



# The Beijing Center

北京中国学中心

---

**Fall 2019**

## **TBC 1400 Introduction to Chinese Martial Arts**

Credit Hours: 3.0

Class Times and Location: TBA

Instructor: Howard HAO, Ph.D.

E-mail: h.hao@thebeijingcenter.org

### **Course Description**

Daoism has the most important theory of Taiji, with which the “Dao” can be expounded; while Taiji has the most popular art——Taijiquan, with which the “Taiji” can be well felt and experienced. In addition, traditional Chinese culture holds that Taiji exists everywhere, including in our life. Thus, this course introduces students to discover Taiji within their life through Taijiquan, helping them easily gain more understanding about Taiji, and furthermore impress Daoism on them.

The relationship between Daoism and Taiji and Taijiquan will be first explained to the students, helping them understand the broad and profound Chinese culture with a specific and practical way——discovery of Taiji within their life through Taijiquan. And then the history and theory of Taiji and Taijiquan will be fully included. As a means to discover Taiji, a popular Taijiquan form (Yang-style-24-movement) will be taught. Students will also learn about health knowledge relating to Taiji and Taijiquan. Instead of traditional Chinese medicine, which other course may include, and to make this course easier to carry out, we utilize scientific way, so basic knowledge of anatomy and physiology related to Taijiquan will be studied. A modern and popular concept of health——“life function” will be revealed in the course, too. To create more Taiji environments for students to stay in, some field trips and activities will be arranged, which include Taijiquan competition, visiting local Chinese Taijiquan community, and communicating with Chinese Taijiquan practitioners.

### **Learning Outcome**

1. Students should be familiar with a basic knowledge of Dao, Taiji and Taijiquan.
2. Students are required to perform the Yang-style-24-movement Taijiquan form gracefully.
3. Students should have gained an ability to explain how their life works within Taiji, based on the knowledge of anatomy and physiology related to Taijiquan.
4. Students should know how to use Taijiquan to improve their health.

### **Textbook**

1. Shen Liran, Howard Hao (Translator), Ken Campell (Editor) *“The Discovery of Taiji within Life”*; Students will get it from the instructor for free.
2. Inc. BarCharts, Lam Crds Edition *Physiology (Quickstudy: Academic)*

3. Inc. BarCharts, Lam Crds Edition *Anatomy (Quickstudy: Academic)*
4. Laotzu, Benjamin Penny (Author), Edmund Ryden (Translator). *Daodejing (Oxford World's Classics)*. Oxford University Press, 2008.

## Course Requirements

### 1. Assignments & Exams

- **A paper** required as a final exam, which counts for **35%** of the final grade.
  - 1) be at least three pages in length;
  - 2) choose one topic below
    - a) expands on Dao, Taiji and Taijiquan through your own experience, feeling, communication, interview, and required text books;
    - b) why is Taijiquan physically or (and) mentally beneficial to you from practicing Taijiquan
    - c) how practicing Taijiquan has changed your life
    - d) your understanding about Dao from the perspective of Taijiquan
  - 3) textbooks are required to be used as material to help reason and conclude
  - 4) must be turned in before the deadline;

- There will be a **mid-term**, which counts for **35%**. For the mid-term, students must correctly perform the Taijiquan form. The mid-term functions as a benchmark to help students realize how hard they did work on the course, and how much progress they have to make during the second half semester to obtain an ideal grade. Indeed, after practicing Taijiquan for another half semester, students should improve their performance, and want to test it again, then they will have another chance to better their mid-term grade at the end of the semester.

The scores for the forms will be evaluated based on the following criteria, which are used to judge international Wushu competitions:

- (1) Correct execution of the form in its entirety (5%)
- (2) Correct hand forms and stances (5%)
- (3) The ability to distinguish between emptiness and concreteness in each movement (5%)
- (4) Proper coordination of firmness and softness (5%)
- (5) Proper alternation between quickness and slowness (5%)
- (6) Correct coordination of every part of your body (10%).

- **Class participation** will count for **25%** of the grade.

- The competition counts **5%**.

There is a Taijiquan competition among Beijing amateurs in the end of every Spring semester, which students are required to attend to meet 5% of the final grade.

### 2. Attendance Policy

Studying theory in classroom, physical practice in gym, field trips, activities, and competition all belong to class time. 3% of the student's total grade will be deducted if the student is absent, and 1% will be deducted if the student is late. Should 25% be deducted, the student will fail the class. Absence and lateness with certificate from either TBC or hospital explaining reasons don't count.

3. Grading
  - (a) Class participation (25%)
  - (b) Competition (5%)
  - (c) Midterm exam (35%)
  - (c) Final paper (35%)

#### 4. Academic Honesty Statement

Please click the following link to see The Beijing Center's policy on Academic Integrity: <http://thebeijingcenter.org/academic-integrity>

## Course Schedule

### Wk 1

#### 1. Course Introduction

Introduce the philosophy of Taiji, Taijiquan, and relationship between Taiji and Taijiquan (Theoretical contents taken in class)

2. Based on the theory, learn 5 basic works of Taijiquan. Taiji moves: step forward, parting the wild horse's mane. (Physical practice taken in gym)

Key concepts: Taiji, Taijiquan.

Readings: Daodejing (chapter 1)

Assignments: at least 15 minutes' practice of Taijiquan every day.

