

Montgomery Focus on Chinese Culture Event

Baduanjin— Warm-up for Tai Chi

On Dec 7, 2016, CIT Montgomery Campus held the 8th lecture of Montgomery Focus on Chinese Culture in Bartlett Hall in the Fall Season with the title of *Baduanjin— Warm-up for Tai Chi*.

Ms. Kai Zeng, briefly introduced the development history of Baduanjin in China, its effect on health, some special instructions and eight movements of Baduanjin by watching the related videos. She mentioned that Baduanjin has been popular with ordinary people in China and worldwide as a warm-up exercise for Tai Chi. Afterwards, Ms. Zeng warmly invited Ms. Wei Yu, another instructor, to demonstrate the movement step by step. The participants all followed the movement strictly, feeling the particular charm of body-building. After the first round of exercise, they all felt sweltering and got relaxed whole-heartedly.

After a short break, the audience practiced again, showing their great interest in Baduanjin and hoping to practice it with Tai Chi together in the future.

