

Below are notes that April Leffler, Janet Oussaty and Sharon Sirkis shared at the 2016 Teacher Conference in Seattle. April interviewed the PE Director at the University where she teaches; the director focused on what PE departments are looking for with regard to classes. TCC fits the bill effortlessly! April also included her syllabus and information on TCC that she gives to all her college students. Following these notes are sample syllabi from other teachers who are readily sharing their materials for others to utilize as they see fit.

Getting T'ai Chi Chih in Universities/Community Colleges

(Shared by April Leffler – for the TCC Teacher Conference, August 2016)

Target PE & Adult Education/Personal Enrichment Programs

Any PE (physical education) program worth its salt will promote 4 key components:

- Social
- Emotional
- Psychological
- Physical

Important PE component questions:

- Can you do this for the rest of your life?
- Can this be done in an outdoor setting?

PE BUZZ WORDS:

- Kinesthetic awareness
- Sound mind; sound body

Things that PE departments want to hear with regard to TCC:

- NO equipment costs at all
- Lots of certs behind the name (ACCREDITED TCC Teacher) {In theory, a PE teacher should have a Bachelors degree however, some colleges may waive that because the TCC teacher is ACCREDITED.}
- How to utilize the “softer side” (well being, stress reduction)
- TCC is innovative and offers a variety to the PE classes to match diverse interests
- Promotes life- long learning and can be done throughout life
- Promotes social, emotional, psychological and physical well being
- Enhances kinesthetic awareness
- Cultivates sound mind; sound body
- Reduces stress
- Improves focus and concentration
- Provides appropriate coping techniques to life and school stressors
- Applies to all: kids thru older adults

- Can be done in any space...per # students...(e.g hold class for 2 in the elevator.. u see what I mean.. hallway etc.)

For Graduate Programs:

- TCC makes an excellent RESEARCH study/topic

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WIDENER UNIVERSITY -- SPRING 2016 SYLLABUS
(Shared by April Leffler – to share with TCC teachers)

P. E. 139 A, B
Schwartz Center
Room: TBA

T'AI CHI CHIH

Instructor: April Leffler
Email: aleffler@widener.edu
Phone: 610-532-6753

- I. **Description:** T'ai Chi Chih (TCC) is a moving meditation; NOT a martial art. It is comprised of 19 moves and 1 pose. Each of the moves is done a number of times on both the left and right sides to encourage balance. In that it is often called a "moving meditation" it can facilitate in reducing stress. The form is very "user friendly"; it requires very little space and no special equipment is needed. Comfortable clothes and flat-soled, flexible shoes are recommended.
- II. **Text:** None necessary
- III. **Prerequisites:** None. No experience is necessary. All of the moves can be adapted to do while sitting so even students who have physical challenges can participate.
- IV. **Resources:** Students can learn more about T'ai Chi Chih, its Originator, Justin Stone and related reading and Apps through Good Karma Publishing at www.gkpub.com and through the T'ai Chi Chih website: www.taichichih.org. Additionally, students can subscribe to (or submit through your instructor, TCC related writings) to The Vital Force which is a quarterly journal for TCC teachers and students. vfjmembership@yahoo.com
- V. **Office Hours:** Thursdays between 1:25-1:55 pm in the classroom or by appointment; you can either call or email me to set up an appointment.
- VI. **Course Learning Outcomes:**
Upon completion of this course, the student will be able to:
 - Demonstrate each of the 19 movements and 1 pose
 - Explain the purpose for doing T'ai Chi Chih
 - Ground him/herself and get quiet internally
 - Describe some of the many benefits obtained from doing TCC
 - Differentiate between T'ai Chi Chih and other forms of T'ai Chi
 - Define "Chi"
- VII. **Course Content**
Each of the classes consists of learning several of the T'ai Chi Chih moves. Since this is a very experiential class, student participation is expected at each one. Each class will be built upon the material that was presented in

the previous class so consistent attendance is strongly recommended. As the entire TCC form is learned, the class will focus on going deeper within each of the moves in order to reap the most benefit.

VIII. Assessment Methods

Class Participation: Students are expected to physically participate in each class they attend. Students may miss no more than 3 classes without being penalized. **If more than 3 classes are missed, the student WILL NOT PASS THE COURSE.** Since the effects of doing T'ai Chi Chih are cumulative, students are also encouraged to practice some T'ai Chi Chih on a daily basis-especially when feeling stressed!

