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

The first third of the form is introduced. The philosophy and theory of t’ai-chi ch’uan is discussed. The basic principles of relaxation, body-upright, movement initiated from the center or “tan tien,” separation of yin and yang and developing a soft and sensitive hand are emphasized. Cross-listed as TRA105.

Course Number: TRA505
Unit: 3.0
Program: Traditional Eastern Arts