### Wk 2

1. Introduce Dao, Daoism, and relationship between Dao and Taiji; explore why is practicing Taijiquan an easy way to experience traditional Chinese culture. (Theoretical contents taken in class)

2. Learn the first part of the Taijiquan form: Opening Form, Parting Wild Horse's Mane, White Crane Spreading Its Wings, Brushing Knee and Push Palm, and Hand Strum the Lute. (Physical practice taken in gym)

Key concept: Dao, Daoism

Readings: Daodejing (chapter 2);

Assignments: at least 15 minutes' practice of Taijiquan every day.

### Wk 3

1. History of Taijiquan, and 5 recognized style of Taijiquan

a) the history of Chen style of Taijiquan in Henan Province.

b) the history of the other four styles of Taijiquan in Beijing, capital in Ming and Qing Dynasty. (Theoretical contents taken in class)

2. Learn the second part of the Taijiquan form: Stepping Backwards and Whirl Arms on Both Sides, Grasping Peacock's Tail, and Single Whip. (Practical contents taken in gym)

Key words: 5 styles of Taijiquan, Chen, Yang, Wu, Sun and Wu

Readings: Daodejing (chapter 3);

Assignments: at least 15 minutes' practice of Taijiquan every day.

### Wk 4

1. The way to understand Taijiquan through the theory of Anatomy.

The main structure of torso, upper limbs, and lower limbs involved when practicing Taijiquan. (Theoretical contents taken in class)

2. Learn the third part of the Taijiquan form: Waving Hands Like Clouds, Single Whip, Testing How Tall the Horse Is; Kicking Leg, and Striking the Opponents' Ears with Both Fists. (Physical practice taken in gym)

Readings: Daodejing (chapter 4);

Assignments: at least 15 minutes' practice of Taijiquan every day.

### **Wk 5**

1. The way to understand Taijiquan through the theory of Anatomy.

How to make the main organs (heart, lung, liver, kidney, spleen, stomach) work when practicing Taijiquan? (Theoretical contents taken in class)

2. Learn the fourth part of the Taijiquan form: Crouching down, Golden Rooster Standing on One Leg, Needle at the Bottom of the Sea, Flash Back, Stepping Forward and Punch, Apparent Close-up, Crossing Hands, Closing Form. (Physical practice taken in gym)

Readings: Daodejing (chapter 5);

Assignments: at least 15 minutes' practice of Taijiquan every day.

### **Wk 6**

1. The way to understand Taijiquan through the theory of Physiology.

Relationships between Taijiquan and the theory of physiology. (Theoretical contents taken in class)

2. Review the whole Taijiquan form, and take the mid-term test. (Physical practice taken in gym)

Readings: Daodejing (chapter 6);

Assignments: at least 15 minutes' practice of Taijiquan every day.

### **Wk 7**

1. Why practicing Taijiquan is beneficial to Musculoskeletal system? How to use Taijiquan to improve its function? (Theoretical contents taken in class)

2. Based on theoretical contents, review the Taijiquan form to focus on muscles and bones. (Physical practice taken in gym)

Readings: Daodejing (chapter 7);

Assignments: at least 15 minutes' practice of Taijiquan a day by focusing on what instructor orders; try to record your experience.

### **Wk 8**

1. Why practicing Taijiquan is beneficial to the systems of Circulatory, Respiratory, Digestive and Urinary? How to use Taijiquan to improve their functions? (Theoretical contents taken in class)

2. Based on theoretical contents, review the Taijiquan form to focus on related organs through breath and meditation. (Physical practice taken in gym)

Readings: Daodejing (chapter 8);

Assignments: at least 15 minutes' practice of Taijiquan a day by focusing on what instructor orders

### **Wk 9**

1. Why practicing Taijiquan is beneficial to the systems of Immune, Nervous and Endocrine? How to use Taijiquan to improve their functions? (Theoretical contents taken in class)
2. Based on theoretical contents, review the Taijiquan form to focus on related organs through breath and meditation. (Physical practice taken in gym)  
Readings: Daodejing (chapter 9)  
Assignments: prepare for Taijiquan competition.

### **Wk 10**

1. The basic idea of Life Function
  - a) the difference between health, sub-health and sickness
  - b) how Life Function could help improve our health? (Theoretical contents taken in class)
2. Review Taijiquan form and try to continue practicing none stop, from twice a time to thrice a time; learn to relax through experience, and try to use body express the nature as Dao introduces us. (Physical practice taken in gym)  
Readings: Daodejing (chapter 10)  
Assignments: break your own record of keeping practicing Taijiquan, till 5 times a time without stop, which takes about 20 minutes.

### **Wk 11**

1. Field trip to a Chinese Taijiquan community.
  - a) learn and practice Taijiquan with Chinese resident.
  - b) communicate with the Chinese resident who practice Taijiquan
2. Attend the Taijiquan competition
3. Collect information and prepare for the final paper; let Chinese practitioners help you crystallize your thinking about Taiji and Taijiquan.  
Readings: Daodejing (chapter 11)  
Assignments: keep trying to attain the level of practicing Taijiquan for consecutive 5 times every day. Ability permitting, try 8-10 times.

### **Wk 12**

1. Summary of experiencing Dao with Taiji through Taijiquan
2. Learn to use the philosophy of Taiji to explain something, including food, weather, temper, human society, alternation of dynasties or governments, etc.
3. Your feelings and experiences are excellent materials and findings to help discover your own Taiji in your body——balance of Life Function to keep you alive. In this way you can experience Daodejing with your own body, you formatting your life with the philosophy of Taiji through Taijiquan.

### **Wk 13**

Final Week: final paper due, and retest Taijiquan form (mid-term) if any.