



Winter	COURSE NAME : Tai Chi
2021	INSTRUCTOR: Ron NaVarre / Ron.Navarre@strasberg.edu
NYU/LSTFI	CLASS DAY & TIME :

COURSE TYPE: Movement

CLASS DESCRIPTION: Tai Chi is an ancient Chinese martial art, meditation and health practice based on the Taoist principles of balance and harmony of mind-body-spirit. Tai Chi teaches the student to cultivate awareness and sensitivity of intention, action and effort, through the practice of breathing, posture, alignment and movement. Emphasis is placed on learning how to be "present and responsive" to internal and external stimuli by applying the principles of grounding, centering, focusing and listening.

COURSE OBJECTIVE: To develop student's abilities to:

- Cultivate greater awareness of breath, posture and body mechanics
- Establish relationship with the fundamentals of movement; asymmetry (e.g. proprioception), radial symmetry (e.g moving from the center—accentuation), and bilateral symmetry (e.g. moving from head to toe and vice versa)
- Understand the fundamentals of effective effort/action.

STUDENT LEARNING OUTCOMES: When students complete this course they will be able to:

- Soften, center, breathe and listen effectively
- Focus correctly and efficiently
- Sustain a focused effort without distraction or fatigue
- Neutralize reactive stress through correct focus and intention
- Channel nervous energy into the task at hand

EXPECTATIONS:

You must learn and be ready to perform the First 13 movements of the Yang style Tai Chi form by the sixth week of the first semester.

You must arrive on time and dressed appropriately for movement class. Wear clothing appropriate for a dance/yoga or gym workout. No street clothes or clothing that will restrict freedom of movement.

You must inform the instructor of any injuries/illnesses or any physical condition that may impact your ability to perform the exercises (warm up) and form (first 13 of the Yang Style Tai Chi form) before the class begins.

In the event of a known absence you must inform the instructor via email.

It is your responsibility to check with the teacher and with your fellow students for material covered if you are absent.

There is no food allowed in the movement studios.

Cell phones must be turned OFF when entering the movement studios, and when logging on remotely.

No watches, heavy jewelry or strong perfumes/colognes.

Journal: All students are required to keep a journal for Tai Chi class. Use a separate note book or digital diary for this class. By the end of each class day write your impressions, thoughts, feelings and observations based on what you experienced in class that day. Your final written assignment will be based on your journal entries and your learning journey throughout each semester.

Study Materials: Video and audio files are available to assist you in learning the tai chi form. All files are for study purposes only and cannot be shared or posted on any social media. You are free to download copies for personal use only. To access the **NYU Tai Chi Resource page** you must send an email request to ron.navarre@strasberg.edu for an invite. Throughout the semester you may be videotaped (working on camera) to further assist and assess your performance and progress. All video files are for educational purposes only and will not be shared or posted on any social media.

Finals: Finals will be announced three weeks before the end of the semester. Ample time is given and delegated for pre-final preparation. A missed final will lower your grade by one full grade.

The following outline is subject to change/ alteration as needed to accommodate the distance learning format. Any changes will be communicated in writing by the instructor.

Week 1 Objective:

Intro to Tai Chi philosophy and concepts of energy and expression.

Introduce “beginners mind set” (non-judgmental perception).

Introduce guidelines for effective learning.

Warm up and work on first 13 postures of Yang style form.

Homework: incorporate breath awareness with listening and observing.

Note: Warm up and form practice are consistent in every class for the duration of the semester. Full warm up and Tai Chi form are listed after weekly description.

Week 2 Objective:

Run full class warm up, include Chakra alignment visualization, focus on mirroring (listening and merging) the form up to “push and raise”.

Week 3 Objective:

Repeat of week 2, deepening breath mechanics and listening through correct focus.

Week 4 Objective:

Repeat week 3 with Q & A

Week 5 Objective:

Warm up: Introduce leading by choosing a student to be the leader of individual warm up exercises. Introduce principles of integration,

1. Connect to breath
2. Connect breath to center
3. Connect center to ground/root
4. Connect to environment/space

Introduce independent practice with Q & A

Week 6 Objective:

Full warm up, practice form; first 13 postures left and right sides.

Review with Q & A.