Journal Writing: Students will be asked to keep a journal of their thoughts and experiences as a result of learning and doing T'ai Chi Chih. Students are encouraged to notice how doing TCC affects other aspects of their life outside of class. **Opinions by the student will not be judged, nor will they affect the grade. The instructor is more concerned that the journal entries are honest reflections of their experience doing T'ai Chi Chih.** Students should have one journal entry per week. **Two points will be deducted for each day the journal is late and for each week that does not have an entry.** Journals will be collected and reviewed twice (**Due: MARCH 3rd & APRIL 14th**) by the instructor. All journals will be returned.

TCC metaphor: Students will be asked to bring in, or if unable, to describe an object that reminds them of T'ai Chi Chih practice. **Students will hand in a written version as well as describe to the class their example.** The written version may be a few sentences or a few paragraphs. Be creative and have fun with this! **Two points will be deducted for each day the metaphor is late. Due FEB. 11th.**

Social Media Paper: Students will go to their choice of: Website: www.taichichih.org; Pinterest: www.pinterest.com/taichichih ; Instagram: www.instagram.com/taichichih ; Facebook: www.facebook.com/taichichih YouTube: www.youtube.com/taichichih or Twitter: www.twitter.com/taichichih And type a one page paper on something new that you've learned about T'ai Chi Chih. **Due MARCH 24th.**

Grades: Grades for the course are **PASS/FAIL** and will be determined by the formula listed below.

| <u>Assessment Method</u> | <u>DUE DATE</u> | <u>Percentage of Grade</u> |
|---------------------------------|------------------------|-----------------------------------|
| Class Participation | Ongoing | 20 points |
| TCC Metaphor | Feb. 11th | 20 pts. |

| | | |
|--------------------|------------|-----------------|
| Journal Writing 1 | March 3rd | 20 pts. |
| Social Media Paper | March 24th | 20 pts. |
| Journal Writing 2 | April 14th | 20 pts. |
| Total | | 100 pts. |

Each of the assessment methods will be given the full point value if done completely and submitted on time. Make sure that one journal entry per week is written in order to receive full credit. Additionally, make sure that a written version along with a class presentation is done for the TCC metaphor in order to receive full credit. **Two points will be deducted for each day that any assignments are turned in late as well as for any missing journal entry.**

STUDENTS NEED AT LEAST 70 points TO PASS. If any combination of assignments are handed in more than 15 DAYS LATE, the student WILL FAIL THE CLASS.

Class Policies

It is expected that students will attend regularly and will be punctual. Tardiness is disruptive to the class as are cell phones ringing. Please turn off any cell phones or put them on vibrate mode prior to the start of class.

Now that the formalities have been addressed, I sincerely welcome each and every student to T'ai Chi Chih class. Begin my dropping the attention to the soles of the feet, and take a deep breath...

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CLASS PACKET – T’AI CHI CHIH®

(Prepared by April Leffler for Widener University P.E. classes. SPRING 2016)

T’AI CHI CHIH: What is it? T’ai Chi Chih (TCC) is a moving meditation; it is NOT a martial art. TCC differs significantly from T’ai Chi which IS a martial art. Most times when people see or speak of T’ai Chi, they are referring to the martial arts form which is named T’ai Chi Ch’uan. The translation for this is: “Supreme Ultimate Fist”. The translation for T’ai Chi Chih is: “Supreme Ultimate Knowledge” or “Knowledge of the Supreme Ultimate”.

TCC has only **nineteen moves and one pose** in the entire form. T’ai Chi, on the other hand, has **108 moves** and takes students about six months to learn and feel the Chi. T’ai Chi Chih can easily be learned in eight or nine sessions and many students report feeling an increased flow of Chi from the first or second class. TCC takes up much less room to learn than does T’ai Chi. T’ai Chi is performed, one move flowing into the next continuously through the 108 moves. T’ai Chi Chih, on the other hand, is done performing one move repeatedly on both the left and right sides followed by a resting position.

One of the nice things about TCC is that one can receive benefits by picking a move or two and doing them on both sides for several minutes rather than having to learn the entire form. Students can, quite literally take a few minutes if they are feeling stressed out, do a few moves and feel much calmer! T’ai Chi Chih can also be done seated so even people with physical challenges can receive benefits from doing TCC.

The purpose for doing T’ai Chi Chih is to activate, circulate and balance the Chi. Period.

