

2020 Fall Online Tai Chi Class Begins on Sep 9

On September 9, 2020, at 6: 00 pm, 2020 fall Tai Chi class kicked off. 23 people from local communities participated in the 10-week online Tai Chi class. Visiting Scholar Yan He introduced the basic knowledge of Tai Chi, and then the students learned the basic movements of Tai Chi with Tai Chi teacher online. The activity was a complete success.

2020 秋季在线太极课于 9 月 9 日开始

2020 年 9 月 9 日下午 6 点，2020 秋季在线太极课开班。来自当地社区的 23 名美国民众参加了为期 10 周的在线太极课程的学习。访问学者何艳首先介绍了太极的基本知识，随后学员们在网上跟着太极老师学习了太极的基本步法，活动取得圆满成功。