and two of Yang style Tai Chi Chuan with increased refinement;
3. Demonstrate forms three-six of the Yang style Tai Chi Chuan with correct sequencing and appropriate expressive technique;
4. Demonstrate “push hands” technique with a partner;
5. Demonstrate and explain both offensive and defensive Tai Chi Chuan techniques;
6. Apply the movement and breathing principles for Tai Chi Chuan technique;
7. Maintain a daily Tai Chi Chuan practice for health and well-being;
8. Demonstrate increased muscular strength, endurance and flexibility;
9. Demonstrate increased capacity for balance, coordination and total body control;
10. Demonstrate increased ability to calm their mind, concentrate and keep their body sung (relaxed);
11. Practice effective stress management;
12. Describe the health benefits derived through their Tai Chi Chuan practice;

Major Topics

1. Expanded information about the purpose and benefits of Tai Chi Chuan
2. The Taoist philosophical foundation of Tai Chi Chuan

3. Expanded information about the principles of Tai Chi Chuan
4. Review and refinement of warm-up techniques
5. Review and refinement of forms one and two Yang style Tai Chi Chuan
6. Form three Yang style Tai Chi Chuan
7. Form four Yang style Tai Chi Chuan
8. Form five Yang style Tai Chi Chuan
9. Form six Yang style Tai Chi Chuan
10. Push hands technique

Course Requirements

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but will include the following:

1. Attendance and active participation in all class activities
2. At least two Tai Chi Chuan practice evaluations throughout the semester
3. Three written assignments to deepen understanding of this principles of Tai Chi Chuan and its philosophical foundation

Other Course Information

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending classes, completing all homework and other assignments, participating in class activities and preparing for tests.

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes and skills appropriate to various courses and programs. The assessment activities may take many different forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvement of CCBC's courses and programs.