What is Chi? Chi is intrinsic energy or the vital force that flows through us. When Chi departs the body, the person dies. Chi flows through the body through channels called meridians much like blood flows through veins, arteries. Chi flows through our “energetic circulatory system” while blood flows through our physical circulatory system. Chi is stored in the bones as well as in the t’an tien. {The concept of Chi is an unfamiliar one in the West. In Eastern philosophies, however, Chi is practically a household word. It is called Prana in India, Ki in Japan and Chi in China. It is the basis of acupuncture which has been around for thousands of years.}

What is the tan t’ien? (Also spelled dantienne, tantienne) The t’an tien is located approximately two inches below the navel and two inches inside. It is our “**seat of power**” and the engine behind all of the T’ai Chi Chih moves. **All TCC moves originate in the tan t’ien.**

Imbalances: Whether we like it or not, most people are out of balance in some way. Examples of imbalances are experiencing anxiety or panic attacks, having issues with weight, having difficulty focusing or concentrating, sleeping too much or not enough, feeling depressed or stressed out for extended periods of time, being angry

a lot, having a mind racing nonstop, or battling addictions to name just a few. So technically, whatever is “out of balance” can potentially be brought back into balance **with consistent practice!** The more consistently the student practices, the more readily he/she will experience results.

THE ORIGINATOR: T'ai Chi Chih was originated by **Justin Stone** who was an American man living in Albuquerque, New Mexico. Justin passed away on March 28, 2012 at the age of 95. Justin traveled extensively and lived in India, China, Japan and the Himalayan foothills. He studied meditation and T'ai Chi with various gurus, masters and holy men.

Justin was a T'ai Chi master and had taught at universities in New Mexico. Along with Justin's disciplined meditation practice, he also had been experimenting with other forms of movement. Prior to teaching his T'ai Chi classes, he would introduce these new movements to his class and called them warm up exercises. The students immediately felt an increase in Chi with these new exercises and wanted to do more. Justin didn't have any more to teach but eventually, the moves began to come to/through Justin quickly and T'ai Chi Chih was born! The first T'ai Chi Chih class was taught in 1974. As of 2014, there are approximately 2700 accredited T'ai Chi Chih instructors throughout the world. Justin believed that **if everyone did TCC, there would be peace on earth.**

Grounding: Much of the focus stays in the soles of the feet. Prior to beginning any T'ai Chi Chih move, students drop their attention to the soles of the feet. This is referred to as **grounding the Chi**. What does this mean? It means feel every inch of the soles of your feet against the floor or ground and dropping the palms toward the ground (i.e. high five the earth). By using this simple focus, we are **getting out of our head**, away from any thoughts, into our bodies, grounding the Chi and **moving our awareness into the present moment!** (Welcome.) Most people spend LOTS of time worrying about the future or obsessing about the past and spend very few moments NOW, in the present moment. Eventually, students will create the habit energy of grounding the Chi and breathing deeply between each move, thereby quieting the mind, relaxing the body **AND REDUCING STRESS!**

Moves are done with softness and continuity, keeping the body as relaxed as possible. T'ai Chi Chih is done with **the effort of NO effort**. The more relaxed we allow our bodies to be, the stronger the Chi flows. One manifestation of an increased flow of Chi is that the student's hands/fingers will tingle, vibrate or have a pulsating sensation. A person's hands may become very hot or even very cold. Both are sensations of an increased flow of Chi. A person may also feel internal heat as the Chi goes to those areas that may need some attention. Where ever there is heat, it is said that there is also healing taking place.

Benefits of Practice: The benefits experienced and reported by students are as diverse as the students themselves. Each person seems to receive what he or she most needs. **Benefits are most obvious when consistent practice is performed.**

Daily practice can result in increased energy, DECREASED STRESS, better coordination, regulation of weight imbalances, decreases in pain and enhanced intuition and creativity. The practice is beneficial for people who have physical balance problems as well as for people who have a variety of chronic conditions. In addition to the physical results, T'ai Chi Chih practice has a peaceful and stress reducing effect. Tensions dissolve and are replaced by heightened energy and relaxed awareness. It can also help increase mental focus and clarity. Practicing this moving meditation is a very effective way to optimize one's health (both mental and physical).

How the student moves is softly, as if swimming through very heavy air, or moving slow motion in a dream with the effort of no effort. The student is invited to relax, have fun and enjoy the class.

LIST OF T'AI CHI CHIH MOVES

1. Rocking Motion
2. Bird Flaps Its Wings
3. Around the Platter
4. Around the Platter Variation
5. Bass Drum
6. Daughter on the Mountaintop
7. Daughter in the Valley
8. Carry the Ball to the Side
9. Push Pull
10. Pulling in the Energy
11. Pulling Taffy
12. Anchor Taffy
13. Wrist Circles Taffy
14. Perpetual Motion Taffy
15. Working the Pulley
16. Light at the Top of the Head; Light at the Temple
17. Joyous Breath
18. Passing Clouds
19. Six Healing Sounds

| | |
|-----|-------|
| HO | SHUH |
| HU | SHEE |
| TSU | CHWEE |
20. Cosmic Consciousness Pose

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Department of Physical Education, Recreation and Health
Kean University

(Prepared by Janet Oussaty – to share with TCC teachers)

**PED 1022-F1 T'AI CHI CHIH® COURSE
ONE CREDIT
SPRING 2015**

(Last updated January 22, 2015. Changes may be made to enhance the effectiveness of the course.)

