

SSI '00

PM



CHAMINADE UNIVERSITY
● PSY 478 - THE PSYCHOLOGY OF T'AI CHI CH'UAN ●
SUMMER SESSION II - 2000

Instructor: Robert G. Santee, Ph.D.
Phone: 735-4720
Office Hours: W 11:15-12:15
By Appointment

Room: Henry Hall 104
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Texts: The Tao of Tai-Chi Chuan - Way to Rejuvenation; Tsung Hwa Jou; 1981
The Essential Tao; T. Cleary (trans.); 1993
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
Vitality, Energy, and Spirit; T. Cleary (trans.); 1991

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

COURSE DESCRIPTION

● The scope of this course is an examination from a psychological and experiential perspective (cognitive, behavioral, spiritual, 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 on consciousness within the framework of the moving meditation of T'ai Chi Ch'uan. In addition, the focus will be on chi development and flow within the framework 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.

Attendance: As this is a highly experiential and participatory class, you will start off with 100 points for attendance. Each class you miss is a deduction of 10 points. 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, religious, 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, 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.

8/9 - 8/11	T'ai Chi Ch'uan, Health and Spirituality T'ai Chi Ch'uan and Culture	Tui Shou Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan	TTCC 5, QG 5-8, UGTC 35-37, 38-39
8/14 - 8/15	8/14 - Review PAPER DUE 8/15 - FINAL EXAM	8/14 - TEST ON ENTIRE FORM	TTCC 5

7/24 - 7/26	<p>Psychological Aspects of Later Taoism and Application to T'ai Chi Ch'uan</p> <p>Psychological Aspects of Neo-Confucianism and Application to T'ai Chi Ch'uan</p> <p>Review</p> <p>7/26 - MID-TERM EXAM</p>	<p>Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan</p>	VES All
7/27 - 7/28	<p>Foundation of T'ai Chi Ch'uan, Chi Kung, Meditation</p>	<p>Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan</p> <p>7/28 - TEST ON SECTION II OF FORM</p>	TTCC 3 QG 9, BCD 7, UGTC 21-22
7/31 - 8/1	<p>Foundation of T'ai Chi Ch'uan, Chi Kung, Meditation</p> <p>T'ai Chi Ch'uan Classics; 3 Treasures: Ching, Ch'i, Shen; 13 Postures</p>	<p>Tui Shou</p> <p>Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan</p>	TTCC 4, BCD 9, UGTC 23-25
8/2 - 8/4	<p>T'ai Chi Ch'uan Classics; 3 Treasures: Jing, Ch'i, Shen; 13 Postures</p>	<p>Tui Shou</p> <p>Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan</p>	TTCC 4, UGTC 26-28
8/7 - 8/8	<p>T'ai Chi Ch'uan and Martial Arts</p>	<p>Tui Shou</p> <p>Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan</p>	<p>TTCC 6, QG 5-8, UGTC 29-31</p> <p>TTCC 5, QG 5-8, UGTC 32-34</p>

TENTATIVE SCHEDULE

DATE	TOPIC	FORM	READINGS [Readings will be supplemented with handouts]
7/5 - 7/7	What is T'ai Chi Ch'uan? What is Ch'i Kung? Styles of T'ai Chi Ch'uan; Scientific Method; T'ai Chi Ch'uan and Consciousness; 10 Principles of T'ai Chi Ch'uan; Yin/Yang, Ch'i; Psychological Approach to T'ai Chi Ch'uan; Shamanism; Shamanism and the I Ching; Pa Kua	Introduction to Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan	TTCC 1, QG 1-2, BCD 1, UGTC 1-2,8 TTC 2, QG3, BCD 2, UGTC 3-5
7/10 - 7/12	Psychological Aspects of Confucianism and Application to T'ai Chi Ch'uan	Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan	TTCC 2, QG 4, Analects All BCD 3, UGTC 6-7
7/12 - 7/13	Psychological Aspects of Early Taoism and Application to T'ai Chi Ch'uan	Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan	TTCC 2, ET All, BCD 4 UGTC 9-11, VES All
7/14 - 7/17	Psychological Aspects of Early Taoism and Application to T'ai Chi Ch'uan	Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan 7/17 - TEST ON SECTION I OF FORM	TTCC 2, BCD 5, UGTC 12-14
7/18 - 7/19	Psychological Aspects of Ch'an Buddhism, Yin/Yang School, Wu Hsing/I Ching and Application to T'ai Chi Ch'uan	Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan	QG 9, BCD 6, UGTC 15-17
7/20 - 7/21	Psychological Aspects of Later Taoism and Application to T'ai Chi Ch'uan	Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan	VES All

REQUIREMENTS

☉ 2 Exams			200 x 2 = 400 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
☉ T'ai Chi Ch'uan Form	Section I	25 pts	
	Section I and II	50 pts	
	Section I, II, and III	125 pts	200 pts
☉ Attendance			100 pts
	TOTAL		900 PTS

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

GRADING

A = 810 +
 B = 720 - 809
 C = 630 - 719
 D = 540 - 629

8/9 - 8/11	T'ai Chi Ch'uan, Health and Spirituality T'ai Chi Ch'uan and Culture	Tui Shou Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan	TTCC 5, QG 5-8, UGTC 35-37, 38-39
8/14 - 8/15	8/14 - Review PAPER DUE 8/15 - FINAL EXAM	8/14 - TEST ON ENTIRE FORM	TTCC 5