



## LESSON C.2

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**QIGONG AND TAI CHI**

**气功和太極**

**QÌGŌNG HÉ TÀIJÍ**



# REVISION C.1



- Share with the class a **memorable word or phrase** you have learned from the last lesson.
- Working as a pair, make up a **simple but meaningful dialogue** that must consist with the memorable words or phrases given by both of you.
- Below is an example:

**fruit**  
水果  
*shuǐguǒ*

**eat egg friend rice**  
吃鸡蛋炒饭  
*chī jīdàn chǎofàn*

我喜欢水果。  
*wǒ xǐhuān shuǐguǒ*

我们先吃鸡蛋炒饭吧！  
*wǒmen xiān chī jīdàn chǎofàn ba*

然后吃水果。  
*ránhòu chī shuǐguǒ*



# CLASSROOM ICE-BREAKER: GUESS THE UNDERLYING MEANING



1



小气  
*xiǎoqì*

2



气死了!  
*qì sǐle*

3



上气不接下气  
*shàng qì bù jiē xià qì*

4



好运气  
*hǎo yùnqì*

5

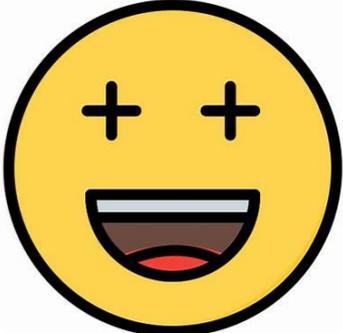


勇气  
*yǒngqì*

# DESCRIBE SOMEONE'S CHARACTER



## 形容人物性格 xíngróng rénwù xìnggé

					
善良 shànliáng	友善 yǒushàn	开朗 kāilǎng	外向 wàixiàng	乐观 lèguān	积极 jījí

					
狡猾 jiǎohuá	孤僻 gūpì	暴躁 bàozaò	内向/害羞 nèixiàng/ hàixiū	悲观 bēiguān	消极 xiāojí

# CLASSROOM EXERCISE: GUESS A FIGURE



## 猜一个人物 cāi yīgè rénwù

- Describe the character of the following figures and let others guess who that is.
- The rest of the group may ask questions.

A



B



C



D



E

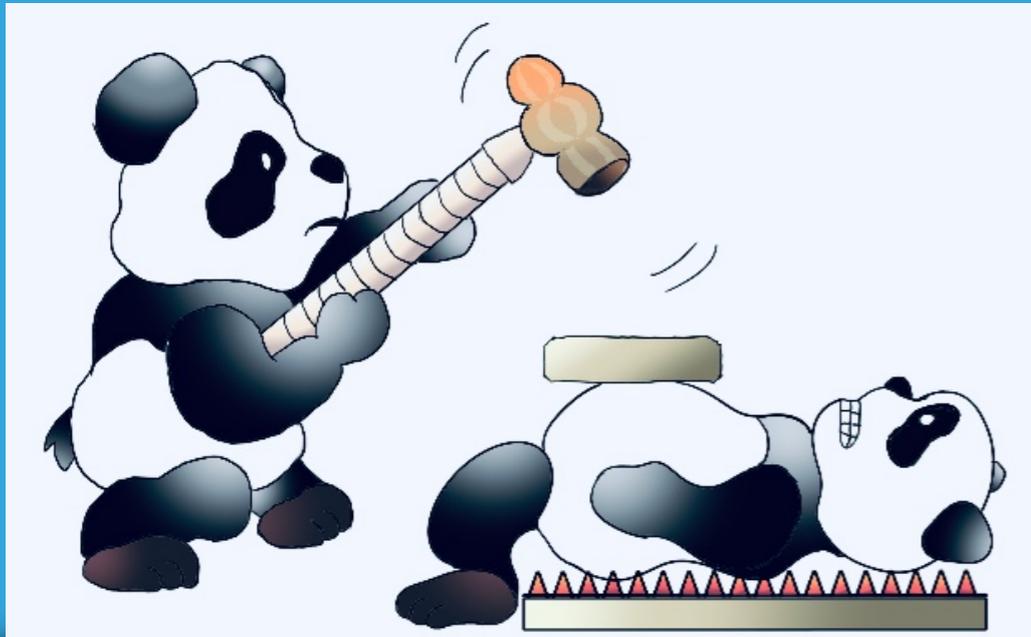


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## 气功 (qìgōng)