INSTRUCTOR: Dr. Janet M. Oussaty, Accredited T'ai Chi Chih Instructor
OFFICE: D'Angola 208 **MAILBOX:** D'Angola 220
PHONE: 908-737-0657 (office phone) or 908-737-0651 (secretary's phone)
EMAIL: jousaty@kean.edu
OFFICE HOURS: Monday 9:15-11:45am; Tuesday 10:15-11:00 am and 12:30-2:00 pm; Thursday 9:15-11:00 am; Friday 12:30-2:00 pm
CLASS MEETING: Tuesday and Friday 2:00-3:15 pm
(January 23 - March 6) D'Angola room 163

COURSE DESCRIPTION

Experience "Joy thru Movement" as we practice 19 simple, fluid movements and one pose in the non-martial art of the non-martial art of T'ai Chi Chih discipline, a moving meditation. These movements can be performed by anyone of any ability. The purpose of the T'ai Chi Chih practice is to circulate and balance the intrinsic energy, the vital force of the body known as "chi." Originated by Justin Stone in 1974, some of the many reported benefits of consistent practice include regulated blood pressure, weight and stress reduction, increased balance, mental alertness, energy, creativity and peak performance as well as an enhanced immune system.

COURSE OBJECTIVES

At the completion of the course students will demonstrate the ability to:

1. Define terminology as it relates to the T'ai Chi Chih practice.
2. Describe the T'ai Chi Chih history and philosophy.
3. Perform the 19 T'ai Chi Chih movements and one pose.
4. Engage in personal practice of the 19 movements and one pose outside of class sessions, and
5. Reflect on the personal benefits and insights gained through the T'ai Chi Chih practice.

INSTRUCTIONAL METHODS

This course is taught using a variety of instructional approaches including lecture, class discussions, demonstrations, movement performances, use of instructional media, partner work, reflective assignments (oral presentations and reflection papers) and journaling.

****T'ai Chi Chih is a registered trademark of Good Karma Publishing, Inc.***

RECOMMENDED TEXTBOOK

Stone, J.F. (2009). T'ai Chi Chih! Joy thru movement (3rd. ed.). Albuquerque, NM: Good Karma.[ISBN 1-882290-12-7]. (*Available for borrowing from the Kean University Library's Reserve Department, call number RA781.8.S76*)

Stone, J.F. (2012). T'ai Chi Chih! Joy thru movement. Albuquerque, NM: Sutro Media. (*iphone and Android applications*)

RECOMMENDED INSTRUCTIONAL VIDEOTAPE

Stone, J.F. (2000). T'ai Chi Chih! Joy thry movement. Albuquerque, NM: Good Karma. [6-89076-35863-7]. (*Available for borrowing from the Department of Physical Education's secretary by calling 908-737-0651*).

RECOMMENDED AUDIOTAPE

Stone, J. (1986). Justin Stone speaks on T'ai Chi Chih. Albuquerque, NM: Good Karma. (*Available for borrowing from the Department of Physical Education's secretary by calling 908-737-0651*).

OTHER RESOURCES:

WEBSITE www.taichichih.org
JOURNAL The Vital Force Journal
DVD Seated T'ai Chi Chih

TOPICS AND ASSIGNMENTS

- January 23 Course Introduction Syllabus
 History, Philosophy and Benefits
 Mvts: Around the Platter, Bass Drum, Push Pull,
 Pulling in the Energy, Cosmic Consciousness Pose

- January 27 Movement Review
 Introduction to Mvts: Around the Platter Variation
 Introduction to Oral Presentation/Reflection Paper Assignment
 Introduction to Weekly Journal Assignment

- January 30 Movement Review
 Introduction to Mvts: Daughter on the Mountaintop & Daughter in the
 Valley

- February 3 Movement Review
 Introduction to Mvts: Carry the Ball to the Side, Pulling Taffy

