

# **PED-235 : Tai Chi**

**Credits** 1

**Lab** 3

**Lecture** 0

**Clinical/WkExp** 0

## **Description**

This course introduces martial arts using the Tai Chi form. Topics include proper conditioning exercises, proper terminology, historical foundations, etiquette, and drills. Upon completion, students should be able to perform skills and techniques related to this form of martial arts.