

CIT Hosts Tai Chi Workshop at E.L. Lowder Regional Library

On November 21st, the Confucius Institute at Troy University held a Tai Chi workshop at Montgomery's E.L. Lowder Regional Library. About 18 teachers, students, and local people attended the cultural seminar. Ms. Yu Ma, a Visiting Scholar from CIT demonstrated Tai Chi moves, while other Visiting Scholars helped guests assume the right position. The students eagerly participated in this workshop, and with only an hour of practice, they had already learned the first three moves of the 24-form Tai Chi.

孔子学院在劳德图书馆开设太极课程

2019 年 11 月 21 日，孔子学院蒙哥马利分院在劳德图书馆（E L Lowder Regional Library）开设太极课程，约 18 名师生及当地民众参加了太极课程的学习。本次太极课程由马宇老师主讲，孔子学院蒙哥马利分院的其他老师现场指导和示范，学员们学习热情高涨，在短短的一个小时时间内，就掌握了太极 24 式的三个基本动作，收获颇丰。