- February 6 Movement Review
 Introduction to Mvts: Pulling Taffy – Variation 1

- February 10 Movement Review
Introduction to Mvts: Pulling Taffy Variation 2
- February 13 Movement Review
Movement Assessment Feedback
Introduction to Mvts: Rocking Motion, Bird Flaps its Wings
- February 17 Movement Review
Introduction to Mvts: Light at the Top of the Head/Light at the Temple,
Joyous Breadth
- February 20 Movement Review
Introduction to Movements: Pulling Taffy Variation 3
Reflection Paper or Oral Presentation Due (or Feb 24); 20% of the final grade
- February 24 Movement Review
Introduction to Mvt: Six Healing Sounds
Introduction to Mvt: Passing Clouds
Reflection Paper or Oral Presentation Due (or Feb 20); 20% of the final grade
- February 27 Movement Review
Introduction to Mvt: Working the Pully
- March 3 Movement Review
- March 6 Movement Review
Final Movement Assessment Due (40% of the final grade)
Journal Assignment Due (20% of the final grade)

IMPORTANT DATES

LAST DAY TO WITHDRAW FROM COURSE WITH A GRADE OF "W" IS

February 18, 2015.

See <http://www.kean.edu/KU/Academic-Calendar-Registrar> for other important dates.

COURSE REQUIREMENTS/ASSIGNMENTS

| <i>Assignments</i> | <i>Due Date</i> | <i>Weighting</i> |
|-----------------------------------|-----------------|------------------|
| Basic Technique/Form of Movements | February 17 | 0% |
| | March 6 | 40% |
| Active Participation | Daily | 20% |

Choice: Refection Paper or Choice: February 20 or 24 20%

Oral Presentation

Select one of the given topics and (1) write a summary of the research on this topic, (2) offer a reaction/critique of the information, (3) explain how the information relates to your personal life and (4) elaborate on how this information relates to T'ai Chi Chih. Rubrics are provided.

Journal March 6 20%

Write a weekly journal regarding your experiences of T'ai Chi Chih movements and concepts both in class and out of class. Rubrics are provided.

Total 100%

GRADING SCALE

| | | | |
|----|-----------------|----|------------------|
| A | = 92.55 – 100 | C+ | = 74.55 – 79.54 |
| A- | = 89.55 – 92.54 | C | = 69.55 – 74.54 |
| B+ | = 86.55 – 89.54 | D | = 59.55 – 69.54 |
| B | = 82.55 – 86.54 | F | = 59.54 or below |
| B- | = 79.55 – 82.54 | | |

POLICIES

DRESS/FOOD/DRINK

Comfortable clothing and sneakers or stocking feet are needed. To get the optimal benefits of practice, it is generally recommended that food not be consumed 1.5 hours prior to the beginning of class. Bottled water (at room temperature) is recommended following practice.

ATTENDANCE/PARTICIPATION

Participation is based upon timeliness and active involvement on a daily basis; if a student is not feeling well (and not contagious), the student can still participate by doing seated T'ai Chi Chih. Practice outside of class is also recommended for improvement of the movements and realization of its benefits. If a student must be absent due to a serious illness/emergency, the student is responsible for contacting the instructor prior to class time. The instructor will then determine if it is an excused or an unexcused absence. Two points will be deducted for each unexcused absence. One point will be deducted for being late. The student is also responsible for any classwork/notes/handouts missed.

So as not to disturb class practice and maintain a meditative atmosphere, cell phones need to be turned off. One participation point will be deducted for the use of a cell phone during class.

ASSIGNMENTS

Assignments need to be submitted on their designated date(s). If a student is unable to submit the assignment due to a serious illness or emergency, it is the responsibility of the student to contact the instructor on or before the due date and request an alternate date, with no penalty. Otherwise, one letter grade will be deducted for each weekday the assignment is late.

An assignment CAN be submitted BEFORE the deadline for feedback from the instructor and then resubmitted for a grade. An assignment CANNOT be resubmitted AFTER it is graded.

IMPORTANT UNIVERSITY POLICIES AND INFORMATION

Students are responsible to review and understand the University Academic Integrity Policy (available at the Center for Academic Success or at <http://www.kean.edu/admin/uploads/pdf/AcademicIntegrityPolicy.pdf>)

Students should review the Student Code of Conduct, as it discusses expectations of appropriate conduct in the classroom: <http://www.kean.edu/KU/Code-of-Conduct>.

The Students Rights and Responsibilities handbook is available at: <http://www.kean.edu/KU/Forms-Policies-and-Publications>

Students are strongly encouraged to register for the University's emergency notification system (www.mir3com/kean) in order to be informed of campus emergencies, weather notices, and other announcements.

All students must have a valid Kean email account. For those who do not already have one, forms are available on-line at <http://www.kean.edu/KU?Forms-OCIS>; click on E-mail Account Form.

