

WE 03

CHAMINADE UNIVERSITY  
 Camp Smith  
 PSY 478 THE PSYCHOLOGY OF T'AI CHI CH'UAN  
 WINTER 2003

Instructor:	Marie J Burghardt, MSCP	CONTACTS
Time:	Saturdays, 8:00 – 12:00	Phone: 621-1159 EMAIL: mjbnoto hotmail.com

**Texts:**

The Dao of Tai-Chi Chuan – Way to Rejuvenation; Tsung Hwa Jou; 1981	TDOT
The Essential Tao; T. Cleary (trans.); 1993	ET
Confucius – The Analects	Analects
Beyond the Closed Door: Chinese Culture and the Creation of Tai Chi Chuan; Bresloe, 1995	BCT
Vitality, Energy, and Spirit; T. Cleary (trans.); 1991	VEAS
<b>Recommended Texts:</b>	
The Taoist I Ching; T. Cleary; 1986	I Ching
QiGong: Essence of the Healing Dance; Garripoli, 1999	QG
How to Grasp the Bird's Tail If You Don't Speak Chinese; Schorre, 2000	HTGTBT

*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, experiential, and psychological examination (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 (5 processes) on consciousness, 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.

The Yang style (slow form) will be taught. Tui Shou (push hands) and Ch'i Kung, meditation (including microcosmic/macrocosmic orbits) will also be taught to supplement our exploration into consciousness.

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 1/3 of each class will be focused on the practical aspect of learning the T'ai Chi Ch'uan form and Ch'i Kung. The remainder of each class will be a more didactic inquiry in T'ai Chi Ch'uan.



## ATTENDANCE

As this is a highly experiential and participatory class, you will start off with 50 points for attendance. You are expected to be in class on time. If you are not present for role, you will be marked absent and you will lose 5 points.

## 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),
7. wu wei, mind fasting, and the 3 treasures of ching, ch'i, and shen.
8. the psychological aspects of the T'ai Chi Ch'uan classics.
9. the relationship between Shamanism, I Ching, Confucianism, Early Taoism, Later Taoism, Ch'an Buddhism, and Neo-Confucianism and T'ai Chi Ch'uan.
10. the martial arts aspect of T'ai Chi Ch'uan.
11. the scientific method and its application to the psychological study of T'ai Chi Ch'uan.
12. the complete Yang style T'ai Chi Ch'uan form (slow and fast forms).
13. psychological aspects of Tui Shou (push hands).
14. a culturally diverse perspective regarding the relationship between mind and body.

## REQUIREMENTS

☉ 2 Exams	225 x 2 =	450 pts
☉ Paper –	10 page, 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 changes/refinements in consciousness you observe.	150 pts
☉ T'ai Chi Ch'uan Form	Section I	20 pts
☉ T'ai Chi Ch'uan Form	Section II	25 pts
☉ T'ai Chi Ch'uan Form	Section III	30 pts
☉ Attendance		50 pts
TOTAL		725

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

## GRADING

A	675 +
B	600 - 674
C	599 – 673
D	524 - 598



**TENTATIVE SCHEDULE**

WEEK	TOPIC	FORM	READINGS [Readings will be supplemented with handouts]
1	What is T'ai Chi Ch'uan? Ch'i? What is Ch'i Kung? Scientific Method; Meditation; 10 Principles of T'ai Chi Ch'uan; Yin/Yang, Ch'i; Psychological Approach to T'ai Chi Ch'uan; Chinese Culture; I Ching; Pa Kua; 3 Treasures Shamanism; 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 Form - Section 1 Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan Form – Section 1	TDOT 1, QG 1-2, BCD 1, HTGBT 1-43  TDOT 2, QG 3, BCD 2, HTGBT 1-43
2	Psychological Aspects of Confucianism and Application to T'ai Chi Ch'uan  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 Form – Section 1 Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan – Section 1	TDOT 2, QG 4, Analects All BCD 3, HTGBT 1-43  TDOT 2, ET All, BCD 4, HTGBT 1-43
3	I Ching, Pa Kua  <b>2/15 - EXAM I</b> Psychological Aspects Of Ch'an Buddhism, Yin/Yang School, Wu Hsing/I Ching And Application To T'ai Chi Ch'uan; Religious Taoism; Neo-Confucianism	Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan Form – Section 2  Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan Form – Section 2	TDOT 2, BCD 5, I Ching All, HTGBT 44-81 QG 9, BCD 6, HGTBT 44-81
4	Psychological Aspects Of Ch'an Buddhism, Yin/Yang School, Wu Hsing/I Ching And Application To T'ai Chi Ch'uan; Religious Taoism; Neo-Confucianism Foundations of T'ai Chi Ch'uan, Ch'i Kung, Meditation	Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan Form – Section 2 Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan Form – Section 2	TDOT 3, QG 9, BCD 7, HGTBT 44-81 TDOT 3, QG 9, BCD 8, HGTBT 44-81

5	T'ai Chi Ch'uan Classics, 3 Treasures – Ching, Ch'i, and Shen T'ai Chi Ch'uan Classics, 13 Postures  <b>EXAM</b>	Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan Form – Section 2  Ch'i Kung, Zhan Zhuang, T'ai Chi Ch'uan, Silk Reeling, Pa Duan, Wu Hsing Form, Yang Style T'ai Chi Ch'uan Form – Section 3	TDOT 4, BCD 9, HGTBT 44-81  TDOT 4, HGTBT 82-115
6	T'ai Chi Ch'uan Classics and Martial Aspects; Tui Shou	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 Form – Section 3	TDOT 6, QG 5-8, HGTBT 82-115
7	T'ai Chi Ch'uan and Health, Tui Shou	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 Form – Section 3	TDOT 5, QG 5-8, HGTBT 82-115
8	T'ai Chi Ch'uan, Health, Tui Shou  T'ai Chi Ch'uan and Culture, Tui Shou  <b>TERM PAPER DUE</b>	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 Form – Section 3	TDOT 5, QG 5-8, HGTBT 82-115 TDOT 5, QG 5-8, HGTBT 82-115
9	T'ai Chi Ch'uan and Spirituality		TDOT 5, HGTBT 82-115
10	EXAM		