

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

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