Course: Fundamentals of Tai Qi – ACT 154
Location: Schreiber Gym (SG) Sport Court (2nd Floor)
Days and class time: Section-01 11:10 am – 12 pm  Tuesday and Thursday

Instructors: Betty Jo Miller - 406-360-5225; mjbbackwards@centric.net
Barbara Bartmess - 406-825-6730; agreatteam@live.com

Overview: ACT 154 is an introduction to Yang Style Tai Chi Chuan, an ancient Chinese art of relaxation and self-defense.

Objectives: Learn and practice the basics of Tai Chi Chuan - including, but not limited to, proper stance, relaxation and breathing techniques, and form (kata). Explore your “center”: develop stamina, self-confidence, self-respect, and self-awareness that may be applied to all aspects of your life, including academic, social and professional progress, as well as other martial arts.

Requirements: Come to every class on time and prepared to play—wear loose-fitting, comfortable clothing. Absolutely NO bare midriffs, tight trousers, short shorts or short skirts! Shoes are optional. Light-weight, soft-soled, indoor-only shoes are acceptable. Any student who does not or is not able to participate for any reason, including inappropriate attire, will be marked absent for the day. Coming late or leaving early count as an absence, also.

Grading/attendance: The accompanying Department of Health and Human Performance “ACTivity Class Grading Policy” is considered an integral part of this class syllabus. This policy is reviewed orally during the first class period; nevertheless, it is each student’s individual responsibility to read and understand its content. If you have not received a copy, you do not understand any aspect of its content, or you are unable to access the policy in any of its varying formats, speak with your class instructor immediately.

Course Instructors are unable to sign drop/add slips. Students may drop or add this class via Cyberbear through the first 15 days of the semester. ALL drop/adds following the first 15 days must be approved by the HHP Activity Class Director (Chris Riley in McGill Hall 117). Be advised that such drop/adds require a fee and a great deal of work on your part! All classes missed prior to registration count as an absence.
**Safety:** Let Betty Jo or Barbara know if you have any preexisting injuries or if you’re pregnant. Immediately report any in-class injuries to us. Listen to your body, go at your own pace, and push yourself just beyond “easy.”

**Semester schedule:**

<table>
<thead>
<tr>
<th>Week</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Introduction to course, attendance policy, facility and class rules, safety considerations, brief history of the sport. Tai Chi bow, breathing techniques, basic stances, warm up exercises, begin learning form (kata).</td>
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<tr>
<td>Week 2-14</td>
<td>Tai Chi bow. Warm up exercises. Review and refinement of previous class material. Continuation of form.</td>
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<tr>
<td>Week 15</td>
<td>Fine tune Tai Chi form and techniques. Assign grades.</td>
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Questions and comments are welcome and encouraged throughout the course of instruction!

**Relevant Reading:**


*Tai Chi*: The International Magazine of T’ai Chi Ch’uan (bi-monthly). Wayfarer Publications: Los Angeles.

*Students with disabilities may request reasonable accommodations by contacting Chris Riley at chris.riley@mso.umt.edu.*