

## 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 Course Details

<https://elective.pku.edu.cn/elective2008/edu/pku/stu/elective/controller/supple...>

### Host Institution Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

### Course Last Reviewed

2024-2025

[Print](#)