

## **JNST OOOM - Spring 2019**

### **TaiChi**

**Thus. 5:00-6:00pm**

**Prof. Lifan Su**

This course is an athletic course and designed to master a Chinese traditional health exercise skill. TaiChi is not only an ancient Chinese traditional martial art but also an effective exercise like Yoga. Focus on the exchange the energy with nature. Another name of TaiChi is shadow boxing, and it is a good way to keep fit. It is the cultivation of one's internal energy, mind and the physical body. To generate relaxation, TaiChi practice requires a deep level of concentration and a focused mind, thus allowing the mind to lead and guide the body's energy. TaiChi has 24 movements in total, we will learn one or two movements in each class. We practice regulation of a deep breath regularly at the beginning of each lesson. In addition, we will learn some courtesy manners of Chinese traditional martial arts and traditional Chinese views of communing with nature. At the end of a semester, students should perform all 24 movements of TaiChi by themselves. In the future, students can practice TaiChi at any place, any time, without guidance.