



SD'02
Pm

CHAMINADE UNIVERSITY
☯ PSY 478 - THE PSYCHOLOGY OF T'AI CHI CH'UAN ☯
SPRING 2000

Instructor: Robert G. Santee, Ph.D.
Phone: 735-4720
Office Hours: MW 12:00 – 1:00
T/Th 11:00 – 12:00
By Appointment

Room: Henry Hall 104
Time: T/Th 9:30 – 10:50
email: rsantee@chaminade.edu

Texts: The Tao of Tai-Chi Chuan – Way to Rejuvenation; Tsung Hwa Jou; 1981
The Essential Tao; T. Cleary (trans.); 1993
The Taoist I Ching; T. Cleary (trans.); 1986
Confucius – The Analects
Ultimate Guide to Tai Chi; Eds. Little & Wong
QiGong: Essence of the Healing Dance; Garripoli, 1999
Beyond the Closed Door: Chinese Culture and the Creation of Tai Chi Chuan;
Bresloe

Recommended Text: The Taoist I Ching; T. Cleary

COURSE DESCRIPTION

☯ The scope of this course is a psychological examination (cognitive, behavioral, and affective) of the art of T'ai Chi Ch'uan. The course will explore the influence of Shamanism, Confucianism, Taoism, the I Ching and the School of Yin/Yang on consciousness within the framework of the moving meditation of T'ai Chi Ch'uan.

☯ T'ai Chi Ch'uan will be examined from both didactic and practical perspectives. The long form of the Yang style will be taught in its entirety during the semester. Tui shou and Ch'i Kung will also be taught to supplement our exploration into consciousness. As this is a highly experiential and participatory class, if you are 10 minutes or more late, or leave 10 minutes or more early towards the end of class, for two (2) classes, it counts as a missed class. If you are 20 minutes or more late, or leave 20 minutes or more at the end, for any class, it counts as a missed class. If you miss more than 5 classes, your grade will be lowered one letter grade.

☯ Specific attention will be given to both a didactic and practical understanding of the Three Treasures (ching, ch'i, shen), Yin/Yang, Pa Kua, Wu Hsing (5 processes), wu wei, mind fasting, and the T'ai Chi classics.

☯ In addition, T'ai Chi Ch'uan will be examined from health oriented, spiritual, martial, cultural, and philosophical perspectives.

☯ The first ½ of each class will be focused on the practical aspect of learning the T'ai Chi Ch'uan form and Ch'i Kung. The second ½ of each class will be a more didactic inquiry in T'ai Chi Ch'uan.

OBJECTIVES

Student will be able to demonstrate an understanding of:

1. the psychological aspects (cognitive, behavioral, affective) of T'ai Chi Ch'uan.
2. the spiritual, religious, and philosophical aspects of T'ai Chi Ch'uan.
3. health benefits of T'ai Chi Ch'uan.
4. the relationship between T'ai Chi Ch'uan and Ch'i Kung.
5. the relationship between T'ai Chi Ch'uan and changes in consciousness.
6. the psychological aspects of yin/yang, Pa Kua (8 trigrams), Wu Hsing (5 processes), wu wei, mind fasting, and the 3 treasures of ching, ch'i, and shen.
7. the psychological aspects of the T'ai Chi Ch'uan classics.
8. the relationship between Shamanism, I Ching, Confucianism, Taoism, Buddhism, and neo-Confucianism and T'ai Chi Ch'uan.
9. the martial arts aspect of T'ai Chi Ch'uan.
10. the scientific method and its application to the psychological study of T'ai Chi Ch'uan.

REQUIREMENTS

☯ 2 Exams	100 x 2 = 200 pts
☯ Paper – 10 page, typed, double-spaced, on a psychological aspect of T'ai Chi Ch'uan. Paper must focus on T'ai Chi Ch'uan, for example: health benefits and T'ai Chi Ch'uan.	100 pts
☯ Attendance	100
TOTAL	400 PTS



GRADING

- A = 360 +
- B = 320 – 359
- C = 280 – 319
- D = 240 – 279

Paper is due on time. 5 points a class day will be deducted for late papers.

Tentative Schedule

[Readings will be supplemented with handouts]

<u>Week</u>	<u>Topic</u>	<u>Readings</u>
1/18	What is T'ai Chi Ch'uan? Ch'i? Consciousness? Ch'i Kung? Psychological Approach	TTCC 1, QG 1-2, BCD 1 UGTC 1-2,8
1/25	Shamanism	TTCC 2, QG 3, BCD 2 UGTC 3-5
2/1	Confucianism	TTCC 2, QG 4, Analects All BCD 3, UGTC 6-7
2/8	Taoism	TTCC 2, ET All, BCD 4 UGTC 9-11
2/15	I Ching, Pa Kua	TTCC 2, I Ching All BCD 5, UGTC 12-14
2/22	Yin/Yang School, Wu Hsing, Ch'an Buddhism, Religious Taoism, Neo-Confucianism	QG 9, BCD 6, UGTC 15-17 I Ching All
2/29	Foundations of T'ai Chi Ch'uan, Ch'i Kung, Meditation	TTCC 3, QG 9, BCD 7 UGTC 18-20
3/7	Foundations of T'ai Chi Ch'uan, Ch'i Kung, Meditation ☯ MID-TERM EXAM – 3/9	TTCC 3, QG 9, BCD 8 UGTC 21-22
3/14	T'ai Chi Ch'uan Classics, 3 Treasures – Ching, Ch'i, and Shen	TTCC 4, BCD 9, UGTC 23-25
3/21	T'ai Chi Ch'uan Classics, 13 Postures	TTCC 4, UGTC 26-28
3/28	SPRING BREAK	
4/4	T'ai Chi Ch'uan and Martial Aspects, Tui Shou	TTCC 6, QG 5-8, UGTC 29-31
4/11	T'ai Chi Ch'uan and Health	TTCC 5, QG 5-8, UGTC 32-34
4/18	T'ai Chi Ch'uan and Health	TTCC 5, QG 5-8, UGTC 35-37
4/25	T'ai Chi Ch'uan and Culture ☯ TERM PAPER DUE 4/22	TTCC 5, QG 5-8, UGTC 38-39
5/2	T'ai Chi Ch'uan and Spirituality	TTCC 5
5/8	☯ FINAL EXAM (Monday) 8:00 – 10:00	