

KIN-A43 — T'AI-CHI CH'UAN, BEGINNING

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: None.

Description: Covers Beginning and Short Form Yang Style T'ai-chi ch'uan (taijiquan) routines. Beginning T'ai-chi form is a 24 movement routine, to introduce the student to basic walking stances along with hand movements. The Short Form is a 37 movement routine, providing emphasis on balance and fluidity of movement. Students will learn proper posture, relaxation methods, stances, hand and foot motions. Benefits include improved balance, flexibility, coordination, focus, and stress reduction. Supplemental exercises will include stretching methods, ch'i kung (qigong) and Chinese therapeutic exercises. KIN-A40, A41, A43, and A44 are courses related in content and are limited in enrollment according to Title 5, section 55040. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)