

Confucius Institute at Troy University Conducted Tai Chi Cultural Activities

On April 3, 2019, the Troy Campus of the Confucius Institute at Troy University conducted a unique cultural lecture. The visiting scholar Li Wei taught participants to learn Tai Chi. The lecture attracted a large number of American students, Japanese students, and Vietnamese students to attend this activity. A total number of 11 people were involved. Ms. Li introduced them the characteristics of Tai Chi, and the benefits of playing Tai Chi.

As we know that Tai Chi is part of traditional culture and one type of martial arts. It can well reflect the idea of the harmony between man and nature in Chinese philosophy. The charm of Tai Chi lies in its soft and smooth movement. After each action, another movement naturally connects, symbolizing the endless life of Chinese culture.

Ms. Li also shared with the participants the benefits of play Tai Chi: increasing physical flexibility, reducing stress, increasing endurance, and helping sleep. In the end of the lecture Ms. Li showed the video of simplifying the 24-style Taijiquan, which aroused the participants' strong interest. Participants practiced the 24-style simplified Taijiquan. After that, participants expressed their willingness to continue their studies. Ms. Li said that she was willing to help them learn for free.

Tai Chi can not only promote Chinese traditional culture, but also strengthen the body.

特洛伊大学孔子学院特洛伊校区开展太极文化活动

美国当地时间 2019 年 4 月 3 日下午，特洛伊大学孔子学院特洛伊校区进行了一堂别开生面的文化讲座，由访问学者李巍老师教大家学太极拳。讲座吸引了美国本土学生和日本留学生、越南留学生前来听讲，共有 11 人参加。李老师给大家介绍了什么是太极拳，太极拳有什么特点，打太极拳有什么好处。大家了解到太极拳是中国传统文化的一种，属于武术艺术。它能很好地反映出中国哲学的人与自然和谐一体的思想。太极拳的特点是它的动作刚柔兼济，均匀平稳，没有中断，每个动作结束后另一个动作自然衔接，象征了中华文化的生生不息，连绵不绝。常打太极拳有很多好处，比如增加身体的灵活性，减轻压力，增强耐力，有助睡眠等。李老师还向大家展示了简化 24 式太极拳的视频，引起了同学们的浓厚兴趣，大家纷纷表示愿意实践一下，于是李老师带领大家到户外实操演练了 24 式简化太极拳。有不少同学表示愿意继续学习，李老师说愿意免费帮他们学习。

像太极拳这样的运动，既能弘扬中华传统文化，又能强身健体。