Week 7 Objective:

Full warm up; first 1/3 of long form left and right sides, observe reaction/response to new material. Independent practice. Observe breakdown of integrity due to lack of familiarity and lack of effective listening. Review with Q & A

Week 8 Objective:

Full warm up 13 postures left and right in a “Round” (rotating 4 corners and 4 directions). Review with Q & A

Week 9 Objective:

Full warm up, 13 Left and right in a round. Independent practice, review with Q & A

Week 10 Objective:

Full W/U 13 left and right, Breakdown hands and arms with detail. Begin preparation for finals, form test. Independent practice, review with Q & A

Week 11 Objective:

Short warm up, stretching form. Form cleaning in detail. Review with Q & A, perform two people at a time with comments. Give written assignment due one week before last class.

Written assignment: summarize journal entries with dates. Write a page detailing how Tai Chi training has affected/influenced the student as a person and an actor in training.

Week 12 Objective:

Independent warm up. Form test one student at a time.

Week 13 Objective:

Continue form test. Test any students absent from week 12

Week 14 Objective:

Review test process, Q & A, address second semester objectives and goals.

FULL CLASS STRUCTURE:

Warm Up

1. BREATHING:

- a. arms up and down
- b. arms over head & down the sides
- c. arms up sides and down the center
- d. open arms side from chest
- e. open arms side, pull down, pull up through center and open chest

2. ROTATING SIDE TO SIDE:

- a. wrap arms around waste
- b. swing front and back
- c. alternate swing side to side
- d. wind mill back
- e. wind mill front
- f. both arms back
- g. both arms front

3. HEAD

- a. up and down
- b. looking side to side
- c. tilt side to side
- e. circle left and right

4. SHOULDERS

- a. circle back
- b. circle back with elbows, yawning
- c. circle forward
- b. circle forward with elbows, sighing
- e. shrug shoulders, discharge sound with Ha!

5. CIRCLE HIPS, KNEES AND ANKLES LEFT AND RIGHT

6. KNEES TOGETHER. CIRCLE LEFT AND RIGHT

7. BEND AND STRAIGHTEN

8. STRETCH

- a. left leg back, forward lunge
- b. press back and straighten front leg
- c. bring back knee to front heel, front knee to side stretch
- d. drop foot, slide back into hip stretch
- e. bring back leg around to cross over front knee, palms together, lean forward
- f. Palms toward chest, slow inhale, open arms to side
- g. Bring top foot to bottom calf, press pelvis up, stretch jaw and tongue
- h. open legs side, rotate hips side to side
- I. Flex knees and feet, tilt side to side, circle left and right
- j. straighten legs, circle stretch, reaching forward and open side.
- k. relax forward and breathe
- l. roll up, reach side and toward the ceiling, change sides
- m. shake legs together and reverse whole stretch sequence to other side.

Roll Up To Standing Position

- 9. Feet together, circle hips, left and right
- a. open feet shoulder width, circle left and right.

TUI NA MASSAGE Brushing: Forehead. Bridge of nose, eyebrows, cheeks, jaw, top of head, temples, back of neck, throat, chest, arms, fingers, solar plexus, naval, dan tien, hips, circle belly, roll wrists on rib cage, circle waist, kidneys, tailbone, circle hips, legs=inside and outside, back of legs.

Vibrating: Kidneys, hips, legs, back of knees, dan tien, solar plexus, chest, lungs, shoulders, arms, top of head, back of head, jaw, cheeks, temples, forehead.

SHAKE HANDS ABOVE HEAD AND DROP; HAW, NO, YES MEDITATION

Chakras;

Top of head-Gold, Forehead third eye-Violet, Throat-blue, Heart-Green, Solar Plexus-Yellow, Naval-Orange, Dan Tien-White, Root/Base-Red.

Embrace tree- open and expand Heart-Green Between Heaven and Earth- Solar Plexus- Yellow Hold the Golden Urn- Naval- Orange Push Walls apart-Dan Tien- White

Small Breathing Form

Raise and lower hands, Raise above head and lower down sides, Pull up from earth to heart, open heart, receive and ground heart, raise up sides and pull down through center.

