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

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