

York University - School of Kinesiology and Health Science

PKIN 0401 0.00 TAI-CHI II – COURSE OUTLINE FALL / WINTER 2015 - 2016

INSTRUCTOR: Helen Wu, 342 Bethune College, Cell: 416-919-7652

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CLASS LOCATION: Studio 4, Tait McKenzie Building

CLASS TIMES: Winter: M/W; Section: M-12:30PM

COURSE DESCRIPTION

Students will continue to learn and refine the Tai-Chi techniques that they began in the previous course. The focus of this course will be deeper study of practical and theoretical elements of traditional Tai-Chi training. The emphasis is placed on health benefits and self-defence with a Tai-Chi weapon. Professional Tai-Chi sword techniques are included.

COURSE LEARNING OBJECTIVES

Students will learn to fully appreciate and understand the role of persistent training in developing the mind and body, promoting healing energy, relieving excessive physical and emotional stress, and extending personal capabilities.

The specific objectives of the course are that students will be able to:

- To refine the techniques of Tai-Chi Chuan that you learned in Tai-Chi I, and to complete a small Tai-Chi routine. Through this essential routine, students can grasp the fundamentals of Tai-Chi and improve their health and well-being. Persistent practice of this routine, with its combination of internal and external training, delivers a number of benefits, boosting the body's ability to resist disease, relieving the effects of excessive stress, inducing a serene frame of mind, and extending personal capabilities.
- To learn basic Tai-Chi sword techniques. Practicing and learning the sword in this PKIN course will allow students to understand that the sword is known as the "king of the blades" in Chinese martial arts. It is regarded by both scholars and martial artists as the most distinguished of all weapons, and is an important component of martial arts training. The movement of the Tai-Chi sword is in a constant dynamic balance with the body, making the body work in balance with itself and with the sword. In this course, students will learn a number of the sword martial applications and will also find out that Tai-Chi sword is one of the best methods for developing total body fitness and self-defence awareness.

TEXT / READINGS

Text: Helen Wu. Chi-Kung, Tai-Chi and Fan: A Step-by-Step Training Course. Publisher: Helen Wu, Toronto, ON, 2005. This is the same book that we used in previous course (PKIN Tai-Chi I).

OUTLINE

- Tai-Chi essential training routine
- Tai-Chi and Tai-Chi sword training requirements and approach
- Introduction of Tai-Chi sword
- Tai-Chi Sword basics and self-defense applications
- Training methods and avoiding injury

PRACTICAL SKILLS AND CLASS STRUCTURE

1. Warm-up

Before learning Tai-Chi routines, it is extremely important to learn effective warm-up techniques. Tai-Chi can seem so effortless that some people imagine warming up is unnecessary. This is not the case. In fact, the legs require a lot of strength training, and all motions involve a certain amount of muscle tension. Here we will learn stretching, balance and walking excises as the warm-up for Tai-Chi Training.

a) Stretching: Leg stretching; squatting stretch; falling down stance and cross-knee stance

b) Balance and kicking: Lift knee and back kicking

c) Walking excises: Front kicking; lotus kicking; inside side kicking; side kicking and slap kicking

2. Workout:

a) Tai-Chi essential training routine (See text - page 134-153)

The foundation for this routine is the traditional Chen style of Tai-Chi. In this essential training routine, Master Helen Wu have condensed the Chen routine, bringing together the most important sequences. She has arranged the sequences in a progression from easier to more difficult. The students will learn fifteen postures as a small training routine.

b) Tai-Chi Sword basics and self-defense applications (See text 2-page 30-55)

Every style of weapon has its own characteristics. Chinese sword movements are described as being like the dancing phoenix. It means with a sword in hand, an expert swordsman can literally make the sword applications effortlessly, like the dancing phoenix.

Exercise 1: Sword basics: Sword finger; preparation hold; and active grip

Exercise 2: Sword self-defence application:

Tapping and circular wrist cut

Thrusting with bow stance

Chopping and carrying

Parrying and blocking

Clouding and sweeping

Downward parrying and Intercepting

Twisting the Sword and tilting crumbling

Exercise 3: A small Tai-Chi sword routine:

Posture 1: Preparation

Posture 2: Beginning

Posture 3: Tapping with two feet together

Posture 4: Stand on one leg and hold the sword

Posture 5: Sweeping in falling down stance

Posture 6: Carrying sword towards your right

Posture 7: Carrying sword towards your left

Posture 8: Chopping with standing on one leg

Posture 9: Step back and hold the sword

Posture 10: Thrusting with standing on one leg

Posture 11: Intercepting with an empty stance

Posture 12: Thrusting with a bow stance and closing Form

3. Cool-down:

Before finishing class, students will learn relaxation techniques (Chinese traditional self-acupressure). You will learn to relax the whole body, and then end the class with a discussion period and conclusion.

EVALUATION

1. Elements of Final Grade

Theory Exam 20%: Reading and Discussion 20%

There will not be a final test; your marks come from reading and discussion in each class. 2% will be deducted from the “reading and discussion” component of your final grade for each class missed.

Practical Skills 65%

Exam Date _____

Your final assessment will be conducted in small groups. Your Tai-Chi performance will be judged on the basis of:

- Posture & Technique 35%
- Breathing & Pace 20%
- Knowledge of the Routines 10%

Attendance 15%

Four absences will be allowed in this term. But 3% will be deducted from the “Attendance” component of your final grade for each class missed.

2. Percent:

A: Exceptional & Excellent (80 - 100%)

B: Very Good & Good (70 - 79%)

C: Competent & Passing (60 - 69%)

F: Failing (Below 60%)

PASS / FAIL OPTION

For students who wish to take a PKIN on a Pass/Fail basis; they must adhere to the timelines.

PIKN PARTICIPATION REQUIREMENT

To receive credit for a practicum course a student must attend and actively participate in a minimum of 80 percent of classes for the course. When full participation is not possible, accommodation agreements may be reached with the student (complete classes missed in the next term, individual testing etc). The following absences are allowed:

24hour course, 2 hours week/12 weeks, students allowed 4 absences

24hour course, 4 hours week/6 weeks, students allowed 2 absences (S1 & S2 Term)

16hour course, 3 hours week/8 weeks, student is allowed 3 absences

12hour course, 2 hours week/once per week/ 12 weeks, student allowed 2 absences

P Terms – 80% of hours

SAFETY PRECAUTIONS

Clothing should be comfortable and loose. Please wear exercise pants, not shorts or skirts. Shoes must have shoelaces.

Pay close attention to details. If you do not understand how to perform a movement or technique, ask the instructor for clarification before you attempt it. No gum. You could choke on it. If you feel pain, discomfort or distress, stop immediately.

CONTACT INFORMATION

If you wish to speak to me, it is best to phone me at 416-919-7652 to make an appointment.

My office hours for this session will be: _____

Location: Studio 4 A/B, Tait McKenzie Building.