

SSI '02



CHAMINADE UNIVERSITY  
☯ PSY 478 - THE PSYCHOLOGY OF T'AI CHI CH'UAN ☯  
SUMMER II 2002

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Behavioral Sciences 105A  
By Appointment

**Room:** Henry Hall 102  
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**Texts:** On Tai Chi Chuan; T.Y. Pang, 1987  
The Essential Tao; T. Cleary (trans.); 1993  
Ultimate Guide to Tai Chi (Inside Kung Fu magazine series Book 2)  
How to Grasp the Bird's Tail If You Don't Speak Chinese; Schorre, 2000  
Tai Chi Chuan and the Code of Life; G. Horwood; 2002

**Recommended Text:** The Taoist I Ching; T. Cleary; 1986

*Chaminade University is a Catholic, Marianist University. The five characteristics of a Marianist education are:*

1. *a balance of reason and faith*
2. *education of the whole person*
3. *family spirit/community*
4. *service, justice, and peace*
5. *adaptation to change*

*Each of these characteristics is integrated, to varying degrees, in this course.*

**COURSE DESCRIPTION**

☯ The scope of this course is a scientific, spiritual, experiential, and psychological examination (cognitive, behavioral, and affective) of the art of T'ai Chi Ch'uan. The course will explore the influence of Shamanism, Confucianism, Neo-Confucianism, Early Taoism, Later Taoism, Ch'an Buddhism, the I Ching (yin/yang, Pa Kua), the School of Yin/Yang, and the School of Wu Hsing (5 processes) on consciousness, encountering the present, and the framework of the moving meditation of T'ai Chi Ch'uan. The focus of the course will be on chi development and flow within the framework of T'ai Chi Ch'uan, in the present.

☯ The long form of the Yang style will be taught in its entirety during the semester. Tui Shou (push hands), Ch'i Kung, and meditation (including microcosmic/macrocosmic orbits) will also be taught to supplement our exploration into consciousness and the present.

Essentially, during the course of the semester, you will be conducting an experiment on yourself (N=1). You will be observing, describing, explaining, and predicting changes in your physical and psychological (mind/body) *Being* due to your practice of Ch'i Kung and T'ai Chi Ch'uan.

☯ 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, religious, martial, cultural, and philosophical perspectives.

☯ The first half 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 half 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, cultural, 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, Early Taoism, Later Taoism, Ch'an 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.
11. the complete Yang style T'ai Chi Ch'uan form.
12. psychological aspects of Tui Shou (push hands).
13. a culturally diverse perspective regarding the relationship between mind and body.
14. mindfasting relative to the experiences of being in the present in T'ai Chi Ch'uan.

## REQUIREMENTS

☯ <b>2 Exams</b>		100 x 2 =	200 pts
☯ <b>Paper</b> –	10 pages, typed, double-spaced, that describes what changed within you due to the practice of Ch'i Kung and T'ai Chi Ch'uan. Using the scientific method you must discuss/describe what you observed, offer explanations, indicate what predictions you are able to make based on your experiences in Ch'i Kung and T'ai Chi Ch'uan. Special focus should be given to what physical changes, psychological changes, spiritual changes, refinements in consciousness you observe, your encounter with the present, and your introduction to ch'i.		100 pts
☯ <b>T'ai Chi Ch'uan Form</b>	Section I	25 pts	
	Section I and II	50 pts	
	Section I, II, and III	125 pts	200 pts
	<b>TOTAL</b>		<b>500</b>

☯ **Daily log** – after returning to class each day, write a paragraph or two regarding what you observe about yourself during T'ai Chi Ch'uan practice. This will be the data source for your 10-page paper.

**PAPER IS DUE ON TIME. 5 points a class day will be deducted for late paper.**

## ATTENDANCE

*If you are not in class when role is taken, you will be counted absent. If you are marked absent, you will lose 5 points for each absence.*

## GRADING

- A = 450 +
- B = 400 – 449
- C = 350 – 399
- D = 300 – 349

**TENTATIVE COURSE SCHEDULE**

<u><b>DATE</b></u>	<u><b>TOPIC</b></u>	<u><b>READINGS</b></u>
7/1	What is T'ai Chi Ch'uan? Ch'i? Consciousness? Ch'i Kung? 10 Principles of T'ai Chi Ch'uan; Zhan Zhuang, Silk Reeling; Psychological Approach; The Present	OTCC 17-44, 263-278 HTGBT 1-43, UGTC 1-2,8 COL All
7/3	Shamanism <b>7/4 - HOLIDAY</b>	OTCC 45-53, 133-193 HTGBT 1-43, UGTC 3-5
7/8	Confucianism	OTCC 55-123, HTGBT 1-43 UGTC 6-7, COL All
7/10	Taoism <b>7/12 – TEST ON SECTION 1 OF FORM</b>	OTCC 55-123, ET All HTGBT 1-43, UGTC 9-11
7/15	I Ching, Pa Kua, Yin/Yang School, Wu Hsing, Cycle of Destiny, Theories of Change	OTCC 55-123, HTGBT 1-43 UGTC 12-14 COL All
7/17	I Ching, Pa Kua, Yin/Yang School, Wu Hsing <b>7/19 EXAM I</b>	OTCC 55-123, HTGBT 1-43 UGTC 15-17
7/22	Ch'an Buddhism, Religious Taoism, Neo-Confucianism, Foundations of T'ai Chi Ch'uan, Ch'i Kung, Meditation	OTCC 55-123, UGTC 18-20 HGTBT 44-81 COL All
7/24	Ch'an Buddhism, Religious Taoism, Neo-Confucianism Foundations of T'ai Chi Ch'uan, Ch'i Kung, Meditation <b>7/26 – TEST ON SECTIONS 1-2 OF FORM</b>	OTCC 55-123, UGTC 21-22 HGTBT 44-81
7/29	T'ai Chi Ch'uan Classics, 3 Treasures – Ching, Ch'i, Shen (jing, qi, shen)	OTCC 55-123, UGTC 21-22 HGTBT 44-81 COL All
7/31	T'ai Chi Ch'uan Classics, 13 Postures T'ai Chi Ch'uan and Martial Aspects, Tui Shou	OTCC 127-171, 195-259 UGTC 26-34 HGTBT 44-81, 82-115
8/5	T'ai Chi Ch'uan, Health <b>8/5 – PAPER DUE</b>	OTCC 195-259 UGTC 35-37 HGTBT 82-115 COL All
8/7	T'ai Chi Ch'uan and Culture, Spirituality <b>8/8 – TEST ON SECTIONS 1-2-3 OF FORM</b>	OTCC 195-259 UGTC 38-39 HGTBT 82-115
8/9	<b>EXAM II</b>	