“Chest crushed stone”

胸口碎大石

(xiōngkǒu suì dà shí)

*\*With parental guidance - don't try this at home*

## Qigong - what is it?

- This 3,000-year-old Chinese practice involves the **mind** 思想 (sīxiǎng), **body** 身体 (shēntǐ) and **spirit** 心灵 (xīnlíng) into generating a **strong energy** called **qi** 气 (alternatively **chi** or **ch'i**).
- As defined by Energy Arts, qigong is a form of **gentle** 轻松 (qīngsōng) exercise which is composed of controlled **breathing** 呼吸 (hūxī) and **movements** 动作 (dòngzuò) which stretch the body and increase fluid movement (blood, synovial and lymph).

## What is it for?

- It is used for the purposes of **health** 健康 (jiànkāng), **spirituality** 灵性 (língxìng), and **martial arts** 武术 (wǔshù) training.
- It is also an ancient Chinese **healing art** 治愈艺术 (zhìyù yìshù) involving **meditation** 沉思 (chénsī)

## Qigong Master

- Qigong masters 气功大师 (qìgōng dàshī) are revered in China. Their words are gospel, and they can quickly become small-time **cult leaders** with wealthy and powerful patrons.

# QIGONG AND TAI CHI – ARE THEY THE SAME?



- The main purpose is to not only train the mind and body 思想和身体 (*sīxiǎng hé shēntǐ*) but also to promote the **flow of Qi 气 (qì), i.e., energy**, throughout the body.
- They both have the same basic property (Qi), the same fundamental principle (relaxation), and the same fundamental method (slowness).
- Both are done **slowly 慢慢地 (*màn man de*)** and **meditatively 沉思地 (*chénsī de*)**, practicing one can benefit your experience and understanding of the other.

## 气功 qìgōng



- One **single** move 一个动作 (*yīgè dòngzuò*) repeated over and over for a certain health practice, e.g., opening the lungs.
- It promotes the health of the mind and body through the practices of concentration, movement, and breathing 呼吸 (*hūxī*).
- Along with balancing the Qi, Qigong stretches the body and builds awareness of how the body moves through **space 空间 (*kōngjiān*)**.
- It goes back **several thousand years 几千年 (*jǐ qiān nián*)**.

## 太极 tài jí



- A **series** of movements 一系列动作 (*yī xìliè dòngzuò*) that work on the entire body in a flowing sequence.
- The goal is to achieve **harmony 和谐 (*héxié*)** between the inner and outer self.
- The essential principles are based on Tao philosophy of **yin and yang 阴阳 (*yīnyáng*)**.
- Generally more **complex 复杂 (*fùzá*)**, it is a background in the **martial arts 武术 (*wǔshù*)** with the most popular modern forms only dating back around **700 years**.
- Kung Fu practitioners will find that practising Tai Chi complements and enhances their skills in Kung Fu.



## 功夫 gōngfū

- There are many forms of kung fu, such as **Shaolin Kung Fu 少林功夫 (shàolín gōngfū)**, **Wing Chun 詠春 (yǒng chūn)** and **Tai Chi 太极拳 (tàijí quán)**
- Each form of kung fu has its own principles and techniques, but is best known for its **craft 工艺 (gōngyì)** and **quickness 速度 (sùdù)**, which is where the word kung fu is derived.
- In its original meaning, kung fu can refer to any discipline or skill achieved through **hard work, time and practice 努力工作、时间和练习 (nǔlì gōngzuò, shíjiān hé liànxī)**, not necessarily martial arts.



