

## Montgomery Focus: Chinese Martial Arts

On November 16, 2015, Confucius Institute at Troy University on Montgomery Campus launched November's Chinese Culture Club at E L Lowder Regional Library on the theme of Tai Chi and Chinese Martial Arts.

Starting with pictures of Tai Chi performance at Beijing Olympic Opening Ceremony in 2008, Ms. Wei Yu, CIT instructor on Montgomery Campus, introduced the development, philosophy and classification of Chinese Martial Arts. Ms. Yu then illustrated the history and development of Shaolin Temple and Shaolinquan, the significance and philosophy of Tai Chi Diagram and the function of Tai Chi as one of the best means of fitness regimen.

As the request of audience, Ms. Yu performed the 24 Form Yang's Tai Chi herself and then guided participants doing Tai Chi step by step.

As Ms. Yu said, "Chinese Martial Arts reflects traditional thought of Chinese culture, which makes full use of the unity and opposite philosophy and emphasizes on harmony and integration".