Americans with Disabilities Statement & Non-Discrimination Statement:

Kean University is an affirmative action, equal opportunity institution. Students with documented disabilities who may need special instructional accommodations or who may need special arrangements in the event of an evacuation should notify the instructor as soon as possible, no later than the second week of the term. Students may contact Kean Disability Office in Downs Hall Rm 127 to discuss special needs, 908-737-4910.

KU Non-Discrimination Policy:

Kean University is an affirmative action, equal opportunity institution.

T'AI CHI CHIH® MOVEMENTS

Rocking Motion
Bird Flaps its Wings
Around the Platter
Around the Platter Variation
Bass Drum
Daughter on the Mountaintop
Daughter in the Valley
Carry the Ball to the Side
Push Pull
Pulling in the Energy
Pulling Taffy
Pulling Taffy First Variation – Anchor
Pulling Taffy Second Variation – Wrist Circles
Pulling Taffy Third Variation – Perpetual Motion
Working the Pully
Light at the Top of the Head/Light at the Temple
Joyous Breadth
Passing Clouds
Six Healing Sounds
Cosmic Consciousness Pose

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T'AI CHI CHIH® COURSE OUTLINE

(Prepared by Janet Oussaty to share with TCC teachers)

INSTRUCTOR: Dr. Janet M. Oussaty, Accredited T'ai Chi Chih Instructor
PHONE: 908-635-1822 (cell) 908-359-1380 (home)
EMAIL: jousaty@comcast.net

COURSE DESCRIPTION

Experience "Joy thru Movement" as we practice 19 simple, fluid movements and one pose in the non-martial art of T'ai Chi Chih, a moving meditation. These movements can be performed by most anyone of any age, ability or condition. The purpose of T'ai Chi Chih is to activate, circulate and balance the intrinsic energy, the vital force of the body known as "chi." Originated by Justin Stone in 1974, some of the many reported benefits of consistent practice include regulated blood pressure, weight and stress reduction, increased balance, mental alertness, energy, creativity and peak performance as well as an enhanced immune system.

COURSE OBJECTIVES

1. Define terminology as it relates to the T'ai Chi Chih practice.
2. Describe the T'ai Chi Chih history and philosophy.
3. Perform the 19 T'ai Chi Chih movements and one pose.
4. Engage in personal practice of the 19 movements and one pose outside of class sessions, and
5. Reflect on the personal benefits and insights gained through the T'ai Chi Chih practice.

TEXTBOOK

Stone, J.F. (2009). *T'ai Chi Chih! Joy thru movement* (3rd. ed.). Albuquerque, NM: Good Karma. [ISBN 1-882290-12-7]. Stone, J.F.

Stone, J.F. (2012). *T'ai Chi Chih! Joy thru movement*. Albuquerque, NM: Sutro Media. (*iphone and Android applications*)

INSTRUCTIONAL DVD's

Brocklehurst, C. (1992). *T'ai Chi Chih: Joy thru movement*. Albuquerque, NM: Cedar Canyon Place. [DVD]

McAllister, S. (2012). *Seated T'ai Chi Chih®: Moving meditation in a chair*. Hayward, CA.

Stone, J.F. (2005). *T'ai Chi Chih! Joy thry movement: Definitive Edition*. Albuquerque, NM: Good Karma. [6-89076-35863-7].

Towne, P. (2004). *T'ai Chi Chih: Serenity in the midst of activity*. Oceanside, CA [DVD]
***T'ai Chi Chih is a registered trademark of Good Karma Publishing, Inc.**

CD

Stone, J. F. (2005). *Justin Stone speaks on T'ai Chi Chih*. Albuquerque, NM: Good Karma. [Spoken CD]

OTHER RESOURCES

WEBSITE www.taichichih.org

JOURNAL The Vital Force Journal

TOPICS

First Class Course Introduction

History, Philosophy and Benefits

Introduction to: Around the Platter, Bass Drum, Push Pull,

Pulling in the Energy, Cosmic Consciousness Pose

Moving Meditation

Second Class Review of Movements Learned the Previous Week

Introduction to: Around the Platter Variation, Daughter on the

Mountaintop, Daughter in the Valley

Moving Meditation

Third Class Movement Review

Introduction to: Carry the Ball to the Side, Pulling Taffy, Pulling Taffy

Variation 2 – Wrist Circles

Moving Meditation

Fourth Class Movement Review

Introduction to: Pulling Taffy Variation 1 – Anchor Step, Pulling Taffy

Variation 3 – Perpetual Motion, Rocking Motion, Bird Flaps its Wings

Moving Meditation

Fifth Class Movement Review

Introduction to: Light at the top of the Head/ Light at the Temple,

Joyous Breath, Passing Clouds, Six Healing Sounds

Moving Meditation

Sixth Class Movement Review

Introduction to: Working the Pully

Moving Meditation

GUIDELINES AND RECOMMENDATIONS

DRESS/FOOD/DRINK

Comfortable clothing and sneakers or stocking feet are needed for participation. To attain the optimal benefits of practice, it is generally recommended that food not be consumed 1.5 hours prior to the beginning of class. Bottled water (at room temperature) is encouraged following practice.

