

Chinese culture of Tai Chi

On September 29, 2016, CIT's first Tai Chi class on Troy University campus was held in Bibb Graves Hall. Students from India, America, Vietnam, and Japan enrolled in the class with great interest. The instructor, Wenjuan Cheng, introduced the relevant knowledge about Tai Chi briefly. Then she led the students to do some warm-up, and then taught the students how to salute, start up and the first gesture named "Left Wild Mane". Through repeated practice, the students can accomplish those gestures independently. Trojan Vision News reporters not only videoed the whole class, but also took part in the Tai Chi practice. The reporter interviewed the instructor Cheng and the students after the class.

