

Confucius Institute
Western Michigan University

Taichi

Course Syllabus Fall 2017

Instructor

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Time

Thursdays, 5:30 to 7:00 p.m.

Sep 28- Dec 7

Location

Classroom: Sangren Hall 1720

Target Students

Anyone who is interested in Taichi and its history. There is no Chinese language proficiency requirement.

Course Description

Taichi takes root in Chinese philosophy and focuses on the development of spiritual aspect. Therefore, it's a way of improving self-concept and concentration. All over the world, people are doing Taichi since its movements are slow and graceful to strengthen physique and develop the flexibility of the body.

Taichi 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 Kungfu.
- Improve fitness and know about Chinese culture from Taichi.

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 with interests and enthusiasm.

Final Project

Perform 24 Taichi

Tentative Schedule

Week 1	<ol style="list-style-type: none">1. Commencing (Qǐshì, 起势), Preparation, Beginning2. Part the Wild Horse's Mane (Zuoyou Yémǎ Fēnzōng, 左右野马分鬃), LEFT and RIGHT3. White Crane Spreads Its Wings (Báihè Liangchì, 白鹤亮翅), Stork/Crane Cools Its Wings
Week 2	<ol style="list-style-type: none">4. Brush Knee and Step Forward (Zuoyou Lōuxī Àobù, 左右搂膝拗步), Brush Knee and Twist Step, LEFT and RIGHT5. Playing the Lute (Shǒuhūi Pípā, 手挥琵琶), Strum the Lute, Play Guitar
Week 3	<ol style="list-style-type: none">6. Reverse Reeling Forearm (Zuoyou Dào juǎn gōng, 左右倒卷肱), Step Back and

	<p>Drive Monkey Away (Dǎo niǎn hóu 倒攆猴), LEFT and RIGHT</p> <p>7. Left Grasp Sparrow's Tail (Zuo Lǎn Què Wěi, 左揽雀尾), Grasp the Bird's Tail</p> <ol style="list-style-type: none"> 1. Ward Off (Bīng, 棚) 2. Rollback (Lǚ, 捋) 3. Press (Jǐ, 挤) 4. Push (Àn, 按) <p>8. Right Grasp Sparrow's Tail (You Lǎn què wěi, 右揽雀尾)</p>
<p>Week 4</p>	<p>9. Single Whip (Dān biān, 单鞭)</p> <p>10. Wave Hands Like Clouds (Yúnshǒu, 云手), Cloud Hands, Cloud Built Hands, Wave Hands in Clouds</p> <p>11. Single Whip (Danbian, 单鞭)</p>
<p>Week 5</p>	<p>12. High Pat on Horse (Gāo tàn mǎ, 高探马), Step Up to Examine Horse</p> <p>13. Right Heel Kick (Yòu dēng jiǎo, 右蹬脚), Separate Right Foot, Kick with Right</p>

	<p>Foot</p> <p>14. Strike to Ears with Both Fists (Shuāng fēng guàn ěr, 双峰贯耳)</p>
Week 6	<p>15. Turn Body and Left Heel Kick (Zhuǎnshēn zuǒ dēngjiǎo, 转身左蹬脚)</p>
Week 7	<p>16. Left Lower Body and Stand on One Leg (Zuo Xià shì dúlì, 左下势独立)</p> <p>1. Single Whip Squatting Down, Snake Creeps Down,</p> <p>17. Golden Rooster Stands on One Leg, Golden Bird Standing Alone</p> <p>Right Lower Body and Stand on One Leg (You Xià shì dúlì, 右下势独立)</p>
Week 8	<p>18. Shuttle Back and Forth (Yòuzuǒ yùnnǚ chuānsuō, 右左玉女穿梭), Fair Lady Works with Shuttles, (Walking Wood), Four Corners, RIGHT and LEFT</p> <p>19. Needle at Sea Bottom (Hǎidǐ zhēn, 海 底针)</p> <p>20. Appears Closed (Rúfēng shìbì, 如封似</p>

	闭), Withdraw and Push, as if Closing a Door
Week 9	21. Fan Through Back (Shǎn tōng bì, 闪通臂), Fan Penetrates Back 22. Turn Body, Deflect, Parry, and Punch (Zhuǎnshēn Bānlánchuí, 转身搬拦捶)
Week 10	23. Cross Hands (Shízìshǒu, 十字手) 24. Closing (Shōushì, 收势)
Week 11	Review

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 the instructor questions.