

## **Tai Chi Class Starts at Montgomery Campus of Confucius Institute at Troy University**

On the afternoon of March 28<sup>th</sup>, 2019, the Tai Chi class of Confucius Institute at Troy University was officially opened at Forest Avenue Academic Magnet Elementary School in Montgomery. The visiting scholar of CITU, Ms. Yu Ma will teach the learners the amazing Chinese Kungfu — Tai Chi. In order to make a comfortable learning environment for the learners, she presented a PPT and prepared the wall map of Tai Chi in her class. Most of the learners are the teachers from the elementary school. They expressed the wish of learning Tai Chi after knowing that CITU will have a Tai Chi class. As they have a full-time teaching job in the school, they have little time to go to the Montgomery campus of CITU at down town to take the Tai Chi class. For the convenience of the learners, the visiting scholar of CITU decides to open the class at Forest Avenue Academic Magnet Elementary School, hoping that more teachers in the school and citizens in the community can learn about Tai Chi and Chinese culture. Ms. Yu Ma first spent a few minutes in introducing Tai Chi and then she demonstrated the steps of Tai Chi. At the end of the class, the learners said they had learned a lot from this class and wanted to continue learning Tai Chi.

Tai Chi is one of the traditional Chinese exercising practices. Featured with slow movements, it is an exercise benefitting both the body and mind. Today, Tai Chi becomes popular and is welcomed by people from more and more countries. Confucius Institute at Troy University is devoted to creating every opportunity to share Chinese culture with the local citizens. Through Chinese calligraphy, Tai Chi and other art forms, CITU brings traditional Chinese culture and arts to the local community in Montgomery.

## 特洛伊大学孔子学院蒙哥马利校区太极班开课

2019年3月28日下午，特洛伊大学孔子学院蒙哥马利校区太极班在福斯特路小学（Forest Avenue Academic Magnet Elementary School）正式开课。太极课授课教师是来自特洛伊大学孔子学院蒙哥马利校区访问学者马宇老师，她为太极课开班做了充分准备，在学员到达之前备好了太极拳学习的挂图，准备了太极拳练习基本技巧的幻灯片等。前来学习太极课程主要为此小学的老师。老师们的工作任务繁重，有老师得知孔院有太极课的消息后表达了希望学习太极拳的愿望，遗憾的是却没有条件去孔院学习太极课程。因此，特洛伊大学孔子学院为方便教师参加学习，特意把课程开设地点设立在福斯特路小学校内，希望以此带动本地区教师及民众学习和深入了解太极文化。马老师利用开课前几分钟简单介绍了太极，立刻示范教学。一节课结束，学员们表示收获很大，希望继续学习。

太极是中国传统锻炼方式之一，它动作舒缓，是身心灵全方面的运动，在当今注重养生的时代受到越来越多国家人民的青睐。特洛伊大学孔院善于抓住各种机会和创造有利条件，通过书法课、太极拳等各种方式，把中国传统文化精髓分享给当地群众，推动了中华文化在蒙哥马利市的介绍和推广。