



公开课

▶ 看视频

中国武术历史与文化

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Class, stand up, good
classmates, good teacher,
please sit down

Share with everyone today

The charm of Chinese martial
arts and culture

Today we are mainly talking
about three lectures

Let's take a look at the topic

We will talk about the history
and culture of martial arts

everybody knows

China is an ancient civilization
with a splendid history

And in China (this) ancient
civilization

Has one of the most unique
sports

What are you talking about?

Martial arts

So today we will lead everyone
on a tour

上课 起立 同学好 老师好 请坐

今天跟大家一起分享一下

中国武术与文化的魅力

今天我们讲的主要是三讲

大家看一下题目

我们将讲 武术历史与文化

大家都知道

中国是一个有着灿烂历史的文明
古国

而在中国 (这个)文明古国里

有一项最独特的运动

大家说说什么呀

武术 没错

所以我们今天将带领大家去遨游
一下

上课 (shàng kè) to go to class; to attend class; to go to
teach a class. 起立 (qǐ lì) to stand; Stand up!.

有着 (yǒu zhe) to have; to possess. 灿烂 (càn làn) to
glitter; brilliant; splendid. 古国 (gǔ guó) ancient
country.

说说 (shuō shuo) to say sth.

没错 (méi cuò) that's right; sure!; rest assured!; that's
good; can't go wrong.

带领 (dài lǐng) to guide; to lead. 遨游 (áo yóu) to travel;
to go on a tour; to roam.

The charm between martial arts and culture

武术与文化之间的魅力

之间 (zhī jiān) between; among; inter-.

We look at such a concept

我们看这样一个概念

The first lecture we are talking about today is very simple

今天我们讲的第一讲非常简单

But its meaning is extremely profound

但是它寓意极其深刻

寓意 (yù yì) moral (of a story); lesson to be learned; implication; message; import; metaphorical meaning.

Is Tai Chi and martial arts

就是太极图与武术

太极图 (tài jí tú) diagram of cosmological scheme; Yin-Yang symbol ☯.

I want to be in the middle of human thought process

我想在人类的思维过程中间

思维 (sī wéi) (line of) thought; thinking.

Intuitive thinking is the most basic thinking

直观的思维是最基础的思维

直观 (zhí guān) direct observation; directly perceived through the senses; intuitive; audiovisual.

In this thinking

这个思维里面

Will bring you an infinite wisdom

将给大家带来一个无穷的智慧

无穷 (wú qióng) endless; boundless; inexhaustible.

Let's take a look at the relationship between Tai Chi Tu and Wushu

我们看看太极图究竟和武术有怎样的关系

In this talk, we are mainly

这一讲我们主要是

I hope everyone can intuitively understand

希望大家直观地了解一下

The relationship between martial arts and Tai Chi

武术与太极图之间的关系

More importantly, cultivate a kind of hobby for Chinese martial arts

更重要的是培养大家对中国武术的一种爱好

We hope everyone

我们更希望每个人

每个人 (měi ge rén) everybody; everyone.

Make martial arts (training) your lifelong sports (hobby)

将武术（培养）成为自己的终身体育（爱好）

终身 (zhōng shēn) lifelong; all one's life; marriage.

This is a basic teaching goal of our classroom

这是我们课堂的一个基本的教学目标

课堂 (kè táng) classroom.

Then let's look at these graphics first. Look at the top row

那么我们先看这些图形 请看上面这一排

图形 (tú xíng) picture; figure; diagram; graph; depiction; graphical. 请看 (qǐng kàn) please see ...; vide. 上面 (shàng miàn) on top of; above-mentioned; also pr. (shàng mian). 一排 (yī pái) row.

Let's take a look at the graphics on each layer

大家看一看每一层的图形里面

看一看 (kàn yī kàn) to have a look. 一层 (yī céng) layer.

What kind of image feature does it have

它有什么样的一个形象特征

什么样 (shén me yàng) what kind?; what sort?; what appearance?.

You can see

大家可以看到

When we looked up at the starry sky, we saw inside the starry sky

我们仰望星空的时候看到了星空里面

仰望 (yǎng wàng) to look up at; to look up to sb hopefully. 星空 (xīng kōng) starry sky; the heavens.

We see it is

我们看到它是

A spiral, ring-shaped thing in the universe

宇宙间的一个螺旋的环形的东西

宇宙 (yǔ zhòu) universe; cosmos. 螺旋 (luó xuán) spiral; helix; screw. 环形 (huán xíng) ring-shaped.

Let's look at (things) around us

我们再看看我们周围的 (事物)

From animals to humans to plants

从动物到人类到植物

And when we look down on the earth

以及到我们俯瞰地球的时候

俯瞰 (fǔ kàn) to overlook; to look down from a height.

We find that nature is so wonderful and beautiful

我们发现自然界是那么的奇妙和美丽

自然界 (zì rán jiè) nature; the natural world. 奇妙 (qí miào) fantastic; wonderful.

So it's beautiful from the graphic point of view

那么它的美丽从图形上来看

来看 (lái kàn) to come and see; to see a topic from a certain point of view.

Let's see what a feature

大家看看有怎样的一个特色

Full of round things

充满了圆的东西

OK, let's watch

好 我们接着看

Look at this again (graphic)

再看看这个 (图形)

We just looked up at the stars

我们刚才是仰望星空 俯视地

俯视 (fǔ shì) to overlook; to look down at.

Then we come back to us at this time

那么这时候我们回到我们身边来看

身边 (shēn biān) at one's side; on hand.

From what we eat and what we wear

从我们吃的 穿的

Everywhere is filled with such a wonderful graphic

到处都充满了那样的一个美妙的图形

那样 (nà yàng) that kind; that sort. 美妙 (měi miào) beautiful; wonderful; splendid.

For example, if we look at this car

比如说我们看这辆汽车

This is a student of mine called Allen

这是我的一个学生叫艾伦 (音)

伦 (lún) human relationship; order; coherence.

(He is from) Australia. His story is true

(他来自) 澳大利亚的 他的故事是真实的

澳大利亚 (ào dà lì yà) Australia.

Inside his car

他的汽车里边

里边 (lǐ bian) inside.

His license plate is not our number today

他的车牌不是我们今天的数字

车牌 (chē pái) license plate.

What is it? Tai Chi

它是什么字呀 太极

太极 (tài jí) the Absolute or Supreme Ultimate, the source of all things according to some interpretations of Chinese mythology.

So from this perspective we find

所以从这个视角我们发现

视角 (shì jiǎo) viewpoint; angle on sth; perspective.

Chinese culture is recognized and loved by people all over the world

中国的文化被世界人民认同而喜爱

认同 (rèn tóng) to approve of; to endorse; to acknowledge; to recognize; to identify oneself with. 喜爱 (xǐ ài) to like; to love; to be fond of; favorite.

Then this one is more interesting

那么这个更有趣了

Let's see what a pattern on that person is

大家看看那个人身上的一个图纹是什么

那个人 (nà gè rén) lit. that person; fig. the person you have been looking for; Mr Right; the girl of one's dreams. 身上 (shēn shang) on the body; at hand; among. 纹 (wén) line; trace; mark; pattern; grain (of wood etc).