CIRCLE BREATHING WITH WEIGHT SHIFTING MOVING HANDS LIKE CLOUDS

YING YANG BREATHING SWIMMING DRAGON, FIGURE EIGHT STANDING

STRETCH FORM BRIGHTEN CHAKRAS WITH BREATH

Traveling: ward off, roll back, press and push/ walking pattern; slow walk forward and back/ roll back twist step/ brush knee/ brush knee half step/ Brush knee half step play guitar/ repulse monkey. 10- 15 minutes

Yang Style Tai Chi form: 45-50 minutes

Wu chi

Raise & Lower hands

Look left & pivot right to hold ball

Ward off left

Grasp sparrow by tail Ward off right Roll back

Press

Push

Single whip

Cranes beak

Split

Roll back

Pull up & pull down

Raise and thrust hands

Shoulder bump

White crane spreads wings

Ying Yang hands

Brush left knee, half step & play guitar

Brush left knee

Brush right knee

Brush left knee Half step & play guitar

Brush left knee

Roll back, raise fist

Chop fist

Intercept, deflect & punch

Peel off & push

Tiger returns to mountain Cross hands

2nd Chapter

Cross hands, press to corner 2

Brush knee to corner 3

Roll back, press & push

Redirect left Fist under elbow

Repulse monkey 3 time

Sweep up to corner 4

Step back Diagonal flying

Kick back

Pull up & down

Raise hands

Shoulder bump

White crane spreads wings

Ying yang hands

Brush left knee

Needle to bottom of sea

Fan to corner 1, & fan back to corner 2

Sweep up

Step down Fist over hand, snake spits out tongue

Roll back, raise & chop fist

Deflect & punch

Roll back right & left (Grasp sparrow)

Ward off right, roll back, press & push Single whip

Split

Moving hands like clouds

Split

Pat high horse

Roll back & deflect left

Kick with right foot

Step down & press to corner 1

Roll back & deflect right

Kick with left foot

Turn left 180, kick with left foot

Brush left knee

Brush right knee

Step & Punch down

Roll back, turn right & sweep up to corner 4

Fist over hand, snake spits tongue

Roll back, chop fist, deflect & punch

Roll back,

Twist left, kick right to corner

Step down & deflect down

Fight the tiger left

Roll back & turn right Fight the Tiger right

Roll back, deflect and kick with right foot

Two fists to ears

Deflect left & kick with left foot

Turn right 360, kick with right foot

Step down & deflect

Chop fist, deflect and punch

Roll back, peel off & push Tiger returns to mountain Cross hands

Chapter 3

Brush knee to corner 3

Roll back, press & push

Single whip on the diagonal

Parting the horses main R,L,R

Ward off left, grasp sparrow

Ward off right Roll back Press and Push

Single whip

Cranes beak and Split

Fair maiden works at shuttle

Ward off left, grasp sparrow

Ward off right Roll back

Press Push Single whip Cranes beak Split

Moving hands like clouds

Split

Snake creeps down

Golden pheasant stands on left leg

Golden pheasant stands on right leg

Repulse monkey 3 times

Sweep up & hold the ball facing corner 4

Step back Diagonal flying

Kick back, pull up & down

Raise hands

Shoulder bump

White crane spreads wings

Ying yang hands

Brush left knee

Needle to bottom of sea

Fan, fan back Sweep up

Fist over hand, snake spits out tongue

Roll back Chop fist, deflect & punch

Roll back right & left

Grasp sparrow Ward off right, roll back, press & push

Single whip

Moving hands like clouds

Split

Pat high horse

Roll back & deflect, turning right

Kick with right foot

Step down, twist right and deflect

Step and punch down

Roll back right & pivot left

Grasp sparrow by tail

Ward off right Roll back Press Push

Single whip Cranes beak

Split

Snake creeps down

Step up to from seven stars (double fists)

Step back into white crane spreads wings

Twist left & turn right

Step back shooting star

Water Lilly kick

Draw the bow & shoot the tiger

Roll back, raise & chop fist

Intercept, deflect & punch

Roll back, peel off and push

Tiger returns to mountain Cross hands Wu chi

End

GRADE BREAKDOWN: Grades follow the NYU Rubric, which is sent out by your studio administrator at the beginning of the term. Please refer to breakdown of grades for full descriptions.

A 4.0; A- 3.7; B+ 3.3; B 3.0; B- 2.7; C+ 2.3; C 2.0; C- 1.7; D 1. ; F 0.0

STRASBERG ATTENDANCE POLICY: You are expected to attend ALL class sessions, to arrive on time and stay the entire duration of the studio class. Your absences can impact your eligibility for participation in theatre productions, master classes and can result in more serious penalties. The first and last week of classes are equally important. More than two absences in a class, unless excused by administration, will lower your grade in that class.

