

Confucius Institute
Western Michigan University

Five-Animal Exercises

Course Syllabus Fall 2017

Instructor

Xiaodong Zhao (Allen)

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Time

Wednesdays, 5:30 to 7:00 p.m.

Sep. 27 to Dec 13

Location

Classroom: Global Lounge

Target Students

Anyone who is interested in Chinese Traditional Fitness Exercises. There is no Chinese language proficiency requirement.

Course Description

Chinese traditional fitness exercises are based on thousands of years experiences in health maintenance. They combine the three elements together: physical activity, breathing system and psychological adjustment, in the purpose of improving the wellbeing of human body and mind.

This course teaches Baduanjin and Wuqinxi. Baduanjin originated in the Beisong Dynasty and it has a total of eight hundred years of history. The syllable “Jin” in “Baduanjin” is a Chinese character, which means “colorful and luxurious”, reflecting the graceful movements in the exercise. “Baduan” means eight sections in the exercise.

Wuqinxi originated from late Donghan Dynasty. The famous doctor Hua Tuo invented it by mimicking the movements of five animals. They are tiger, deer, bear, ape and bird.

Course Objectives

- Practice Baduanjin and Wuqinxi
- Improve fitness and know about Chinese traditional exercises.

Course Expectations

In order to receive the greatest benefit from your participation in the course, you are expected to fully participate in class and learn how to do Chinese traditional fitness exercises with interests and enthusiasm.

Final Project

Perform Baduanjin and Wuqinxi with music

Tentative Schedule

Week 1	<ol style="list-style-type: none">1. Holding the hands high with palms up to regulate the internal organs2. Posing as an archer shooting both left-and-right-handed
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Week 2	<p>3. Holding one arm aloft to regulate the functions of the spleen and stomach</p> <p>4. Holding one arm aloft to regulate the functions of the spleen and stomach</p>
Week 3	<p>5. Swinging the head and lowering the body to relieve stress</p> <p>6. Swinging the head and lowering the body to relieve stress</p>
Week 4	<p>7. Thrusting the fists and making the eyes glare to enhance strength</p> <p>8. Thrusting the fists and making the eyes glare to enhance strength</p>
Week 5	Review
Week 6	Tiger Exercise
Week 7	Deer Exercise
Week 8	Bear Exercise
Week 9	Ape Exercise
Week 10	Bird Exercise

Week 11	Review
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Disclaimer: The instructor reserves the right to amend the schedule at any time

Class Attendance:

In order to receive the greatest benefit, you are expected to fully participate in class with interest and enthusiasm.

Make-up policy:

During the course of 11 week-class series we understand that our participants may occasionally have to miss a class due to illness, travel, appointments, or any other circumstance that may arise. However, we do not offer extra class for those students to make up the missing class. All the participants are strongly urged to learn the missed material on their own time and ask the instructor questions.