

Taijiquan I (T'ai Chi Ch'uan): Beginning Form

Students are introduced to the short Yang style of Taijiquan developed by Grandmaster Cheng Manching. The first section of the form is taught. Students are introduced to the philosophy and theory of Taijiquan. Students develop a personal practice based on the principles of relaxation, separation of yin and yang, moving from the center, maintaining an upright body, and developing sensitive hands. Cross-listed as TRA505.

Course Number: TRA105

Unit: 3.0

Program: GRAD/UNDG Trad Estrn Art