

A TAIJI CLASS BEGINS AT THE MNMA

"Taiji" is a term in the Chinese traditional philosophy. It comes from "The Book of Changes". In the time of Song dynasty, the Neo-Confucianist Zhou Dunyi wrote the book "Theory of the Taiji Pictures" and draws "Taiji" into a shape of circle in his "Taiji Picture". The inventors of Taiji are enlightened by this picture and invent Taijiquan with the continuous movement of drawing circles in the air as the constant movements, absorbing the skills of guiding the breath with the wills, using the stillness to control the motion in the traditional qigong and Taoist breathing exercises and combining the sets of other kinds of wushu.

To help students to understand Chinese culture better, the Chinese teachers at MNMA set the Chinese Club. On 16th December 2017, TAIJI class started.



Preparation of TAIJI

Start with the preparation, the Chinese teacher showed some actions of TAIJI, such as "WHITE GRANE FLAPS ITS WINGS", "SINGLE WHIP" and so on. After four weeks, most of students have mastered all actions of TAIJI.



In the future, the Chinese teachers will start other kinds of classes to introduce Chinese culture to students. Let us learn Chinese language and culture together.

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