

Taijiquan III: Form Refinement and Internal Development

Once students have completed learning the form, the next step is to truly internalize the principles and begin applying them to life beyond solo practice. In this course, students refine and deepen their understanding of the empty-handed Taijiquan form. Students are introduced to neigong (internal development) practices that lead to qi (chi) development and internal skills, as well as interactive partner work and the basic choreography of tui shou (push hands). Prerequisite: TRA205. Cross-listed as TRA545.

Course Number: TRA305

Unit: 3.0

Program: GRAD/UNDG Trad Estrn Art