Tai Chi (Picture)

太极拳 (图)

This is an Australian student

这个是一个澳大利亚学生

It's called Ailishan University (sound)

叫艾力山大 (音)

He especially loves Chinese martial arts

他特别地热爱中国的武术

So that one day we are training

以至于有一天我们在训练的过程中

以至于 (yǐ zhì yú) down to; up to; to the extent that....

He told me quietly

他悄悄地跟我说

Teacher, I got a Tai Chi picture tattooed on my body

老师 我身上纹了一个太极图

Then I told him quietly

然后我也悄悄地告诉他

Can I see you (picture on your body)

我能看看你 (身上的图) 吗

He said yes, teacher

他说 可以呀老师

Then I took a look, oh, it's really like this

然后我就看了一下 噢 真的是这样

噢 (ō) Oh!.

Then I got his permission and took a picture	然后我就经得他同意就拍了张照片	
Let's see how he practiced	大家看看他练的拳怎么样	
Compare with you	跟你们比较一下	
Look at the Chinese martial arts practiced by foreigners	你看看 外国人 练的中国武术	外国人 (wài guó rén) foreigner.
He also has his characteristics	他也有他的特色	
Everyone please enjoy	大家请欣赏一下	
Everyone, guess which classmate got this Tai Chi picture tattooed on his body	大家猜猜哪位同学是身上纹这个太极图的	
Guess everyone, look at your observation	大家猜猜 看看你的 观察力	观察力 (guān chá lì) power of observation; perception.
Ok stop here	好 停到这儿	
How can you guess if he has a tattoo?	你们怎么能猜出来他身上 有没有纹身 呢	有没有 (yǒu méi yǒu) (before a noun) Do (you, they etc) have ...?; Is there a ...?; (before a verb) Did (you, they etc) (verb, infinitive)?; Have (you, they etc) (verb, past participle)??. 纹身 (wén shēn) tattoo.
I tell you a little trick	我告诉你一个 小小的技巧	小小 (xiǎo xiǎo) very small; very few; very minor. 技巧 (jì qiǎo) skill; technique.
You will find	你会发现	
When a person loves a particular culture	一个人当特别热爱一种文化的时候	
When all his actions are involved	他所有的动作投入的时候	
Must be 100% effort	一定是 百分之百 的努力	百分之百 (bǎi fēn zhī bǎi) a hundred percent; out and out; absolutely.
So everyone can see from this lens	所以大家从这个 镜头 里面可以看到	镜头 (jìng tóu) camera lens; camera shot (in a movie etc); scene.
So many foreigners like Chinese culture	这么多 国外 人喜欢中国的文化	国外 (guó wài) abroad; external (affairs); overseas; foreign.
As a Chinese, I am very happy	作为一个 中国人 我是特别特别地高兴	中国人 (zhōng guó rén) Chinese person.
Everyone guess which classmate has this tattoo	大家猜猜哪个同学身上有这个纹身	
Which classmate in the middle	哪一个 中间这个同学	哪一个 (nǎ yī ge) which.

Good eyesight, he is indeed a master of martial arts, he is indeed

好眼力 不愧是武林高手 的确是他

眼力 (yǎn lì) eyesight; strength of vision; the ability to make discerning judgments. 不愧 (bù kuì) to be worthy of; to deserve to be called; to prove oneself to be. 武林 (wǔ lín) martial arts (social) circles. 高手 (gāo shǒu) expert; past master; dab hand.

And this person is actually an ordinary worker

而这个人其实就是一个普普通通的工人

普普通通 (pǔ pǔ tōng tōng) ordinary; mediocre; nothing special.

Is a mechanic

是一个机械工

机械工 (jī xiè gōng) a mechanic.

Every time I come to train, my hands are covered with oil

每次来训练的时候手上都沾满了油污

每次 (měi cì) every time. 上都 (shàng dū) Shangdu, also known as Xanadu, summer capital of the Yuan Dynasty (1279-1368). 沾满 (zhān mǎn) muddy; covered in (mud, dust, sweat, blood etc); daubed in. 油污 (yóu wū) greasy and dirty; oil pollution.

He repairs cars

他是修汽车的

But I love martial arts

但是特别热爱武术

So from this perspective

所以从这个视角下

I want to be a Chinese

我想作为一个中国人

Chinese culture is recognized by the world and loved by the people of the world

中国的文化被世界认同 被世界人民喜爱

I'm really really happy. Are you happy?

我真的真的特别高兴 你们高兴吗

Happy good we are happy together

高兴 好 我们一起高兴

Let's look down

我们接着往下看

So after we see such a Tai Chi picture

那么我们看到这样一个太极图以后

We look back

我们再往后看

往后 (wǎng hòu) from now on; in the future; time to come.

Today we include the logo on the teacher today

我们今天 包括老师今天身上的徽标

徽 (huī) badge; emblem; insignia; crest; logo; coat of arms. 标 (biāo) mark; sign; label; to mark with a symbol, label, lettering etc; to bear (a brand name, registration number etc); prize; award; bid; target; quota; (old) the topmost branches of a tree; visible symptom; classifier for military units.

Then we look at our costumes

然后我们看我们的服饰

服饰 (fú shì) apparel; clothing and personal adornment.

Full of things like (Tai Chi picture)

充满 (太极图) 这样的东西

But the teacher still has to tell everyone	但是老师还要告诉大家	
Not just that, things on clothes	不仅仅是这样 衣服上的东西	
We also see such a national emblem	我们也看到这样一个 国徽 的东西	国徽 (guó huī) national emblem; coat of arms.
Everyone guess which country this is from	大家猜这是哪个国家的	
Okay, it's from Mongolia	好 确实是 蒙古 的	蒙古 (měng gǔ) Mongolia.
And you will find	而且你们会发现	
There is such a Tai Chi model among them	它们 中间有这样太极的 模型	它们 (tā men) they (for inanimate objects). 模型 (mó xíng) model; mold; matrix; pattern.
Including that is the national flag of South Korea.	包括 那是 韩国的 国旗 也是这样的	那是 (nà shì) (coll.) of course; naturally; indeed. 国旗 (guó qí) flag (of a country).
So from this perspective	那么从这个视角上	
I want to ask everyone a question	我想问大家一个问题	
Why China's Taiji Tu is recognized by the people of the world	为什么中国的太极图被世界人民认同	
And can be used as a country's logo	而且能作为一个国家的 标识	标识 (biāo zhì) variant of 标志 (biāo zhì).
What is the truth in it	它究竟有怎样的道理在里面	
Is it just a graphic?	它 仅仅 简简单单就是一个图形吗	仅仅 (jǐn jǐn) barely; only; merely; only (this and nothing more).
Cause everyone to think	引起大家一个思考	
Why is China such a cultural symbol	为什么我们中国这样一个文化 符号	符号 (fú hào) symbol; mark; sign.
Recognized by the people of the world	被世界人民去认同	
Then I think it must be more than just a graphic problem	那么我想它肯定不仅仅是一个图形的问题	
It must have its own thought in it	它一定有自己的思想在里面	
Then let's take a look	那么 我们看一下	
What is the meaning of the real Taiji diagram	真正的太极图究竟有怎样的 含义	含义 (hán yì) meaning (implicit in a phrase); implied meaning; hidden meaning; hint; connotation.

