

Course: Fundamentals of Tai Qi - ACT 154, Section-01
Location: Schreiber Gym (SG) Sport Court (2nd Floor)
Days and class time: 11:10 am - 12 pm Tuesday and Thursday

Instructors: Betty Jo Miller - 406-360-5225; mjbbackwards@centric.net
Barbara Bartmess - 406-825-6730; agreatteam@live.com

Overview: ACT 154 is an introduction to Yang Style Tai Chi Chuan, an ancient Chinese art of relaxation and self-defense.

Objectives: Learn and practice the basics of Tai Chi Chuan - including, but not limited to, proper stance, relaxation and breathing techniques, and form. Explore your Acenter: develop stamina, self-confidence, self-respect, and self-awareness that may be applied to all aspects of your life, including academic, social and professional progress, as well as other martial arts.

Requirements: Come to every class on time and prepared. Wear loose-fitting, comfortable clothing. Absolutely NO bare midriffs, tight trousers, short shorts or short skirts! Shoes are optional. Light-weight, soft-soled, indoor-only shoes are acceptable. Any student who does not or is not able to participate for any reason, including inappropriate attire, will be marked absent for the day. Coming late or leaving early counts as an absence.

Grading/attendance: The accompanying Department of Health and Human Performance **ACTivity Class Grading Policy** is considered an integral part of this class syllabus. This policy is reviewed orally during the first class period; nevertheless, it is each student's individual responsibility to read and understand its content. If you have not received a copy, you do not understand any aspect of its content, or you are unable to access the policy in any of its varying formats, speak with your class instructor immediately.

Course Instructors are *unable* to sign drop/add slips. Students may drop or add this class via Cyberbear through the first 15 days of the semester. ALL drop/adds following the first 15 days must be approved by the HHP Activity Class Director (Chris Riley in McGill Hall 117). Be advised that such drop/adds require a fee and a great deal of work on your part! All classes missed prior to registration count as an absence.

Safety: Let Betty Jo or Barbara know if you have any preexisting injuries or if you're pregnant. Immediately report any in-class injuries to one of us. Listen to your body: Go at a gentle pace, but push yourself beyond easy.

Semester schedule:

Week 1	Introduction to course, attendance policy, facility and class rules, safety considerations, brief history of the sport. Tai Chi bow, breathing techniques, basic stances, warm up
Week 2-14	Tai Chi bow. Warm up exercises. Review and refinement of previous class material.
Week 15	Fine tune Tai Chi form and techniques. Assign grades.

Questions and comments are welcome and encouraged throughout the course of instruction!

Relevant Reading:

Jou, Tsung Hwa. *The Tao of Tai-Chi Chuan*, 1981. Tai Chi Foundation: Warwick, N.Y.

Hyams, Joe. *Zen in the Martial Arts*, 1979. Bantam Books, New York.

Chia, Mantak. *Awaken Healing Energy Through the Tao*, 1983. Aurora Press: New York.

Lowenthal, Wolfe. *There Are No Secrets: Professor Cheng Man-ching and his Tai Chi Chuan*, 1991.

North Atlantic Books: Berkeley.

Tai Chi: The International Magazine of Tai Chi Chuan (bi-monthly). Wayfarer Publications: Los Angeles.

Students with disabilities may request reasonable accommodations by contacting Chris Riley at chris.riley@mso.umt.edu.