Taijiquan II: Completion of Form

Students complete learning the full form of the short Yang style of taijiquan developed by Grandmaster Cheng Manching. The first section of the form is refined and the remainder of the form is taught. Students develop a deeper understanding of taijiquan principles and the practice of embodying them. Prerequisite: TRA105. Cross-listed as TRA525.

Course Number: TRA205  
Unit: 3.0  
Program: Traditional Eastern Arts