We know that Tai Chi diagram first appeared in	我们知道太极图最早出现于	
You can see	大家可以看到	
We typed it out on the screen	我们 屏幕 打出来 有 太极图说	屏幕 (píng mù) screen (TV, computer or movie). 太极图说 (tài jí tú shuō) philosophical book by Song dynasty scholar Zhou Dunyi 周敦颐 (zhōu dūn yí), starting from an interpretation of the Book of Changes.
And everyone see	而且大家看	
It's actually not the same as the Tai Chi picture we saw today	跟我们今天看到的太极图其实并 不一样	不一样 (bù yī yàng) different; distinctive; unlike.
Everyone can browse	大家可以浏览一下	
The ancient Tai Chi picture is like this	古代的太极图是这样	
Although its graphics are different from now	虽然它的图形和现在不一样	
Let's take a look	大家去观察一下 看一下	
What kind of law continues in this graphic	究竟这个图形里面 延续 了怎样一种规律	延续 (yán xù) to continue; to go on; to last.
This is very important	这个非常重要	
Everyone, look again, there are so many graphics	大家再看 图形有特别多的	
Look at Gu Tai Chi	你看古太极	
So everyone see	所以大家看到	
Illustration of Chen Style Taijiquan in China	中国的 陈氏 太极拳图说	陈 (chén) to lay out; to exhibit; to display; to narrate; to state; to explain; to tell; old; stale. 氏 (zhī) see 月氏 (yuè zhī) and 阚氏 (kàn zhī).
The graphic inside is like this	里边图形是这样的	
Not the graphics we see today	不是我们今天看到的图形	
For another example, you can see a lot of Tai Chi pictures	再比如说 大家可以看到太极图 很多	
Well, it must express a thought	那么 这里面一定是表达了一种思想	
So what is the idea, think about it, everyone	那么是什么思想 大家想一想	
Look, there are so many graphics	看 还有这么多图形	

Due to time	由于时间关系	
We won't list much for everyone	我们不多给大家 罗列 了	罗列 (luó liè) to spread out.
We see this	我们看到这样	
The teacher corrected a common sense problem	老师 纠正 大家一个常识性的问题	纠正 (jiū zhèng) to correct; to make right.
Please note that we see this picture, it's called Tai Chi picture	请注意 我们看到这个图形 它叫太极图	
But we often put	可是我们生活中 常常 把	常常 (cháng cháng) frequently; often.
That (graphic) is called Tai Chi Diagram	那个 (图形) 叫太极图	
Strictly	严格意义上	
From a philosophical point of view, that is called Tai Chi Yin Yang Diagram	从哲学意义上讲那个叫太极 阴阳 图	阴阳 (yīn yáng) yin and yang.
Because it divides Yin and Yang into S lines	因为它中间分了阴阳有S线了	
No points are called Tai Chi Tu	没有分的叫太极图	
Of course because today we have already called it	当然因为今天我们已经 俗称 了	俗称 (sú chēng) commonly referred to as; common term.
So we generally	所以我们一般	
Talk about Tai Chi Diagram and Tai Chi Yin Yang Diagram	说太极图和太极阴阳图	
Is basically a default equivalent	基本上 是一个 默认 的 等同	基本上 (jī běn shàng) basically; on the whole. 默认 (mò rèn) to agree tacitly; tacit approval; default (setting). 等同 (děng tóng) to equate; equal to.
In fact, from a philosophical point of view, it is not the same	其实从哲学 来讲 它并不是一样的	来讲 (lái jiǎng) as to; considering; for.
Everyone should know such a common sense	大家要知道这样一个常识	
So what will we see through the graph	那么我们通过图形将看到什么	
Everyone can take a look	大家可以看一看	
Not just our Chinese martial arts	不仅仅是我们中国的武术	

In Chinese culture, such as calligraphy and painting

中国的文化里面 比如**书法 绘画**

书法 (shū fǎ) calligraphy; handwriting; penmanship. **绘画** (huì huà) drawing; painting.

Have talked about the profound influence of Tai Chi Tu on it

都**谈到**了太极图对它深刻的影响

谈到 (tán dào) to refer to; to speak about; to talk about.

Everyone sees the same in painting and calligraphy

大家看到**书画**里面也是这样

书画 (shū huà) painting and calligraphy.

Let's take a look at today's modern science

再比如说我们看看今天的现代科学

We say Tai Chi is a computer, grandpa, why

我们说太极是**计算机**的爷爷 为什么

计算机 (jì suàn jī) computer; (Tw) calculator.

Very simple

很简单

We know that the inventor of the computer is von Neumann

我们知道计算机的**发明者**是**冯·诺伊曼**

发明者 (fā míng zhě) inventor. **冯** (píng) to gallop; to assist; to attack; to wade; great; old variant of 凭 (píng). **诺伊曼** (nuò yī màn) Neumann (surname); John von Neumann (1903-1957), Hungarian-born American mathematician and polymath.

Then push forward

那么再**往前**推呢

往前 (wǎng qián) to move forwards.

The principle of the computer is binary

计算机的**原理**是**二进制**

原理 (yuán lǐ) principle; theory. **二进制** (èr jìn zhì) binary system (math).

Binary is 0 and 1, but it is yin and yang

二进制就是0和1 其实是阴和阳

Of course to this statement

当然对这个**说法**

说法 (shuō fǎ) way of speaking; wording; formulation; one's version (of events); statement; theory; hypothesis; interpretation.

Chinese people generally think

现在中国人一般认为

Tai Chi is what inspired him to develop this (binary)

太极拳是启发他开发了这个（二进制）

Of course there are different opinions

当然也有不同的说法

We will not discuss this issue today

我们今天不去讨论这个问题

Can tell everyone a real thing, that is

可以告诉大家一个真正的东西 **就是说**

就是说 (jiù shì shuō) in other words; that is.

A simple way of thinking of Chinese Tai Chi

中国人太极的一个**朴素**的一个思维方式

朴素 (pǔ sù) plain and simple; unadorned; simple living; not frivolous.

Affects the entire human race

影响了整个人类

Let's look down and it's not just such a thing

我们再往下看 **不光是**这样一个东西

不光 (bù guāng) not the only one; not only.

Everyone also saw Bohr's

大家还看到了玻尔的

So now everyone see

所以现在大家看到

There are a lot of Tai Chi diagrams for modern scientists

有很多太极图给了现代**科学家**一个

科学家 (kē xué jiā) scientist.

A very good inspiration

非常好的一个启发

And we will show you this picture again

而且我们再给大家看这个图

Of course the classmates present today are all engaged in sports

当然 今天我们**在场**的同学都是搞体育的

在场 (zài chǎng) to be present; to be on the scene.

And many students also like sports

而且很多同学也喜欢运动

Because we often yell a slogan

因为我们常常喊出一句**口号**叫

口号 (kǒu hào) slogan; catchphrase.

Life is movement

生命在于运动

生命在于运动 (shēng mìng zài yú yùn dòng) life is motion (popular saying with many possible interpretations); Physical effort is vital for our bodies to function (Aristotle).; Life derives from physical exercise..

