

CIT Scholars Host Tai Chi

On September 17th, 2019 the Visiting Scholars at CIT hosted a lecture on the topic of Chinese martial arts. Troy's Dr. Hooten, who leads a mental health course, asked the institute to participate with his students.

He Jing began with an introduction to philosophy in Taijiquan, followed by a discussion of the advantages and basics of practicing Taijiquan. After the lecture, He Jing and the other Visiting Scholars led the students in practicing Tai Chi in Hawkins Hall. The students were really interested in Tai Chi and continued to practice with each other for a long time.

This event gave the students an opportunity to learn about Chinese philosophy and experience the strength and health that is prioritized in Chinese culture.

特孔子学院访问学者应邀做太极拳讲座

美国当地时间 2019 年 9 月 17 日下午，特洛伊大学孔子学院访问学者们应邀进入特洛伊大学胡藤（Hooten）博士的心理健康课程，举行了以中国武术太极为主题的文化讲座。何静老师首先向学生们介绍了太极拳中的哲学思想，打太极拳的好处及练习太极拳的要领。然后，何静老师和其他访问学者一起带领学生到教育学院楼下大厅练习太极拳，同学们对太极产生了浓厚的兴趣。此次讲座不仅带着同学们强身健体，还让他们感受到中国文化中博大精深的哲学思想。