

Teaching PROGRAM for 2024 Autumn Semester

Instructor: Junli Wang

Beginner Group (Mon&Tue Evening, Wed Morning, Thur Evening)

Taiji Content:

- Learn the 8-form Yang-style Taiji Quan

Video: <https://www.youtube.com/watch?v=CVEPvol6wZA>

Healthy Qigong Content:

- Learn Ba Duan Jin (八段锦)

Video: <https://www.youtube.com/watch?v=-XmD9K68Wwc>

Aim:

These practices are designed to regulate physical balance and coordination. Practicing these exercises in the morning helps participants start their day with focus and mental clarity, while the evening sessions provide relaxation and stress relief after a day of cognitive activity.

Intermediate Group (Wednesday Evening & Thursday Morning)

Taiji Content:

- Review Taiji basic movements.
- Learn the 36-form Yang-style Taiji Fan (Parts I & II)

Video: <https://www.youtube.com/watch?v=WbEyD7u8cdI>

Healthy Qigong Content:

- Review Ba Duan Jin (八段锦)
- Learn Wu Qin Xi (五禽戏)

Video: <https://www.youtube.com/watch?v=7DSj8WJ3c9M>

Aim:

The practice enhances coordination, balance, and mental focus, benefiting both physical and mental well-being. It is particularly useful in improving concentration and memory (both short-term and long-term), while also regulating the state of the body to reduce mental stress and promote relaxation.

Advanced Group (Tuesday Morning)

Taiji Content:

- Review Chen-style Taiji Quan and 24-form Yang-style Taiji Quan.
- Continue learning the 36-form Yang-style Taiji Fan (Part III).
- Introduce and practice Taiji Rouli Ball.

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

Healthy Qigong Content:

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

Aim:

Participants in the advanced group will practice three forms of Taiji and five types of healthy qigong. This varied practice improves physical coordination, balance, and flexibility. Additionally, it enhances mental health by improving cognitive functions such as executive functioning (e.g., decision-making, task management) and promoting stress relief. The practice also fosters a deeper connection between the body and mind.

Remarks:

1. Teaching contents and processes may be slightly adjusted based on the group dynamics and individual progress.

2. Venue of classes: M. K. Ciurlionio str.21, morning classes are held in VU Geosciences dancing hall no. 343:

<https://youtube.com/shorts/E7SxdsFwkbs?feature=share>

Evening classes are held at VU Confucius institute taiji room no.203:

<https://youtube.com/shorts/YLx4ba1-SUA?feature=share>