少林寺, 中国河南省  
shàolínsì, zhōngguó hénán shěng



少林和尚  
shàolín héshàng

# CLASSROOM EXERCISE: KUNG FU EXPRESSIONS



- 猜猜这是什么意思? *cāi cāi zhè shì shénme yìsi*

如果你不下功夫，  
就永远不会成功。  
*rúguǒ nǐ bù xià gōngfū,  
jiù yǒngyuǎn bùhuì  
chénggōng*



她做饭很有功夫。  
*tā zuò fàn hěn yǒu gōngfū*

他花了很大的功夫才完成这个工作。  
*tā huāle hěn dà de gōngfū  
cái wánchéng zhège gōngzuò*

我可沒功夫陪你，  
你隨意吧！  
*wǒ kě méi gōngfū péi nǐ,  
nǐ suíyì ba*



## 功夫茶 *gōngfū chá*

- Literally "making tea with skill", Gongfu tea is a traditional Chinese tea preparation method.
- The practice involves using **smaller brewing vessels** and a **higher leaf-to-water ratio** than in Western-style brewing.
- Today, the approach is used popularly by **teashops** 茶馆 (*cháguǎn*) carrying tea of Chinese or Taiwanese origin, and by trained masters as a way to fully realize the taste 味道 (*wèidào*) of a tea selection, especially a **finer** one 好茶 (*hǎo chá*).

你想喝杯茶吗?  
*nǐ xiǎng hē bēi chá ma*

好的，试一下。  
*hǎo de, shì yīxià*



# CLASSROOM EXERCISE: WILL YOU TRY KUNG FU



• 你会试试功夫吗? *nǐ huì shì shì gōngfū ma?*

挺简单,  
我来给你示范一下!  
*tǐng jiǎn dān,  
wǒ lái gěi nǐ shìfàn yīxià*



我像李小龙吗?  
*wǒ xiàng lǐxiǎolóng ma*

很难学!  
*hěn nán xué*

很辛苦!  
*hěn xīnkǔ*

非常危险!  
*fēicháng wéixiǎn*



我顶不住了!  
*wǒ dǐng bù zhùle*

我怕!  
*wǒ pà*



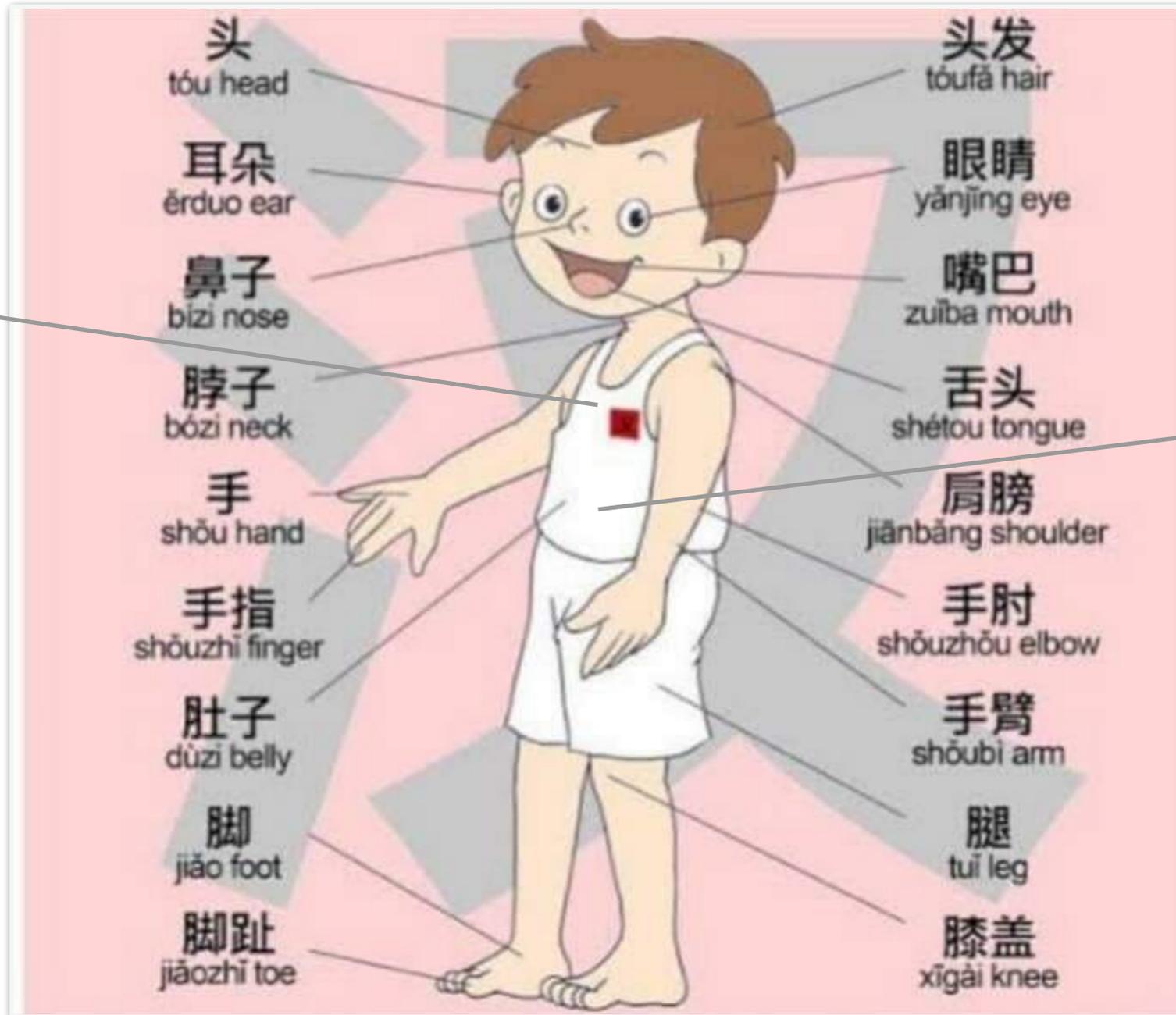
# CLASSROOM LISTENING EXERCISE: MICRO-WORKOUT



