

## Lecture series of Chinese culture-- Tai Chi Chuan

On November 10, 2016, CIT held the seminar with the topic “Tai Chi----More than a Martial Art”. This seminar was tailored for the 20 students from Psychology Division. At first, the CIT instructor, associate professor Ms. Lin Cao introduced the philosophies of Tai Chi and Tai Chi Chuan, Tai Chi uniform, Twenty-four Forms Tai Chi Quan and the three benefits of practicing Tai Chi. Then the CIT instructor Ms. Wenjuan Cheng led the students to warm up, and to practice the basic Twenty-four form of Tai Chi Chuan: Commencing Form (Qishi), Part Chi Wild Horse's Mane on Both Side (Zuoyouyemafenzong), White Crane Spreads its Wings (Baiheliangchi), Brush Knee and Twist Step on Both Side (Zuoyoulouqiaobu), Play Pipa (Shouhuipipa) and so on. The students liked this kind of Chinese martial art very much and hoped to learn more in the future.

