

Teaching contents for 2026 spring semester
Instr. Dr. Junli Wang

<p>BEGINNER group</p> <p>Taiji part:</p> <ul style="list-style-type: none"> To learn 8 form Yang-style Taijiquan <p>Healthy qigong part:</p> <ul style="list-style-type: none"> To learn healthy qigong Ba Duan Jin （八段锦） 	<p>Aim:</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>PRE-INTERMEDIATE group</p> <p>Taiji part:</p> <ul style="list-style-type: none"> 24 form Yang-style Taijiquan <p>Healthy qigong part:</p> <ul style="list-style-type: none"> To learn healthy qigong Ba Duan Jin （八段锦） To learn healthy qigong Wu Qin Xi （五禽戏） 	<p>Aim:</p> <p>For the pre-intermediate group, 24-form Yang-style Taiji and healthy qigong Ba Duan Jin and Wu Qin Xi 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>INTERMEDIATE group</p> <p>Taiji part:</p> <ul style="list-style-type: none"> 24 form Yang-style Taijiquan To learn 36 Yang-style Taiji Fan （II part） <p><i>Video: https://www.youtube.com/watch?v=yGA5_AhSEY0</i></p> <p>Healthy qigong part:</p> <ul style="list-style-type: none"> 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） <p>Additional: Sun Style taijiquan</p>	<p>Aim:</p> <p>For the intermediate group 24-form Yang-style Taiji, Taiji Fan and 3 kinds of healthy qigong are involved, which will further regulate the state of the body, to improve coordination and balance, and will benefit to mental health as well, such as cognitive function （concentration, short-term and long -term memory functioning） .</p> <p>Note: teaching contents and process might be a little adjusted according to the current group situation.</p>

