

KIN-A44 — T'AI-CHI CH'UAN, INTERMEDIATE

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: KIN-A43

Description: A continuation of Yang Style T'ai-chi Ch'uan. Covers more advanced forms and training methods. Students will learn the Yang Style T'ai-chi Ch'uan (taijiquan) 108 movement Long Form. Students will also learn standing and seated meditations, and supplemental 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.)