

COURSE DETAIL

TRADITIONAL TAIJIQUAN: DIFFERENT PHILOSOPHY AND PRACTICE

Country

China

Host Institution

Peking University, Beijing

Program(s)

Peking University

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Philosophy Asian Studies

UCEAP Course Number

123

UCEAP Course Suffix**UCEAP Official Title**

TRADITIONAL TAIJIQUAN: DIFFERENT PHILOSOPHY AND PRACTICE

UCEAP Transcript Title

TRADITION TAIJIQUAN

UCEAP Quarter Units

3.00

UCEAP Semester Units

2.00

Course Description

This class will focus on the topic of "how to understand the traditional Taijiquan", and both philosophical and practical perspectives will be discussed by mind and felt by body. On the philosophical side, the Taijiquan's special concepts (inner Qi - inner energy), methods("If you feel comfortable then you are right"), thinking way (forget yourself and just follow your opponent), theory system (get a will by your mind, get Qi by your will, to move by your Qi) will be discussed to show a panoramic view of traditional Taijiquan, which also with the comparative discussion between Chinese "Gongfu (kung fu) philosophy" and western philosophy.

Language(s) of Instruction

Host Institution Course Number

02319642

Host Institution Course Title

TRADITIONAL TAIJIQUAN: DIFFERENT PHILOSOPHY AND PRACTICE

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

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