

PE 182G : Tai Chi II

Continues the exploration of theories and movement principles, meditation and Yi (mind) development introduced in Tai Chi I. Expands upon the basic techniques to develop a life-long practice of Tai Chi.

Credits 1

Prerequisites

Instructor permission also accepted.

Subject

[Physical Education](#)

Course Outcomes

Upon completion of the course students should be able to:

- Perform advanced postures to demonstrate a deeper connection to the Tai Chi form and movements.
- Apply advanced breathing and relaxation techniques with Tai Chi form and movements.
- Employ Tai Chi theory and techniques to enhance daily living and to help maintain lifetime fitness.

Prerequisite Courses

[PE 182S](#)