上海魂源太极拳中心——上海太极拳培训 上海太极拳学习

产品名称	上海魂源太极拳中心——上海太极拳培训 上海太极拳学习
公司名称	上海魂源文化传播有限公司
价格	1800.00/期
规格参数	
公司地址	嘉定区宝安公路4229号102室-161
联系电话	18221171148

产品详情

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email?wangzisheng999@hotmail.com

?????????????? teaching chinese taichi kungfu

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the tai chi activity basic schedule:

1. 45min~60min chinese martial arts museum visiting

2. 1:30 min tai chi taste class

<1>. 5min chinese tai chi introduction with a chinese traditional story

<2>. 3~5 min tai chi performance with chinese tradinational music

<3>. 10 min tai chi qi breath learning

<4>. 45~50min tai chi basic skills learning

<5>. 20 min tai chi push-hands learning (interaction part)

tai chi is a martial art and also a sport for competition and fitness. it has a long history in china. it's originated from ancient shooting and sword techniques, compiling with our body structure and the way nature runs.

the movements of taiji are both natural and elegant. you can feel the rhythm of music, the ideas of philosophy and the art of poems. in this high-class sport, sickness goes away and health comes.

nowadays, people who practice tai ji are all over china. you can see tai ji fans in parks, on streets and in stadiums.

tai ji is also welcomed abroad. as a special chinese national sport, it has attracted many foreign friends.

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http://shanghaitaiji.jianshen.liebiao.com/