

## Beijing Sport University

### Taking Wushu as a Bridge, Nurturing Body and Mind

#### 2021 Online Experiential Learning Programs

### Introduction

In order to enhance the learning enthusiasm of overseas Chinese learners and friends who are interested in Chinese culture, and meet their needs for in-depth understanding of Chinese and Chinese martial arts culture, the Beijing Sport University "Chinese Bridge" online European group exchange project is officially launched. The project aims to enhance the in-depth cultural exchanges between China and foreign countries, strengthen the effective exchanges in the field of languages and martial arts education, help Chinese culture take root, and cultivate more overseas envoys who know China, be friendly to China, and love China. Upon completion of the course, students can obtain a certificate issued by Chinese Wushu School (Research Institute of Traditional Chinese Sports) and the School of Humanities of Beijing Sport University.

### Features

The project relies on the advantages of professional disciplines and teacher resources of Beijing Sport University, and is taught by a total of 10 teachers from the Chinese Wushu School and the School of Humanities. The teachers are well-known professors and core teachers of Beijing Sport University, with professional knowledge reserves and teaching abilities. Through teaching traditional health techniques such as Tai Chi, Baduanjin, other martial arts, and Wushu Chinese Language courses, students participating in this autumn camp have a more intuitive understanding of Chinese martial arts culture, and personally experience the fitness effect of Chinese traditional health techniques.

### Registration

#### The object of enrollment

All European martial arts enthusiasts who are interested in Chinese language and Chinese martial arts.

#### Expected course period

September 6-24, 2021, 3 weeks (no classes at weekends).

#### Activity platform

ZOOM (Links and passwords will be emailed to enrolled students).

#### Costs

Free

#### The language of instruction

Chinese and English(Bilingual)

#### The method of registration

Please scan the right QR code for registration.

The deadline for registration is September 3, 2021.

Should you have any inquiries, please

contact: 490290358@qq.com



### Schedule

Date	Beijing time	
	Section I (15:00-15:50)	Section II (16:00-16:50)
<b>Week 1:</b>		
6 September (Monday)	Opening ceremony	Overview of Chinese Martial Arts
7 September (Tuesday)	Tai Chi - Fitness	Martial Arts Daily Conversation —pronunciation and correction
8 September (Wednesday)	Health Qigong•Baduanjin	Appreciation of Chinese Traditional Sports
9 September (Thursday)	Health Qigong Mawangdui Daoyin Exercises	Martial Arts Daily Conversation _Inquiries and Conversations
10 September (Friday)	The Longevity Aerobics	Appreciation of Chinese Traditional Sports
<b>Week 2:</b>		
13 September (Monday)	Fun Talk on Chinese Characters and Kungfu	Confucianism and Martial Arts Ethics
14 September (Tuesday)	Tai Chi - Defensive	Martial Arts Daily Conversation —Descriptions and Shopping
15 September (Wednesday)	Health Qigong•Baduanjin	Winter Olympics Chinese —Ice Event
16 September (Thursday)	Health Qigong•Mawangdui Daoyin Exercises	Appreciation of Chinese Traditional Sports
17 September (Friday)	The Longevity Aerobics	Martial Arts Daily Conversation —Masters and Practice
<b>Week 3:</b>		
20 September (Monday)	Kung Fu Movie Interpretation	Martial Arts Daily Conversation —Weather and Training
21 September (Tuesday)	Tai Chi - Slimming	Appreciation of Chinese Traditional Sports
22 September (Wednesday)	Health Qigong•Baduanjin	Winter Olympics Chinese— Snow Event
23 September (Thursday)	Health Qigong•Mawangdui Daoyin Exercises	Martial Arts Daily Conversation— Congratulations and Watching Games
24 September (Friday)	The Longevity Aerobics	Closing Ceremony

● **Implementing organizer:** Chinese Wushu School and the School of Humanities, Beijing Sport University

● **Contact Person:** Wang Xiaona

● **Email:** 490290358@qq.com