QUIET

In order to establish and maintain a meditative atmosphere, we ask that cell phones be turned off during class time.

PRACTICE

To achieve the maximum benefits of T'ai Chi Chih, Justin Stone has always recommended daily practice.

T'AI CHI CHIH® MOVEMENTS

Rocking Motion

Bird Flaps its Wings

Around the Platter

Around the Platter Variation

Bass Drum

Daughter on the Mountaintop

Daughter in the Valley

Carry the Ball to the Side

Push Pull

Pulling in the Energy

Pulling Taffy

Pulling Taffy First Variation – Anchor

Pulling Taffy Second Variation – Wrist Circles

Pulling Taffy Third Variation – Perpetual Motion

Working the Pully

Light at the Top of the Head/Light at the Temple

Joyous Breadth

Passing Clouds

Six Healing Sounds

Cosmic Consciousness Pose

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**Fall 2012
KEAN UNIVERSITY
UNION, NEW JERSEY**

INTERMEDIATE T'AI CHI CHIH®

(Prepared by Janet Oussaty – to share with TCC teachers)

| | |
|-----------------------|--|
| COURSE NUMBER: | PED 2022 |
| SEMESTER HOURS: | One |
| PREREQUISITE: | PED 1022 or completion of a Beginner's T'ai Chi Chih Course |
| LIMITS ON ENROLLMENT: | 20 |
| EDUCATION OPTION: | Elective |

CATALOG DESCRIPTION:

Emphasis on refinement of 19 movements and 1 pose in the moving meditation of T'ai Chi Chih. Opportunities to deepen personal practice yielding physical, emotional and spiritual benefits that include self-discovery, personal growth and change.

N. B. In order to insure full class participation, any student with a disability condition requiring special accommodations (e.g. tape recorder, special adaptive equipment, special note taking, test taking procedures or sign/oral interpreter) is strongly encouraged to contact the professor at the beginning of the course.

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**KEAN UNIVERSITY
Union, New Jersey**

PED 2022: INTERMEDIATE T'AI CHI CHIH®

- I. **COURSE OBJECTIVES:** To achieve growth toward becoming informed, dynamic professionals evidenced by demonstration in knowledge (K), skills (S), and dispositions (D) to teaching. Students will:
 - A. apply correct usage of T'ai Chi Chih terminology in discussions and in written work. (K)
 - B. self-assess movement strengths and limitations using the fundamental movement principles. (K/S)

- C. demonstrate an intermediate level of competence in a majority of the T'ai Chi Chih movements. (S)
- D. develop a consistent personal practice of the T'ai Chi Chih movements outside of class sessions. (K/S/D)
- E. reflect on the personal and group benefits and insights gained through the T'ai Chi Chih practice. (K/D)

II. COURSE CONTENT

- A. Terminology
 - 1. T'ai Chi Chih
 - 2. T'ai Chi Chuan
 - 3. Qi Gong
 - 4. Chi/Ki/Prana
 - 5. Tao
 - 6. Yin Yang
 - 7. T'an T'ien
 - 8. meridian channels
 - 9. hsueh
 - 10. teh
 - 11. karma
 - 12. pranja
 - 13. vishanas
 - 14. discipline
 - 15. practise
 - 16. Seijaku
- B. Fundamental Movement Principles
 - 1. Flowing from the center
 - 2. Proper yinning and yanging
 - 3. Moving with softness and continuity
 - 4. Focusing on the soles of the feet
 - 5. Circularity and polarity
- C. T'ai Chi Chih Movements
 - 1. Rocking Motion
 - 2. Bird Flaps its Wings
 - 3. Around the Platter
 - 4. Around the Platter Variation
 - 5. Bass Drum
 - 6. Daughter on the Mountaintop
 - 7. Daughter in the Valley
 - 8. Carry the Ball to the Side
 - 9. Push Pull
 - 10. Pulling in the Energy

11. Pulling Taffy
12. Pulling Taffy First Variation (anchor step)
13. Pulling Taffy Second Variation (wrist circles)
14. Pulling Taffy Third Variation (perpetual motion)
15. Working the Pulley
16. Light at the Top of the Head/Light at the Temple
17. Joyous Breath
18. Passing Clouds
19. Six Healing Sounds
20. Cosmic Consciousness Pose