If you are absent for any reason please send email to: Your teachers, scene partners and anyone who is counting on you. This does not mean the absence is excused. It's a matter of being accountable- showing up or letting the relevant people know that you will not be here. This is good practice as a professional, and we want you to treat your classes with as much seriousness as you would an audition, rehearsal or show time. Professional work (including auditions or rehearsals) is never grounds for an absence. It is advised to contact your instructors about your absence in advance and follow-up on any missed assignments. You will be responsible for any work assigned during your absence. Excessive absences will merit a meeting with both your NYU and Lee Strasberg administrators.

With that said, life challenges happen, and when they do, we are here to help you. If you have a circumstance that may be grounds for an excused absence (i.e. a medical surgery, emergency, religious holiday, etc.) reach out to your studio administrator, Emily Kirn at Emily@Strasberg.com.

LATENESS: Lateness is not permitted. Showing up for class and being on time is important and is good practice as a part of your training as professional actor.

Students are marked late if they arrive after the start time of class up until 10 minutes. After 10 minutes, students are marked absent. It is up to your instructor whether you will be allowed to participate or asked to observe. Two late arrivals in one class equal an absence.

INJURIES: An injury that prevents any kind of participation must be discussed with your studio administrator, your instructors and your NYU Academic Advisor as soon as it occurs. Students in this situation are required to attend class as an observer unless otherwise advised by a medical professional. Truly extraordinary circumstances affecting any of the above should be discussed with your studio administrator and your NYU Academic Advisor as soon as possible.

PLAGIARISM: Plagiarism and cheating are grave violations of Tisch School of the Arts community standards. Consistent with Department of Drama policy, when teachers have reason to suspect a violation of academic integrity teachers will report the case to the Studio Head. All cases are ultimately reported to the Chair and the Dean of Student. All infractions will be punished and repeated infractions can result in expulsion.

CLASSROOM ETIQUETTE: Students are required to wear loose fitting, movement clothes. All jewelry, with the exception of stud earrings should be removed. Only water-filled bottles are allowed in the classroom. Students must bring the required texts to class each day as well as a recording device and hand-mirror (when needed). Failure to be prepared may result in a deduction from a student's final grade. Students must restore the classroom to its original state after each class.

HEALTH AND SAFETY: Your health and safety are a priority at NYU. If you experience any health or mental health issues during this course, we encourage you to utilize the support services of the 24/7 NYU Wellness Exchange 212-443-9999. Also, all students who may require an academic accommodation due to a qualified disability, physical or mental, please register with the Moses Center 212-998-4980. Please let your instructor know if you need help connecting to these resources.

TITLE IX: Tisch School of the Arts is dedicated to providing its students with a learning environment that is rigorous, respectful, supportive and nurturing so that they can engage in the free exchange of ideas and commit themselves fully to the study of their discipline. To that end Tisch is committed to enforcing University policies prohibiting all forms of sexual misconduct as well as discrimination on the basis of sex and gender. Detailed information regarding these policies and the resources that are available to students through the Title IX office can be found by using the following link:

<https://www.nyu.edu/about/policies-guidelines-compliance/equal-opportunity/title9.html>

ABOUT THE INSTRUCTOR

Ron NaVarre has been teaching tai chi at LSTFI for twenty two years. As an actor, dancer, singer, director and choreographer, Ron has worked on Broadway, Off-Broadway, in Regional Theater, Film, Television, Commercials, and Industrial Theater. As an adjunct Professor Ron has taught tai chi at Fordham University at Lincoln Center, New York University, and the Pacific Institute of Chinese Medicine. Along with Madeline Jaye

he is also the co-creator of Actors Launch™, an audition prep and career guidance training program for actors and performing artists.

Ron is also the founder of Stress Defense, Inc. and has taught seminars on stress management, self-healing and effective performance to fortune 500 companies, groups and individuals. A life long martial artist he has trained in Tang Soo Do, Tae Kwon Do, Hapkido, Aikido and Tai Chi Chuan. In the healing arts, Ron has taught mindfulness meditation, yoga, tai chi, qigong, Reiki and Reiki Qong for over thirty years. For the last ten years Ron has been working with cancer patients and post-surgical patients as an energy therapist and spiritual counselor.