

Confucius Institute
Western Michigan University

Chinese Taichi fan

Course Syllabus Fall 2017

Instructor

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Time

Tuesdays,

5:30 to 7:00 p.m.

Sep 26 – Dec 5

Location

Classroom: Global Lounge

Target Students

Anyone who is interested in Chinese Taichi fan and its history.

There is no Chinese language proficiency requirement.

Course Description

The Taichi fan is an integral part of the Taichi exercise that combines the styles and characteristics of both Taichi quan and fan play. It resembles Taichi quan in lightness, gentleness, constancy and spirit on the one hand, and presents the elegance, accuracy in movements and integration of form and spirit of swordplay on the other hand.

Taichi fan can cure disease and improve health. Besides, it's a good way of self-defense and attacking enemies. It emphasizes on the unity of body and mind as well as the ability of balance and self-consciousness.

Course Objectives

- Learn to appreciate the beauty of Chinese Taichi fan.
- Improve fitness and know about Chinese culture from Taichi fan.

Course Expectations

In order to receive the greatest benefit from your participation in the course, you are expected to fully participate in class and learn how to practice Taichi fan with interests and enthusiasm.

Final Project

Perform 52 Taichi fan

Tentative Schedule

Week 1	第一式 开步抱扇 第二式 侧弓步举扇 第三式 虚步亮扇 第四式 进步刺扇 第五式 转身下刺扇 第六式 独立撩扇
Week 2	第七式 翻身劈扇 第八式 转身抡压扇 第九式 马步亮扇 第十式 弓步削扇 第十一式 并步亮扇

	第十二式 进步刺扇 第十三式 震脚推扇
Week 3	第十四式 戳脚撩扇 第十五式 盖步按扇 第十六式 翻身藏扇 第十七式 马步亮扇 第十八式 马步推扇 第十九式 转身刺扇 第二十式 叉步反撩扇
Week 4	第二十一式 点步挑扇 第二十二式 歇步抱扇 第二十三式 并步贯扇 第二十四式 云手劈扇 第二十五式 歇步亮扇 第二十六式 开步抱扇
Week 5	第二十七式 弓步削扇 第二十八式 并步亮扇 第二十九式 进步刺扇 第三十式 震脚推扇 第三十一式 戳脚撩扇 第三十二式 盖步按扇

Week 6	<p>第三十三式 翻身藏扇</p> <p>第三十四式 马步亮扇</p> <p>第三十五式 马步顶扇</p> <p>第三十六式 马步抖扇</p> <p>第三十七式 虚步拨扇</p> <p>第三十八式 震脚拍扇</p>
Week 7	<p>第三十九式 蹬脚推扇</p> <p>第四十式 望月亮扇</p> <p>第四十一式 云扇合抱</p> <p>第四十二式 歇步亮扇</p> <p>第四十三式 托扇行步</p>
Week 8	<p>第四十四式 虚步捧扇</p> <p>第四十五式 弓步捧扇</p> <p>第四十六式 后捋前挤扇</p> <p>第四十七式 并步背扇</p>
Week 9	<p>第四十八式 弓步戳扇</p> <p>第四十九式 仆步穿扇</p> <p>第五十式 弓步架扇</p>
Week 10	<p>第五十一式 虚步亮扇</p> <p>第五十二式 抱扇还原</p>
Week 11	Review and exam

Disclaimer: The instructor reserves the right to amend the schedule at any time

Class Attendance:

In order to receive the greatest benefit, you are expected to fully participate in class with interest and enthusiasm.

Make-up policy:

During the course of 11 week-class series we understand that our participants may occasionally have to miss a class due to illness, travel, appointments, or any other circumstance that may arise. However, we do not offer extra class for those students to make up the missing class. All the participants are strongly urged to learn the missed material on their own time and ask your instructor questions.