D. Personal Practice

1. Identification of focus
2. Selection of environment
 - a. with music/video
 - b. indoors without music/video
 - c. outdoors in indoors nature
 - d. development of daily routine

E. Benefits and Insights

1. Populations:
 - a. children
 - b. adolescents
 - c. adults
 - d. senior citizens
 - e. disabled
2. Settings:
 - a. schools
 - b. hospitals
 - c. recreation centers
 - d. churches
 - e. retreat centers
 - f. senior centers/assisted living centers
 - g. prisons
 - h. juvenile detention centers
 - i. health clubs/spas
 - j. corporations
 - k. amateur and professional sports
 - l. cruise ships
3. Maintenance and Improvement of Overall Health and Well-Being
 - a. stress reduction
 - b. anger reduction

- c. reduction of pain (e.g., knee, hip, back, headaches and migraines)
- d. blood pressure regulation
- e. greater balance
- f. increased circulation (arthritis)
- g. insomnia
- h. asthma
- i. menopause
- j. enhance immune system
- k. greater energy (fibromyalgia; depression)
- l. greater focus and concentration (ADD)
- m. overcoming fears
- n. athletic performance
- o. increased joy and satisfaction
- p. interior peace, calm
- q. deeper, spiritual benefits

III. METHODS OF INSTRUCTION

- A. Lectures, discussions and sharing of personal insights
- B. Readings of texts and other resources
- C. Demonstrations and modeling: lines, circles
- D. Guided Observations
- E. Written Assignments
- F. Instructional technology: DVD's, CD's, websites

IV. METHODS OF EVALUATION

- A. Project (K/D)
- B. Tests on technique/form (S)
- C. Journals (K/D)

V. SUGGESTED TEXTS

Stone, J. F. (2009). *T'ai Chi Chih: Joy thru movement* (3rd ed.). Albuquerque, NM: Good Karma.

Stone, J. F. (2010). *Spiritual odyssey: Selected writings 1985-1997* (2nd ed.). Albuquerque, NM: Good Karma.

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- McAlister, S. (August 2011). Expansion and contraction. *The Vital Force: Journal of T'ai Chi Chih*, 28(3), 7.

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- Stone, J. F. (August 2010). Sense and essence. *The Vital Force: Journal of T'ai Chi Chih*, 27(3), 12.
- Stone, J. F. (November 2010). Cosmic rhythm. *The Vital Force: Journal of T'ai Chi Chih*, 27(4), 16.
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B. Seminal Works

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- Altman, N. (1998). Justin Stone speaks to inmates at Folsom Prison. *The Vital Force: Journal of T'ai Chi Chih*, 15(3), 10-11.
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C. Non-Print/Media

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G. Websites

T'ai Chi Chih
<http://www.taichichih.org>

T'ai Chi Chih Community
<http://www.tcccommunity.net>

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UMBC SYLLABUS SUMMER

(Shared by Sharon Sirkis – to share with TCC teachers)

Instructor: Sharon Sirkis
Days: Tues. & Thurs.
Time: 6:00 pm - 8:05 pm
Location: RAC Fitness Studio
Phone # 410-730-1986
E-Mail: sirkis@umbc.edu

General Description of Course:

T'ai Chi Chih® Joy Thru Movement is a series of 20 easy-to-learn movements that strongly circulate and balance the chi, the life energy that flows within us. It was developed by Justin Stone and first taught in 1974. It is not a martial art, rather a moving meditation that reduces stress, and generates vital health and peace of mind. It is for students of all sizes, strengths, and ages.

Course Objectives:

1. To develop awareness of the chi.
2. To teach easy-to-learn movements that bring numerous benefits.
3. To promote physical fitness and mind-body coordination.
4. To promote awareness of the mind-body-spirit connection.

Grading: Pass / Fail

Course Requirements:

1. Attendance - no more than one absence.
2. Active participation in the class.
3. The student is expected to read any handouts distributed in class.
4. The student will be expected to perform all 20 moves by the last class.

Proper Attire:

Wear comfortable clothing - layers are suggested. Flexible, soft-soled shoes are recommended if you need to wear shoes, otherwise socks or bare feet.

Fee: None

Medical Concerns:

If a student has any medical problem(s) or limitations that would affect their performance in class, they should notify the instructor of such at the beginning of the semester, or when the situation occurs.

Injuries During Class:

Any injuries, regardless of their severity, must be reported to the instructor.

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