The teacher told you that this sentence is not completely correct

老师告诉你这句话不完全正确

Why do you say that? Please see this picture

为什么这么说 请看这个图

Tai Chi diagram gives us a very intuitive thing

太极图给我们一个很直观的东西

It must be a balanced

它一定是个平衡的

It's called balance in English.

英文叫balance **一定要**平衡

一定要 (yī dìng yào) must.

Then I think life lies in balance

那么我觉得 **生命在于平衡**

More scientific than sports

比运动显得**更加**地科学

更加 (gèng jiā) more (than sth else); even more.

So we found that excessive exercise hurts everyone

所以我们发现**过度**地运动以后**损伤**大家

过度 (guò dù) excessive; over-; excess; going too far; extravagant; intemperate; overdue. **损伤** (sǔn shāng) to harm; to damage; to injure; impairment; loss; disability.

Insufficient exercise can't get the effect of exercise

不足的运动呢 **起不了**锻炼效果

不了 (bù liǎo) unable to; without end. **炼** (liàn) to refine; to smelt.

It's best to combine dynamic and static movements with yin and yang balance.

Is the best way to exercise

So today I will implement a sports ideology called balance

Life is balance

Ok everyone look again

Then we see the world is amazing

I don't see it

There is also such a spiral structure in DNA

Of course we may also feel

Does it have an attachment?

But anyway

We will find it is so surprisingly similar

Science sometimes cannot be falsified

We shouldn't completely deny

We need to explore it with a more scientific attitude

Today we revealed such a

Something very interesting (phenomenon)

So everyone will find that when we do Tai Chi

We always make a silky movement on our hands

最好就是动静结合 阴阳平衡的运动

就是最好的运动方法

所以今天给大家贯彻一个运动思想叫 平衡

生命在于平衡

好 大家再看

那么我们看到世界很奇妙

不看不知道 一看吓一跳 我们看看

DNA里面也有这样一个螺旋结构

当然我们也可能觉得

它是不是有附会之说

但是 不管怎么说

我们会发现它是那么惊奇地相似

科学有时候在不能证伪的前提下

我们不应该完全地否定

需要大家用更科学的态度去探索它

今天我们揭示了这样一个

很有趣的东西 (现象)

所以大家会发现我们在做太极拳的时候

我们手上始终做一个缠丝的动作

动静 (dòng jìng) (detectable) movement; (sign of) activity; movement and stillness.

贯彻 (guàn chè) to implement; to put into practice; to carry out.

吓一跳 (xià yī tiào) startled; to frighten; scared out of one's skin.

附会 (fù huì) to add parallels and interpretations (to a story etc); to develop and embellish; to interpret (often in a strained manner).

惊奇 (jīng qí) to be amazed; to be surprised; to wonder.

有时候 (yǒu shí hou) sometimes. 伪 (wěi) false; fake; forged; bogus; (prefix) pseudo-; Taiwan pr. (wèi). 前提 (qián tí) premise; precondition; prerequisite.

探索 (tàn suǒ) to explore; to probe.

揭示 (jiē shì) to show; to make known.

缠 (chán) to wind around; to wrap round; to coil; tangle; to involve; to bother; to annoy.

And the trajectory of this movement, everyone look carefully	而这个运动的 轨迹 大家仔细看	轨迹 (guǐ jì) locus; orbit; trajectory; track.
Like a double helix DNA structure	就像一个双螺旋的DNA结构	
This thing really caused us	这个东西的 的确 给我们 引发了	引发 (yǐn fā) to lead to; to trigger; to initiate; to cause; to evoke (emotions).
The wonders of human culture	人类文化的奇妙	
So from this perspective	所以从这个视角上	
I also encourage all our students	我也鼓励我们所有的学生	
To explore the mysteries of Chinese culture	去探索中国文化里面的 奥秘	奥 (ào) obscure; mysterious.
Including its scientific mechanism	包括它的科学 机理	机理 (jī lǐ) mechanism.
OK, let's watch	好 我们接着看	
Philosophically	从哲学意义上讲	
Tai Chi diagram is more than just a simple	太极图它不仅仅是一张简简单单的	
Draw a circular picture with a few strokes	几 笔画 出一个 圆形 的图	笔画 (bǐ huà) strokes of a Chinese character. 圆形 (yuán xíng) round; circular.
It has actually risen to the philosophical level	它其实已经上升到哲学 层面	层面 (céng miàn) aspect; facet; level (political, psychological, spiritual etc); (geology) bedding plane.
Including Zhou Dunyi's Tai Chi picture	包括 周敦颐 讲了太极图说	周敦颐 (zhōu dūn yí) Zhou Dunyi (1017-1073), Song dynasty neo-Confucian scholar.
I suggest everyone who is interested can read it	我建议大家 有兴趣 的同学可以 下去 去读一读	有兴趣 (yǒu xìng qù) interested; interesting. 下去 (xià qù) to go down; to descend; to go on; to continue; (of a servant) to withdraw.
This is full of dialectical thoughts	这里面充满了 辩证 的思想	辩证 (biàn zhèng) to investigate; dialectical.
And this dialectical thinking is different from	而这种 辩证 思想还不同于	
Unity of opposites	一般意义上讲的 对立统一 的东西	对立 (duì lì) to oppose; to set sth against; to be antagonistic to; antithetical; relative opposite; opposing; diametrical.
It contains something very profound	它 蕴含 了很深刻的东西	蕴含 (yùn hán) to contain; to accumulate.

For example, it's (Tai Chi) balance of Yin and Yang	比如说它这种（太极）阴阳平衡	
Different from unity of opposites	和对立统一有区别	
The unity of opposites is the struggle between the two sides	对立统一是双方在 斗争 过程中	斗争 (dòu zhēng) a struggle; fight; battle.
You have to eat each other to be unified	要 吃掉 对方才能统一	吃掉 (chī diào) to eat up; to consume.
The balance between yin and yang is harmony between each other	而阴阳平衡是对方之间 和谐	和谐 (hé xié) harmonious; harmony; (euphemism) to censor.
A beneficial combination without eating the other person	在 不吃掉 对方情况下的一种 有益 的结合	有益 (yǒu yì) useful; beneficial; profitable.
So from this perspective	所以这视角上	
Seeing the wisdom of Chinese people seems	看到中国人的智慧似乎	
A civilization that reflects human rationality	更体现人类 理性 的文明	理性 (lǐ xìng) reason; rationality; rational.
Let's look again let's look again	我们接着看 我们再看看	
I saw so many Tai Chi pictures	看了那么多的太极图	
After we return to (the meaning of Tai Chi diagram)	我们回到了（太极图的含义）以后	
Let everyone summarize	让大家总结总结	
I inspire everyone	我启发大家	
You can see that there is an overall balance in the Tai Chi picture	看到太极图里面它有整体 转换 平衡的东西	转换 (zhuǎn huàn) to change; to switch; to convert; to transform.
if we assume	如果说	
Just seeing it is a simple Tai Chi picture	仅仅看到了就是一张简单的太极图	
We think when children do graffiti in kindergarten	我们觉得 小孩 在幼儿园 涂鸦 的时候	小孩 (xiǎo hái) child. 涂鸦 (tú yā) graffiti; scrawl; poor calligraphy; to write badly; to scribble.
You can also draw a lot of graphics	也可以画出很多的图形	
Then more importantly	那么更重要的是	

