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PSY 480
◎ THE PSYCHOLOGY OF T'AI CHI CH'UAN ◎
SPRING 1999

Instructor: Robert G. Santee, Ph.D.
Phone: 735-4720
Office Hours: MW 8:00 – 9:00; 12:00 – 1:00
T/Th 11:00 – 12:00
By Appointment

Room: Henry Hall 225
Time: T/Th 9:30 – 10:50

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

☯ The scope of this course is a psychological examination (cognitive, affective, and behavioral) 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.

☯ Specific attention will be given to both a didactic and practical understanding of the Three Treasures (ch'i, shen, ching), 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.



COURSE REQUIREMENTS

☯ 2 Exams	100 x 2	=	200 pts
☯ Paper – 10 page, typed, double-spaced on a psychological aspect of T'ai Chi Ch'uan			100 pts
	TOTAL		300 PTS



GRADING

270+	A
240-269	B
210-239	C
180-209	D

Tentative Schedule

[Readings will be supplemented with handouts]

<u>Week</u>	<u>Topic</u>	<u>Readings</u>
1/12	What is T'ai Chi Ch'uan? Chi? Consciousness? Psychological Approach	TTCC 1
1/19	Shamanism	TTCC 2
1/26	Confucianism	TTCC 2, Analects All
2/2	Taoism	TTCC 2, ET All
2/9	I Ching, Pa Kua	TTCC 2, I Ching All
2/16	Yin/Yang School, Wu Hsing, Ch'an Buddhism, Religious Taoism, Neo-Confucianism	I Ching All
2/23	Foundations of T'ai Chi Ch'uan, Ch'i Kung, Meditation	TTCC 3
3/2	Foundations of T'ai Chi Ch'uan, Ch'i Kung, Meditation	TTCC 3
3/9	T'ai Chi Ch'uan Classics, 3 Treasures – shen, ch'i, and ching ☺ MID-TERM EXAM – 3/11	TTCC 4
3/16	T'ai Chi Ch'uan Classics, 13 Postures	TTCC 4
3/23	SPRING BREAK	
3/30	T'ai Chi Ch'uan and Martial Aspects, Tui Shou	TTCC 6
4/6	T'ai Chi Ch'uan and Health	TTCC 5
4/13	T'ai Chi Ch'uan and Health	TTCC 5
4/20	T'ai Chi Ch'uan and Culture ☺ TERM PAPER DUE 4/22	TTCC 5
4/27	T'ai Chi Ch'uan and Spirituality	TTCC 5
5/3	☺ FINAL EXAM (Monday) 8:00 – 10:00	