

**Teaching contents for 2025 spring semester**  
**Instr. Dr. Junli Wang**

<p><b>BEGINNER</b> group</p> <p><b>Taiji part:</b></p> <ul style="list-style-type: none"><li>To learn 8 form Yang-style Taiji quan</li></ul> <p><b>Healthy qigong part:</b></p> <ul style="list-style-type: none"><li>To learn healthy qigong Ba duan jin (八段锦)</li></ul>	<p><b>Aim:</b></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><b>PRE-INTERMEDIATE</b> group</p> <p><b>Taiji part:</b></p> <ul style="list-style-type: none"><li>To review 8 form Yang-style Taiji quan</li><li>To learn the Chen-style Taiji quan in right and left sides</li></ul> <p><b>Healthy qigong part:</b></p> <ul style="list-style-type: none"><li>To learn healthy qigong Ba duan jin (八段锦)</li><li>To learn the healthy qigong Wu Qin Xi (五禽戏)</li></ul>	<p><b>Aim:</b></p> <p>For the pre-intermediate group, 8-form Yang-style Taiji, Chen-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><b>INTERMEDIATE</b> group</p> <p><b>Taiji part:</b></p> <ul style="list-style-type: none"><li>Review Chen-style Taiji basics &amp; routines in right and left sides</li><li>To learn 36 Yang-style Taiji Fan (II part)</li></ul> <p><i>Video: <a href="https://www.youtube.com/watch?v=yGA5_AhSEY0">https://www.youtube.com/watch?v=yGA5_AhSEY0</a></i></p> <p><b>Healthy qigong part:</b></p> <ul style="list-style-type: none"><li>Review healthy qigong Ba duan jin (八段锦)</li><li>Review healthy qigong Wu Qin Xi (五禽戏)</li><li>To learn healthy qigong Yi Jin Jing (易筋经)</li></ul>	<p><b>Aim:</b></p> <p>For the intermediate group, Chen-style and Yang-style Taiji 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>

## ADVANCED group

### Taiji part:

- Review Chen-style Taiji quan, 24 form Yang-style Taiji quan
- Continue learning 36 Yang-style Taiji Fan (IV part)
- Continue to learn Taiji rouli ball (太极柔力球)

Video: <https://www.youtube.com/watch?v=-swVNJ6fR9Q>

- To learn the Competition Routine of Sun-style Taijiquan (8 /73)

学习孙氏太极拳竞赛套路（8-10 式）

Video: <https://www.youtube.com/watch?v=otzw-JZbTUK&list=PLMXsjB9YIHLQDosHh7Qef1YPMAVcj6c09>

### Healthy qigong part:

- Review healthy qigong Ba Duan Jin (八段锦)
- Review healthy qigong Wu Qin Xi (五禽戏)
- Review healthy qigong Yi Jin Jing (易筋经)
- Review healthy qigong Liu Zi Jue (六字诀)
- Review Shi Er Duan Jin (十二段锦)

Video: <https://www.youtube.com/watch?v=j2IH607Rb3I>

### Aim:

In the advanced group, four kinds of Taiji and five kinds of healthy qigong are involved, those diversity and multiple-tasking would improve body coordination, balance and mental health as well, such as cognitive functioning (e.g. Executive functioning).

## PLANS

### Exercise Plans for Advanced Groups:

- To learn the Competition Routine of Sun-style Taijiquan (Parts I & II, approximately 36 movements)  
(Video: <https://www.youtube.com/watch?v=otzw-JZbTUK&list=PLMXsjB9YIHLQDosHh7Qef1YPMAVcj6c09>)
- To train Sun-style basics and improve Sun-style Taiji skills
- To learn relaxation techniques, such as foam rolling, TRC massage, and meditation

### Aim:

For this new advanced group, the learning and training methods follow the standards used by Wushu majors at Beijing Sport University. Therefore, some basic Taiji skills, such as those from Yang and Chen styles, are required. Additionally, the training workload is heavier than in other groups.

Note: teaching contents and process might be a little adjusted according to the current group situation.