We rise from a graphic to a philosophical category	我们从一个图形上升到哲学 范畴	范畴 (fàn chóu) category.
Then there is a deep meaning in it	那么这样的话 它里面有着深刻的 寓意	
Let's take a look	大家简单地看一下	
For example, we (Tai Chi Tu) have so much meaning	比如说 我们 (太极图) 有这么多 意思	
There are opposition, sympathy, mutual roots, mutual use, etc.	有对立 交感 互根 互用 等等	感 (gǎn) to feel; to move; to touch; to affect; feeling; emotion; (suffix) sense of ~. 互 (hù) mutual. 等等 (děng děng) et cetera; and so on ...; wait a minute!; hold on!.
Facing such a profound Tai Chi picture	面对这样一个 深奥 的太极图	深奥 (shēn ào) profound; abstruse; recondite; profoundly.
Our short time	我们这么短的时间	
I want to give you a more direct entry	我想给大家还是更直接地 切入	切入 (qiē rù) to cut into; to incise; to penetrate deeply into (a topic, area etc); cut (offensive moves in basketball).
We look at it	我们看看它	
What can be seen more intuitively	究竟有哪些可以更直观看到的 东西	
We don't talk about profound philosophical implications today	我们今天不讲深刻的哲学含义	
We can see from intuitive sense	我们就从直观地感觉看到	
There must be yin and yang in the Tai Chi diagram	太极图里面一定是 阴阳 的	
We also see the S-line rotation and overall	我们也看到了S线 旋转 和整体	旋转 (xuán zhuǎn) to rotate; to revolve; to spin; to whirl.
Then these things	那么这些东西	
Actually gave us a good inspiration	实际上 就给我们一个很好的启发	实际上 (shí jì shàng) in fact; in reality; as a matter of fact; in practice.
Chinese people's analogy-oriented thinking	中国人比类 取向 的思维	取向 (qǔ xiàng) orientation; direction.
Is reflected here	在这里得到了体现	
So our influence on martial arts	那么我们对武术的影响	
Just from its shape	仅仅就从它的形状上	

I saw its true truth	就看到了它真正的道理	
For example, you can see	比如说 大家可以看到	
Our Chinese martial arts have a type of boxing	我们中国武术有一个拳种	
People all over the world know what it is called	世界人民都知道 叫什么	
(Tai Chi)	(太极拳)	
I tell you, it is said	我告诉你们 据说呀	
Just one Chen style Tai Chi	仅仅一个陈式太极拳	
Preliminary statistics of 200 million trainers in the world	在世界（范围内）初步统计 2亿 习练者	初步 (chū bù) initial; preliminary; tentative. 统计 (tǒng jì) statistics; to count; to add up.
How terrible this number	这个数字多么的可怕	
We have Chen Yang Wu Wu Sun	我们太极拳有陈 杨 武 吴 孙	武 (wǔ) martial; military. 吴 (wú) surname Wu; area comprising southern Jiangsu, northern Zhejiang and Shanghai; name of states in Southern China at different historical periods.
There are 200 million people in just one style of Tai Chi (in practice)	就一式太极拳就有2亿人（在习练）	
And our statistics are still incomplete statistics	而且我们这个统计还是不完全的统计	
So the charm of Tai Chi has gone	所以太极拳的魅力已经走向了	走向 (zǒu xiàng) direction; strike (i.e. angle of inclination in geology); inclination; trend; to move towards; to head for.
All corners of the world	世界各个角落	各个 (gè gè) every; various; separately, one by one. 角落 (jiǎo luò) nook; corner.
Today we will take a look at Taiji Tu, which is like this	今天我们就看看太极图就是这样	
One Tai Chi plus one punch produces Tai Chi	一个太极加一个拳产生了太极拳	
Formed the theoretical support of Chinese martial arts	形成了中国武术的理论支撑	支撑 (zhī chēng) to prop up; to support; strut; brace.
And it also guides every technical aspect of our martial arts	而且它也指导着我们武术的每一个技术环节	环节 (huán jié) (zoology) segment (of the body of a worm, centipede etc); (fig.) a part of an integrated whole: aspect (of a project), element (of a policy), sector (of the economy), stage (of a process), etc.

So today we have a taste of the mystery in Tai Chi Tu

We saw a very classic sample essay

I strongly recommend in the National Academy

Be sure to use this sample essay as a reading

And this sample essay is full of philosophy

For example, everyone has seen that Tai Chi is born without extreme

The mother of yin and yang

Extremely beautiful

Look at the movements in our Tai Chi

To that stop, when you move, you divide, when you stay still, you meet, and you stretch with the song

Every action is full of a philosophical meaning

It's not just a physical operation

People often think that our sports are limbs and mind

Actually it is an organic combination of limbs and mind

Is a smart boxing

And it reflects Chinese culture

We don't talk about this carefully today

We then look back a little bit

所以我们今天**领略**一下太极图里的奥秘

我们看到了有一篇非常经典的范文

我强烈建议在**国学院**里面

一定要把这篇范文作为它的一个**读物**

而且这个范文里面充满了哲学

比如大家看到了太极者**无极**而生

阴阳之母 **动**之则分 静之则合

极其地美妙

你看我们太极拳里面的动作

往那一站 **动**之则分 静之则合 **随曲就伸**

每一个动作里边充满了一个哲学**意味**

它不是简简单单一个**肢体操作**

常常人们认为我们体育就是**四肢和头脑**

其实它是四肢和头脑**有机**的结合

是一个智慧的**拳术**

而且这里面体现了中国的文化

我们今天不仔细讲这个

我们接着往后看**一点点**

领略 (líng lüè) to have a taste of; to realize; to appreciate.

学院 (xué yuàn) college; educational institute; school; faculty.

读物 (dú wù) reading material.

无极 (wú jí) Wuji county in Shijiazhuang 石家庄地区 (shí jiā zhuāng dì qū), Hebei; The Promise (name of film by Chen Kaige).

动 (dòng) (of sth) to move; to set in movement; to displace; to touch; to make use of; to stir (emotions); to alter; abbr. for 动词 (dòng cí), verb.

随 (suí) to follow; to comply with; varying according to...; to allow; subsequently. **曲** (qū) tune; song.

意味 (yì wèi) meaning; implication; flavor; overtone; to mean; to imply; (Tw) to get a sense of.

单一 (dān yī) single; only; sole. **肢体** (zhī tǐ) limb; limbs and trunk; body. **操作** (cāo zuò) to work; to operate; to manipulate.

四肢 (sì zhī) the four limbs of the body. **头脑** (tóu nǎo) brains; mind; skull; (fig.) gist (of a matter); leader; boss.

有机 (yǒu jī) organic.

拳术 (quán shù) Chinese boxing; fisticuffs.

一点点 (yī diǎn diǎn) a little bit.

For example, there are a lot of things in it

比如说这里面讲了很多东西

Powerful fight, weak hand, slow hand, fast hand

有力打无力 手慢让手快

有力 (yǒu lì) powerful; forceful; vigorous. 无力 (wú lì) powerless; lacking strength.

