



Community Education – Spring 2024

Tai Chi for the Mind, Body & Spirit

Instructor: Rita Chang

Black belt and certified Tai Chi instructor in Kajukenbo Tai Chi Tum Pai

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Course Description:

Discover the art of Tai Chi - a profound internal Chinese martial practice harmonizing self-defense and well-being. Throughout this course, we delve into the holistic dimensions of Tai Chi, encompassing mind, body, and spirit. Explore Tai Chi as a dynamic form of moving meditation, cultivating mental serenity and physical vitality. Emphasizing graceful, deliberate movements and synchronized deep breathing, this practice enhances coordination, balance, and overall health. Its tranquil pace fosters mental focus, flexibility, and a serene disposition, serving as a powerful stress-relieving practice.

The 24 Yang style, renowned for its popularity, comprises slow, continuous, soft, and circular movements seamlessly woven into a flowing pattern. Practicing Tai Chi involves executing a sequence of postures or movements with slow, graceful transition, ensuring each posture blends seamlessly into the next without interruption.

Learning Outcomes: *As a result of taking this course, students will:*

1. Have a better understanding of body coordination.
2. Be able to demonstrate proper Tai Chi walk to improve lower body strength and balance.
3. Understand how to use deep breathing to achieve calmness and inner peace.

Course Schedule:

Week 1: April 8 – Introduction to Tai Chi walk, deep abdomen breathing & class structure

April 10 – Start Yang 24 Form

Week 2: April 15 & 17 – Continue with Yang 24 Form

Week 3: April 22 & 24 – Continue with Yang 24 Form

Week 4: April 29 & May 1 – Continue with Yang 24 Form

Week 5: May 6 & 8 – Continue with Yang 24 Form

Week 6: May 13 & 15 – Continue with Yang 24 Form

Week 7: May 20 & 22 – Continue with Yang 24 Form

Week 8: May 27 – **No Class, Memorial Day**

May 29 – Continue with Yang 24 Form

Week 9: June 3 & 5 – Continue with Yang 24 Form

Week 10: June 10 & 12 – Continue with Yang 24 Form

Selected Bibliography/Resources:

Below you will find recommended references and online links to give you more information about the topics of this course.

<https://youtu.be/an5qNCspzUw>

24 Forms Yang Style Taichi Chuan by “Queen of Taichi” Master Jiamin Gao of US Wushu Center

<https://youtu.be/e4Vlw41R-PU?si=Y9H1TjOw9G1KR43D>

24 Forms Yang Style Demonstration Back View Master Amin Wu

<https://youtu.be/7Qbat52NE98>

Tai Chi Walking for Beginners

[Tai Chi helps boost memory](#)

Tai Chi, a form of slow-moving martial arts, helps boost memory – Health News:NPR Nov 6, 2023

[Tai Chi reduces blood pressure](#)

Tai Chi reduces blood pressure better than aerobic exercise, study finds. Health News From NPR. Feb. 14, 2024

Class Evaluation: Class evaluations are sent by email. Sometimes the email will be delivered to your “junk mail,” but we can assure you it’s from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation, please email Continuingeducation@clark.edu or call 360.992.2939.

Inclement Weather:

If the College cancels due to icy conditions you can find this on the college website www.clark.edu ~ If Community Education concludes that the weather is too hazardous we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

Looking for classes? Visit our Community Education webpage:
www.clark.edu/cce/