

**The Chinese University of Hong Kong**  
**Physical Education Unit**  
**Tai Chi Course Content (Face to Face)**

<b>Week</b>	<b>Session 1</b>	<b>Session 2</b>
<b>1</b>	<ol style="list-style-type: none"> <li>1. Class Regulations</li> <li>2. Course Introduction and Assessment</li> <li>3. Introduction on Tai Chi Chuan</li> </ol>	<ol style="list-style-type: none"> <li>1. Basic Skills for Warm-up</li> <li>2. Introduction on Tai Chi Chuan “Hands, Eyes, Body, Step”</li> <li>3. Basic Techniques on Legs and Hands Practice</li> </ol>
<b>2</b>	<ol style="list-style-type: none"> <li>1. Basic Techniques Revision on Legs and Hands Practice</li> <li>2. “Commencing Form”</li> </ol>	<ol style="list-style-type: none"> <li>1. “Commencing Form” Revision</li> <li>2. “Right Wild Horse Mane”</li> </ol>
<b>3</b>	<ol style="list-style-type: none"> <li>1. “Right Wild Horse Mane” Revision</li> <li>2. “White Crane Spreads Its Wings”</li> </ol>	<ol style="list-style-type: none"> <li>1. “White Crane Spreads Its Wings” Revision</li> <li>2. “Brush Knee and Twist Step”</li> </ol>
<b>4</b>	<ol style="list-style-type: none"> <li>1. “Brush Knee and Twist Step” Revision</li> <li>2. “Hand Strums The Lute”</li> </ol>	<ol style="list-style-type: none"> <li>1. “Hand Strums The Lute” Revision</li> <li>2. “Step Back To Drive Monkey”</li> </ol>
<b>5</b>	<ol style="list-style-type: none"> <li>1. “Step Back To Drive Monkey” Revision</li> <li>2. “Left Grasp The Bird’s Tail”</li> </ol>	<ol style="list-style-type: none"> <li>1. “Left Grasp The Bird’s Tail” Revision</li> <li>2. “Right Grasp The Bird’s Tail”</li> <li>3. First Section Sequencing Practice</li> </ol>
<b>6</b>	<ol style="list-style-type: none"> <li>1. “Right Grasp The Bird’s Tail” Revision &amp; First Section Sequencing Practice</li> <li>2. “Single Whip”</li> </ol>	<ol style="list-style-type: none"> <li>1. “Single Whip” Revision</li> <li>2. “Wave Hands Like Clouds”</li> </ol>
<b>7</b>	<ol style="list-style-type: none"> <li>1. “Wave Hands Like Clouds” Revision</li> <li>2. “High Pat On Horse”</li> <li>3. “Right Kick”</li> </ol>	<ol style="list-style-type: none"> <li>1. “High Pat On Horse” &amp; “Right Kick” Revision</li> <li>2. “Strike With Both Fist”</li> <li>3. “Left Kick”</li> </ol>
<b>8</b>	<ol style="list-style-type: none"> <li>1. “Strike With Both Fist” &amp; “Left Kick” Revision</li> <li>2. “Left Squat Down And Stand On One Leg”</li> <li>3. Middle Section Sequencing Practice</li> </ol>	<ol style="list-style-type: none"> <li>1. “Left Squat Down And Stand On One Leg” Revision &amp; Middle Section Sequencing Practice</li> <li>2. “Right Squat Down And Stand On One Leg”</li> <li>3. “Fair Lady Works Shuttles”</li> </ol>
<b>9</b>	<ol style="list-style-type: none"> <li>1. “Right Squat Down And Stand On One Leg” &amp; “Fair Lady Works Shuttles” Revision</li> <li>2. “Needle At Sea Bottom”</li> <li>3. “Fan Penetrates Back”</li> </ol>	<ol style="list-style-type: none"> <li>1. “Needle At Sea Bottom” &amp; “Fan Penetrates Back” Revision</li> <li>2. “Deflect Downward, Parry and Punch”</li> <li>3. “Withdrew and Push”</li> </ol>
<b>10</b>	<ol style="list-style-type: none"> <li>1. “Deflect Downward, Parry and Punch” &amp; “Withdrew and Push” Revision</li> <li>2. “Cross Hands”</li> <li>3. “Closing Form”</li> <li>4. Last Section Sequencing Practice</li> </ol>	<ol style="list-style-type: none"> <li>1. “Cross Hands” &amp; “Closing Form” Revision &amp; Last Section Sequencing Practice</li> <li>2. All 24 Styles</li> <li>3. Introduction on Push Hand</li> <li>4. Tai Chi Chuan Application</li> </ol>
<b>11</b>	<ol style="list-style-type: none"> <li>1. All 24 Styles Revision</li> <li>2. Practice &amp; Revision</li> </ol>	Practice & Revision
<b>12</b>	Examination	Examination
<b>13</b>	Examination	Examination and Course Evaluation