This is also an anti-Taoist thought

这也是一个反者道之动的思想

We often think that faster, higher, stronger is

我们常常认为更快 更高 更强是

Our modern sports concept

我们现代的运动理念

理念 (lǐ niàn) idea; concept; philosophy; theory.

Then I want to tell everyone

那我要告诉大家

Our Tai Chi reflects softer, slower and more harmonious

我们太极拳体现的是更柔 更缓 更和谐

So from this perspective

所以从这个视角上

We will contribute to the world a different way of sports

我们将贡献给世界一个不同的运动方式

The 21st century in the future includes another century

未来的21世纪 包括再一个世纪

We might return to

我们有可能要回归到

有可能 (yǒu kě néng) possible; probable; possibly; probably; may; might. 回归 (huí guī) to return to; to retreat; regression (statistics).

Our Chinese culture returns to the Tai Chi movement model

我们中国人的文化 回归到太极的运动模式

模式 (mó shì) mode; method; pattern.

This will bring you unlimited health and happiness

这将给你带来无限的健康和快乐

无限 (wú xiàn) unlimited; unbounded.

We then look back a little bit

我们接着往后看一点点

Many things

很多的东西

I hope everyone will go back and have a look at this thing

这个东西希望大家回去重新看一下

回去 (huí qu) to return; to go back.

Including we talked a lot about the relationship between yin and yang

包括我们谈到了很多阴和阳的关系

Is actually a dialectical relationship

其实就是辩证的关系

The relationship between yin and yang is simple

阴阳的关系很简单

You watch us talk

你看我们说话

One mouth and one mouth are
yin and yang things

口一张一合 就是阴阳的东西

The weather at night and
during the day is also a thing of
yin and yang

天气晚上和**白天**也是阴阳的东西

白天 (bái tiān) daytime; during the day; day.

The world is full of this
(phenomenon)

世界充满了这样 (的现象)

There are only two types of
people present

在场的只有两类人

It's the same for a kind of girl
and a kind of boy (reason)

一类女孩 **一类男孩** 也是一样 (道理)

一类 (yī lèi) same type; category 1 (i.e. class A). **女孩** (nǚ hái) girl; lass. **男孩** (nán hái) boy.

It's actually very simple

其实很简单 **大道至简**

大道 (dà dào) main street; avenue.

But please note that there is a
deep meaning behind the
avenue

但是请注意大道的**背后**有深刻的
含义

背后 (bèi hòu) behind; at the back; in the rear; behind
sb's back.

Let's see

我们接着看

How does it affect our martial
arts

究竟对我们武术有怎样的影响

Take a look at this photo. The
person is still relatively young

看一看 这个照片人还比较年轻

I think I was a young person
back then

遥想当年我也是年轻人

遥 (yáo) distant; remote; far; far away. **当年** (dàng nián) that very same year.

We see a simple action in the
entire graphic

我们看到整个的图形里简单地做
了一个动作

We will find that the whole
movement is full

我们会发现整个动作它是**饱满的**

饱满 (bǎo mǎn) full; plump.

It's not a straightforward thing

它不是一个见**棱**见**角**的东西

棱 (léng) corner; edge; arris (sharp ridge formed by
two surfaces meeting at an edge); protrusion.

It embodies a round thing

这里面体现了一个**圆润**的东西

圆润 (yuán rùn) mellow and full; suave; smooth and
round; rich (in voice).

And this graphic actually
represents

而这个图形其实**恰恰**代表了

恰恰 (qià qià) exactly; just; precisely.

The trajectory outside the Tai
Chi diagram circle

太极图**外边**的轨迹 **圆**

外边 (wài bian) outside; outer surface; abroad; place
other than one's home.

The circle has the most
mechanical structure in
mechanics

而**圆**在**力学**里面它是最有力学结
构的

力学 (lì xué) mechanics; to study hard.

And it's balanced (graphic)	而且是随遇平衡的 (图形)	
So from this perspective	所以从这个视角上	
The truth behind the Taiji diagram can actually be explained by science now	太极图蕴含的道理其实现在科学可以解释	
Let's say, everyone, this is our old man	再比如说大家看 这是我们的老前辈	前辈 (qián bèi) senior; older generation; precursor.
Today we are deciphering the mystery of Tai Chi	今天我们在破译太极拳里面的奥秘	破译 (pò yì) to break a code; to crack a riddle; to solve an enigma; a breakthrough.
We can see the structure of his body from the perspective of Tai Chi Tu	从太极图的视角我们看到了他身体的结构	
You can see that in every structure	大家可以看到 每一个结构里面	
Actually produced something like an arched bridge	实际产生了像拱形桥的东西	拱形 (gǒng xíng) arch.
Just like the middle part of Tai Chi S-line	就像太极拳S线的中间一部分一样	一部分 (yī bù fen) portion; part of; subset.
So the human body has become a very good bearing structure	所以人体变成了一个非常好的承力结构	人体 (rén tǐ) human body. 变成 (biàn chéng) to change into; to turn into; to become.
During the process of endurance	承受力的过程中间	承受力 (chéng shòu lì) tolerance; capability of adapting oneself.
Tai Chi emphasizes the unity of nature and man	太极拳讲究了天人合一	天人合一 (tiān rén hé yī) oneness of heaven and humanity; the theory that man is an integral part of nature.
When encountering a force	当遇到对方一个力的时候	
You can see that it acts directly on the feet along the line of force	大家可以看到 它沿着力线直接作用到脚下	沿着 (yán zhe) to go along; to follow. 脚下 (jiǎo xià) under the foot.
And everyone please pay attention	而且 大家请注意	
In the middle of the process	在作用的过程中间	
It just reflects your force	它正好体现出了你的作用力	作用力 (zuò yòng lì) effort; active force; applied force.
The reaction force that the ground gives you	和地给你的反作用力	反作用 (fǎn zuò yòng) opposite reaction.
Take over	和对方的承接	承接 (chéng jiē) to receive; to accept; to carry on.

We can ask Xiaopeng to try	我们可以请 晓朋 同学试一下	晓 (xiǎo) dawn; daybreak; to know; to let sb know; to make explicit.
Take a look at this pushing action	这个推的动作你们看一下	
If we both stand in this position	我们俩如果站 好 在这个位置上	好在 (hǎo zài) luckily; fortunately.
When he pushed my chest with both hands	他 双手 推我 胸部 的时候	双手 (shuāng shǒu) both hands. 胸部 (xiōng bù) chest; bosom.
If I use this structure model of Taiji diagram	如果我是用的太极图的这个结构模型	
When he is pushing, look at my body	他在推的时候 你看我身体	
Use maximum force	用 最大力	大力 (dà lì) energetically; vigorously.
Tilt slightly, the opponent can't push	微微倾斜 一点 对方是推 不动 的	微微 (wēi wēi) slight; faint; humble. 倾斜 (qīng xié) to incline; to lean; to slant; to slope; to tilt. 不动 (bù dòng) motionless.
If I become a way of looking up	如果我变成一种 仰身 的方法	仰 (yǎng) to face upward; to look up; to admire; to rely on.
He pushes me back	他推我会 仰过去	过去 (guò qu) (verb suffix).
Push again	再推	
Look at the teacher slowly adjusting his body shape, and the other person will come out	你看老师 慢慢 调整 身形 对方就出来了	慢慢 (màn màn) slowly. 身形 (shēn xíng) figure (esp. a woman's).
So from this perspective, everyone can see	所以从这个视角上大家看到	
Tai Chi diagram actually has its scientific meaning	太极图里面其实有它的科学含义	
Express a very good mechanical structure	表达一个非常好的力学结构	
We call the bow effect	我们叫 弓形效应	弓形 (gōng xíng) circular segment. 效应 (xiào yìng) effect (scientific phenomenon).
Let's look at	我们接着再看	
This is a photo of Mr. Sun Lutang	这是孙 禄堂 先生的一个拳照	禄 (lù) good fortune; official salary. 堂 (táng) (main) hall; large room for a specific purpose; relationship between cousins etc on the paternal side of a family; of the same clan; classifier for classes, lectures etc; classifier for sets of furniture.

