

## *Teaching contents for 2025 autumn semester*

*Dr. Junli Wang*

<p><b>BEGINNER group</b></p> <p><b>Taiji part:</b></p> <ul style="list-style-type: none"><li>• To learn 8 form Yang-style Taiji quan</li></ul> <p><b>Healthy qigong part:</b></p> <ul style="list-style-type: none"><li>• To learn healthy qigong Ba duan jin (八段锦)</li></ul>	<p><b>Aim:</b></p> <p>For the beginner group, 8 form Taiji and healthy qigong Ba Duan Jin are involved. These practices help regulate the body's state, improve coordination and balance. Simultaneously, they aid in purifying the mind for a day of mental exertion through Taiji and qigong, which are mind-body exercises.</p>
<p><b>PRE-INTERMEDIATE group</b></p> <p><b>Taiji part:</b></p> <ul style="list-style-type: none"><li>• To review 8 form Yang-style Taiji quan</li><li>• To learn the 24 Yang-style Taiji quan (I &amp;II parts)</li></ul> <p><b>Healthy qigong part:</b></p> <ul style="list-style-type: none"><li>• Review healthy qigong Ba duan jin (八段锦)</li><li>• To learn the healthy qigong Wu Qin Xi (五禽戏)</li></ul>	<p><b>Aim:</b></p> <p>For the pre-intermediate group, participants practice the 8-form and 24 Yang-style Taiji, which are both renowned for their ability to enhance physical coordination and balance. These forms provide a comprehensive workout that not only benefits muscular strength but also cultivates flexibility and posture. Additionally, the gentle yet deliberate movements promote circulation and help release tension, following the principles of traditional Chinese exercises that emphasize fluidity and control.</p> <p>Qigong exercises focus on harmonizing the mind and body, promoting relaxation and mental clarity. Ba Duan Jin, known as the "Eight Pieces of Brocade," and Wu Qin Xi, the "Five Animal Frolics," offer distinct approaches to enhancing physical health while concurrently fostering mental well-being. Through these mind-body exercises, participants learn to purify their minds and prepare for a day of mental exertion. The holistic approach of combining Taiji and qigong ensures that individuals nurture both physical vitality and mental focus, ultimately contributing to a balanced lifestyle.</p>

## INTERMEDIATE group

### Taiji part:

- Review Chen-style Taiji basics & routines in right and left sides
- To learn 36 Yang-style Taiji Fan (I-III part)

**Video:** [https://www.youtube.com/watch?v=yGA5\\_AhSEY0](https://www.youtube.com/watch?v=yGA5_AhSEY0)

- To learn 24 Yang-style Taijiquan

### Healthy qigong part:

- Review healthy qigong Ba duan jin (八段锦)
- Review healthy qigong Wu Qin Xi (五禽戏)
- To learn healthy qigong Yi Jin Jing (易筋经)

### Aim:

For the intermediate group, the practice includes Chen-style and Yang-style Taiji Fan, along with Taijiquan, all designed to enhance basic Yang-style Taiji skills. These practices are aimed at developing greater fluidity and precision in movement, thereby improving overall physical coordination and balance. The incorporation of these styles allows participants to deepen their understanding of Taiji principles, fostering a stronger foundation in the martial art.

Additionally, relaxation techniques such as foam rolling, TRC massage, and meditation are taught alongside three kinds of healthy qigong exercises. These methods work synergistically to regulate the body's state, relieve tension, and improve flexibility. Beyond physical benefits, these practices also contribute significantly to mental health by enhancing cognitive functions, including concentration and both short-term and long-term memory. The holistic approach ensures a balanced development of both body and mind, aiding participants in achieving overall well-being.

## ADVANCED group

### Taiji part:

- Review Chen-style Taiji quan, 24 form Yang-style Taiji quan
- Review 36 Yang-style Taiji Fan (I-IV part)
- Review 73 Sun-style Taijiquan (1-8)
- Continue to learn Taiji rouli ball (太极柔力球 6-10)

**Video:** <https://www.youtube.com/watch?v=-swVNJ6fR9Q>

- Continue to learn the 73 Sun-style Taijiquan (8-40 /73)

学习孙氏太极拳竞赛套路（8-40式）

**Video:** <https://www.youtube.com/watch?v=otzw-JZbTUk&list=PLMXsjB9YIHLQDosHh7QeflYPMAVcj6c09>

### Aim:

In the advanced group, participants engage in five different styles of Taiji and five distinct forms of healthy qigong. This varied approach offers numerous benefits designed to enhance overall physical and mental well-being. Practicing a diverse range of movements improves body coordination, helping individuals become more agile and synchronized in their physical activities. Additionally, these exercise routines contribute to increased muscle strength, supporting the development of a more robust physique.

The integration of body and mind is another key benefit fostered by the meditative and focused nature of both Taiji and qigong practices. This mind-body connection can lead to greater self-awareness and enhanced mental clarity. Furthermore, learning to balance and execute these exercises promotes physical balance and stability, potentially reducing the risk of falls and improving posture.

**Healthy qigong part:**

- Review healthy qigong Ba Duan Jin (八段锦)
- Review healthy qigong Wu Qin Xi (五禽戏)
- Review healthy qigong Yi Jin Jing (易筋经)
- Review healthy qigong Liu Zi Jue (六字诀)
- Review Shi Er Duan Jin (十二段锦)

**Video:** <https://www.youtube.com/watch?v=j2IH607Rb3I>

*Note: For each practice session, the healthy qigong exercises will be included in the warm-up, with one or several additional qigong exercises potentially incorporated. This schedule is flexible and will depend on factors such as study progression (e.g., the main content), the weather, and other relevant variables.*

Finally, the mental health advantages are significant, with participants often experiencing reduced stress levels. Engaging in Taiji and qigong can provide a calming effect, encouraging relaxation and elevating mood. The combination of physical activity and mindfulness techniques supports a more harmonious mental state, contributing to overall wellness.