COURSE DETAIL

ICH TAI CHI ARTS (MR. WANG QIHE STYLE)
Country China
Host Institution Peking University, Beijing
Program(s) Peking University
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Physical Activities Art Studio
UCEAP Course Number 2
UCEAP Course Suffix
UCEAP Official Title ICH TAI CHI ARTS (MR. WANG QIHE STYLE)
UCEAP Transcript Title ICH TAI CHI ARTS
UCEAP Quarter Units 0.50
UCEAP Semester Units 0.30

Course Description

ICH Tai Chi Arts Mr. Wang Qihe style The Wang-Style Tai Chi, founded by Mr. Wang Qihe in the late Qing Dynasty, is a unique style of Tai Chi developed from the Yang-style small frame. In Wang style, not only is the softness and agility of Yang style well blended into the Wu-style hard frame, but it has also assimilated into its system the essence of other traditional arts such as Xingyi and Bagua, thus forming a special school of Tai Chi, characterized by its spiraling force and quick easy grace. Practitioners of Wang style should accustom themselves to the soft, water-like moves in Tai Chi and remember to be always as agile as the mouse-catching cat. From 1914 to 1921, Wang Qihe served in the Huiyou Security Bureau in Beijing. In 1913, Wang's disciple Cao Shouhua was admitted to the Law Department of Peking University where he met Li Dazhao, who was also fond of martial arts. The two soon became close friends. Learning and practicing martial arts together, they also became comrades in battle when Cao joined the Communist Party under Li's introduction. In 1938, Cao and Wang Jingfang (Wang Qihe's son) escorted Deng Xiaoping and Chen Zaidao eastward and assisted them in establishing the revolutionary base in the south of Hebei. While Li and Cao sacrificed their lives for the Revolution in China, the Wang-Style Tai Chi survives and has thus formed an indissoluble bond with Peking University. Today, the Wang-Style Tai Chi has been listed as an intangible cultural heritage at the international (2020), national (2014), Beijing (2020) and Haidian (2018) levels. It is also a project declared, protected and inherited by the Peking University Headquarters. This course offers an overview of Tai Chi, including tuishou (pushing hands), sanshou (sparring), postures, as well as the biomechanical, biotechnological and philosophical principles behind the Tai Chi moves. The aim of the course is to let students understand and inherit the essence of Chinese culture, to boost their cultural identification and confidence, and to promote their physical and mental fitness. By learning and practicing Tai Chi, students can enhance their coordination, balance and flexibility, activate certain muscle groups, strengthen their cores, and thus gain a better control of their bodies. Tai Chi is also helpful in curing spinal and pelvic problems, reducing daily sports injuries and developing life-long sports habits among students.

Language(s) of Instruction
Chinese

Host Institution Course Number
04130032

Host Institution Course Title
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Host Institution Course Details
https://dean.pku.edu.cn/service/web/courseDetail.php?flag=1&zxjhbh=BZ2324204130...

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Section of Physical Culture

Course Last Reviewed
2023-2024

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