Let's look at the structural angle of his body

我们看看他身体的结构角度

If you look closely, you will find

大家仔细看会发现

He is just like the S line in the middle of a Tai Chi diagram

他恰恰像一个太极图中间的S线

So we are in the park today

所以我们今天在公园里

I saw a lot of people practicing Tai Chi

看到很多人在练太极拳

We found that in the process of practicing Tai Chi

我们发现在练太极拳过程中间

Ignore the influence of Tai Chi Tu on him

忽略了太极图对他的影响

忽略 (hū lüè) to neglect; to overlook; to ignore.

So the action becomes a bit like doing radio gymnastics

所以动作变得有点像做广播体操了

体操 (tǐ cāo) gymnastic; gymnastics.

From this perspective, we suggest that you look at Tai Chi

从这个视角上我们建议大家看看太极图

The practice of Tai Chi gives you a new inspiration

对太极拳的练习给你新的一个启发

And everyone will look more interesting

而且大家再看更有趣的

What did everyone see

大家看到什么了

This is the footwork of the 24-style Tai Chi we practiced

这是我们练的24式太极拳的步法

步法 (bù fǎ) footwork.

Isn't that a footwork

这么看不就是一个步法吗

Anyone can go up

上步谁都会

Basic human activity ability

走跑跳投人基本的活动能力

投 (tóu) to cast; to send; to throw oneself (into the river etc); to seek refuge; to place oneself into the hands of. 活动能力 (huó dòng néng lì) mobility; motility.

Let's take a look at the mystery hidden in Tai Chi

大家看看太极拳里面藏了怎样的奥秘

You will find that it looks like a straight walking line

你会发现它看似一个步行的直线

看似 (kàn sì) to look as if; to seem. 步行 (bù xíng) to go on foot; to walk. 直线 (zhí xiàn) straight line; sharply (rise or fall).

There is actually a Tai Chi S line hidden inside

实际里面暗藏了一个太极S线

暗藏 (àn cáng) to hide; to conceal.

So if you want to practice Tai Chi well

所以太极拳要练好的话

Must understand Chinese culture

必须要懂中国的文化

须要 (xū yào) must; have to.

So Chinese martial arts is a classic representative of Chinese culture

所以中国武术是中国文化的经典的代表

And it provides the experience of Chinese culture

而且给中国文化的体验提供了

Practicable body operation modes

可践行的身体操作模式

践行 (jiàn xíng) to practice; to put into practice.

OK, everyone, look back

好 大家再往后看

Well, just now we saw a lot of Tai Chi pictures

那么 刚才我们看了很多太极图

Now I want everyone to think about it

现在我想请大家思考一下

We don't need to think a lot

我们不用很多的思考

Let's look at it from an intuitive point of view

我们就从直观的角度来看

How do Taiji diagrams give us some graphic concepts

太极图给我们怎样一些图形的概念

For example, we saw

比如说我们看到了

What does this thing look like on the outside of the Tai Chi diagram?

太极图外表那这个东西像什么 圆

外表 (wài biǎo) external; outside; outward appearance.

Then what constitutes the S line in the middle

那么它中间又由什么构成的 S线

Okay, if you look at it this way

好了 如果这样看的话

Can we imagine it again

我们能不能再把它想像一下

想像 (xiǎng xiàng) to imagine; to conceive of; to visualize; imagination.

Let's use our imagination

我们发挥一下想像

We saw that a (circle) was drawn on a piece of paper

我们看到是在一张纸上画了一个 (圆)

I want to become such a structure, what has become

我要变成这样一个结构 变成什么了

ball

球

So the inspiration from Taijitu	所以太极图给我们的启发	
It's not just a simple flat thing	还真不仅仅是一个简简单单平面的东西	平面 (píng miàn) plane (flat surface); print media.
It is a three-dimensional	它是一个立体的	立体 (lì tǐ) three-dimensional; solid; stereoscopic.
Then we know that during Tai Chi practice	那么我们知道在太极拳练习过程中	
I often say	常常说一句话叫做	一句话 (yī jù huà) in a word; in short. 叫做 (jiào zuò) to be called; to be known as.
Practicing boxing but not practicing kung fu	练拳不练功 到老一场空	练功 (liàn gōng) to practice work skill. 一场空 (yī cháng kōng) all one's hopes and efforts come to nothing; futile.
So today we are training in Tai Chi	所以我们今天在太极拳训练过程中	
Ignore the training of gong	忽略了功的训练	
We often go from routine to routine	我们常常是从套路到套路	套路 (tào lù) sequence of movements in martial arts; routine; pattern; standard method.
Then disassemble the routine movements	然后把套路的动作给拆解开	解开 (jiě kāi) to untie; to undo; to solve (a mystery).
As a result, the basic movements are regarded as exercises	结果把基本动作当成了功法	当成 (dàng chéng) to consider as; to take to be.
not like this	不是这样的	
From this perspective	从这个视角上	
I will give you a brief introduction today	我今天给大家稍微介绍一下	
Taiji Tu inspires us to our performance in practice	太极图对我们启发以后在练功上的表现	
For example, let's look at a simple (action)	比如说 我们先看一个简单 (的动作)	
Everyone can see in the photo	大家看到照片里面	
We made a hug	我们做了一个抱球的动作	
In the middle of the hug	在做抱球动作过程中间	
Can everyone see the yin and yang?	大家能看出阴阳的东西吗	看出 (kàn chū) to make out; to see.

Of course we say that yin and yang is a symmetrical movement

For example, we watch an action

After we stand here

Everyone can try it with the teacher

Use your middle finger to tap the palm of your hand. We call it Laogong Point

We found the midpoint of the connection between the two breasts

Called Tanzhong Point

You will find this feature after everyone is round

Please pay attention to two small details at this time

When the hands are recycled

You want to go forward at Tanzhong Point

Once retracted, pan again

Second time

When Tanzhong point is retracted backward, move your hand forward

Okay, it's such a simple action

Everyone will find a feature

It is full of yin and yang thoughts

当然我们说阴阳就是一个**对称**的运动

比如说我们看一个动作

我们站这儿以后手**捋**圆以后

大家可以跟老师一起**试一试**

用**中**指点按**掌心**的地方 我们叫**劳宫穴**

我们发现两**乳**连线的**中点**

叫**膻中穴**

大家**撑**圆以后你会发现这个特点

这时候大家请注意两个小细节

就是手往**回收**的时候

你想著**膻中穴**往前去

一 **收回** 好 再**平移**

二的时候

膻中穴往后收的时候 手往前去

好 就这么简简单单的一个动作

大家会发现一个特点

它又都是充满阴阳思想的

对称 (duì chèn) symmetry; symmetrical.

