朝陽科技大學 099學年度第1學期教學大綱
Tai Chi Daw Yiin 太極導引

當期課號	0001	Course Number	0001
授課教師	郎秀玲	Instructor	CANG,HSIU LING
中文課名	太極導引	Course Name	Tai Chi Daw Yiin
開課單位	選項體育課群(日)	Department	
修習別	選擇必修	Required/Elective	Sports Elective
學分數	1	Credits	1
課程目標	中華武術，源遠流長，博大精深，以致百家紛陳，各放異采。而太極拳以其剛柔相濟，動靜相生，鬆活連綿，自然運轉，吞吐開合，虛實循環等陰陽相合的風格特點名聞遐邇，享譽於海內外。太極拳之真精神，乃是以柔克剛，借力使力，而臻「妙手-運-太極，太-運化烏有」的混然一圓，莊然和諧之最高境界。	Objectives	Course description: Tai-Chi, literally “Supreme Ultimate Fist,” is a centuries-old Chinese discipline for health, relaxation, meditation, self-defense and self-cultivation. Tai-Chi emphasizes relaxation and inner calm rather than strength. It is practiced slowly and evenly in circular patterns, it improves circulation, balance, and helps relax and strengthen the nervous system. As meditation, Tai-Chi is a way of harmonizing body and mind dynamically. It fosters an inner quiet that nourishes a continuing awareness.
教材	身體、軟墊	Teaching Materials	the body、an ottoman
成績評量方式	出席率30% 期中測驗30% 期末測驗40%	Grading	Attendance 30% final exam 30% spirit 40%
教師網頁			
教學內容	一、鬆身舒筋法:1.迎風擺柳 6.磨鏡 2.單摸 7.頂天立地 3.左右逢源 8.鴛鴦相會 4.翻江倒海 9.大鵬展翅 5.推窗望月 10.推手蹬腳 二、伸展拉筋法:1.馬步壓肩 4.雲雀舒展 2.犀牛望月 5.臥兔調息 3.羅漢望月 三、基礎功法: 1.雙併旋轉 2.垂直升降 3.旋轉升降 四、導引功法: 1.旋腕轉臂 1.旋腕轉臂 正式 4.推手舒展 2.旋腕轉臂 單手隅式 5.呼吸以踵 3.南北拉極 五、太極拳套路	Syllabus	1.Gentle.eyercise 2. 3.R/L exercises weightless 4.Exercises 5. 6.Stretching 7.Exercises 8. 9.Stretching.Upper Body 10.Pushing and Stamping Exercises

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