## 微运动 wēi yùndòng

- Your tutor is going to give a set of simple instructions for seated workout 坐式运动 (zuò shì yùndòng).
- Try to follow as a group.

胸  
xiōng chest



腹部  
fùbù abdomen



## 背叛者，究竟是谁？ *bèipàn zhě, jiùjìng shì shéi*

### 如何玩？ *rúhé wán*

- Amongst you lie a **"traitor"** 背叛者 (*bèipàn zhě*) who has been secretly pre-selected by your tutor. The rest of you are **"faithful"** 忠实的 (*zhōngshí de*).
- Your task is to **collectively determine** 一起判定 (*yīqǐ pàndìng*) who the "traitor" could be.
- You may ask each other questions. Make your judgment based on their **reactions** 反应 (*fǎnyìng*), **body language** 身体语言 (*shēntǐ yǔyán*), **eye contact** 眼神交流 (*yǎnshén jiāoliú*).

Why don't you speak out?  
你为什么不出声?  
*nǐ wèishéme bù chū shēng*



Are you snickering?  
你在偷笑吗?  
*nǐ zài tōu xiào ma*





## 背叛者仍在逃！ *bèipàn zhě réng zài táo*

你是不是背叛者？  
*nǐ shì bùshì bèipàn zhě*

我是无辜的！  
*wǒ shì wúgū de*

我没有说谎！  
*wǒ méiyǒu shuōhuǎng*

你在骗我吗？  
*nǐ zài piàn wǒ ma*

我说的都是真的！  
*wǒ shuō de dōu shì zhēn de*

你在胡说吗？  
*nǐ zài húshuō ma*



你有一张天使的脸。  
*nǐ yǒu yīzhāng tiānshǐ de liǎn*

你看起来像魔鬼！  
*nǐ kàn qǐ lái xiàng móguǐ*

你为什么不眨眼睛？  
*nǐ wèishéme bù zhǎ yǎnjīng*

你眨眼睛眨不停！  
*nǐ zhǎ yǎnjīng zhǎ bù tíng*