

COCONINO COMMUNITY COLLEGE

COURSE OUTLINE

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Status: Permanent

Date: January 14, 2009

A. Identification

1. Subject Area: Dance
2. Course Number: DAN 155
3. Course Title: Tai Chi Chuan
4. Credit Hrs: 3
5. Catalog Description:

An introduction to the basic philosophy and movements of Tai Chi Chuan (Yang Style Long Form). Three lecture. May be taken for S/U credit.

B. Course Goals

DAN 155, Tai Chi Chuan introduces the student to the basic movements of this centuries old martial arts form. Each semester the student will learn either Part I & II or Part III of the Yang Style Long Form, which all together consists of 108 movements. To learn and experience the benefits of regular practice of Tai Chi Chuan and Yang Cheng-fu's 10 important points of Tai Chi Chuan.

C. Course Outcomes

Students will:

1. Demonstrate an awareness of basic anatomical alignment. "Standing on your bones"
2. Demonstrate the following basic movements:
 - a. Qigong warming up movements
 - b. Part I of Yang Style Long Form
 - c. Part II of Yang Style Long Form
 - d. Part III of Yang Style Long Form

D. Course Outcomes Assessment:

Assessment will include:

1. In-class discussion, evaluation and assessment of Tai Chi Chuan movements

E. Course Content

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1. Warm up and Qigong
2. History, development and philosophical background of Tai Chi Chuan
3. Mindfulness, awareness and movement meditation
4. Basic movements:
 - a. Qigong warming up movements
 - b. Part I of Yang Style Long Form
 - c. Part II of Yang Style Long Form
 - d. Part III of Yang Style Long Form