捋 (lǚ) arrow-quiver.

试一试 (shì yī shì) to have a try.

中指 (zhōng zhǐ) middle finger. **掌心** (zhǎng xīn) hollow of the palm. **宫** (gōng) palace; temple; castration (as corporal punishment); first note in pentatonic scale. **穴** (xué) cave; cavity; hole; acupuncture point; Taiwan pr. (xué).

乳 (rǔ) breast; milk. **连线** (lián xiàn) electrical lead; connecting line; (Tw) to connect (to a network, device etc); to go online; connection; (congressional) caucus. **中点** (zhōng diǎn) midpoint; half-way point.

膻 (shān) a flock of sheep (or goats); old variant of 膻 (shān); old variant of 羴 (shān).

撑 (chēng) to support; to prop up; to push or move with a pole; to maintain; to open or unfurl; to fill to bursting point; brace; stay; support.

回收 (huí shōu) to recycle; to reclaim; to retrieve; to recover; to recall (a defective product).

收回 (shōu huí) to regain; to retake; to take back; to withdraw; to revoke. **平移** (píng yí) translation (geometry).

It's not that my body doesn't move when my hands are moving	它不是说我手在动的时候身体不动	
But just by hand	而是正好手去	而是 (ér shì) rather.
The body is the opposite of it	身体是跟它反向的	反向 (fǎn xiàng) opposite direction; reverse.
Hands forward and back	手往前 身往后	
This just reflects	这个恰恰体现出	
The Tai Chi picture tells us (of)	太极图里面告诉我们 (的)	
The trajectory is round	运动轨迹是圆的	
Yin and Yang match during exercise	运动过程中是阴阳搭配的	搭配 (dā pèi) to pair up; to match; to arrange in pairs; to add sth into a group.
For another example, we see inside the round arch	再比如说 我们看到了圆的拱形里面	
You can see this picture	大家可以看到这个图	
I make an action, everyone guess	我做一个动作大家猜一猜	
What kind of graphics are expressed in this action	我们这个动作里面表达一种什么图形	
After we start here, you can see	我们从这开始以后 大家可以看到	
I received Tanzhong acupoint	我收到了膻中穴	收到 (shōu dào) to receive.
Then take it back	然后再收回去	
When I received Tanzhong point and reached the lower abdomen	再收到膻中穴到了小腹的时候	小腹 (xiǎo fù) underbelly; lower abdomen.
During this process	这个过程中间	
Everyone observed that I drew it by hand	大家观察到我的手画了	
What kind of thing is an S shape	一个什么样的东西 S形	形 (xíng) to appear; to look; form; shape.
So I think the Chinese are really smart and wonderful	所以我觉得中国人真是很聪明很奇妙	真是 (zhēn shì) indeed; truly; (coll.) (used to express disapproval, annoyance etc about sth).
All its movement tracks are traced with Tai Chi graphics	它所有的动作轨迹里面是描记了太极图形	
So from this perspective	所以从这个视角上	

We think it's actually easy to practice Tai Chi	我们想 实际很容易练好太极拳	
If you don't have a teacher to teach yourself	如果大家没有老师 自学 的时候	自学 (zì xué) self-study; to study on one's own.
Or in the process of practicing	或者自己在 修炼 过程中	修炼 (xiū liàn) (of Taoists) to practice austerities; to practice asceticism.
I think everyone will take a look at Tai Chi	我想大家就看看太极图	
Will give you unlimited wisdom	将给你无限地智慧	
Let's take a look	再比如说我们看一看	
This (movement) is also very interesting	这个 (招式) 也很有趣	招式 (zhāo shì) style; manner.
This is a way of exercise	这是一个运动方式	
Is a confrontation between two people	是两个人之间的 对抗	对抗 (duì kàng) to withstand; to resist; to stand off; antagonism; confrontation.
But we know that when confronted	但是我们知道 凡是 对抗的时候	凡是 (fán shì) each and every; every; all; any.
Is the relationship between spear and shield	就是矛和盾的关系	
One side must penetrate one side	就是一方一定要 穿透 一方	一方 (yī fāng) a party (in a contract or legal case); one side; area; region. 穿透 (chuān tòu) to penetrate.
One side must kill one side	一方要把一方 干掉	干掉 (gàn diào) to get rid of.
In fact, the contradiction that the Chinese say is not like this	实际上中国人说的矛盾不是这样	
It is harmony	它是和谐	
In this harmonious process, it actually reflects	这个和谐过程中其实又体现出	
The culture told in Tai Chi	太极图里面告诉我们的文化	
For example, it is called the harmony of rigidity and softness	比如说它叫刚柔相济 八卦相荡	八卦 (bā guà) the eight divinatory trigrams of the Book of Changes 易经 (yì jīng); gossip; gossipy. 荡 (dàng) to wash; to squander; to sweep away; to move; to shake; dissolute; pond.
Let's ask students and teachers to demonstrate together	下面请同学和老师一起 示范 一下	示范 (shì fàn) to demonstrate; to show how to do sth; demonstration; a model example.
OK, Xiaopeng, please	好 请晓朋同学	

Everyone take a look	大家看一下	
When we do this action	我们做这个动作时	
First, there is a etiquette way to clasp your wrist and shake hands	首先有一个 礼仪方式 扣腕握手	礼仪 (lǐ yí) etiquette; ceremony. 扣 (kòu) to fasten; to button; button; buckle; knot; to arrest; to confiscate; to deduct (money); discount; to knock; to smash, spike or dunk (a ball); to cover (with a bowl etc); fig. to tag a label on sb. 腕 (wàn) wrist; (squid, starfish etc) arm.
So in the middle of the handshake	那么扣腕握手过程中间	
You can see that our arm is an S-line	大家可以看到我们 手臂 是一个S线	手臂 (shǒu bì) arm; helper.
So it embodies Tai Chi culture	所以它体现出太极文化	
Then we end with courtesy and start with courtesy	然后我们 是以礼而终 以礼而始	是以 (shì yǐ) therefore; thus; so.
Step back, salute, complete the salute, go up and fist	退步 敬礼 礼毕 上步对拳	敬礼 (jìng lǐ) to salute; salute.
We are the visual safety distance	我们这是 目测 安全距离	目测 (mù cè) to estimate visually; to gauge; visual assessment.
Good two hands down	好 两手 落下	落下 (luò xià) to fall; to drop; to land (of projectile).
Please pay attention at this time	这时候大家请注意	
We start along the middle line of Taijiquan	我们沿着太极拳讲的那个 中线 起手	个中 (gè zhōng) therein; in this.
Everyone, let's start with	大家看 起手 搭手	搭 (dā) to put up; to build (scaffolding); to hang (clothes on a pole); to connect; to join; to arrange in pairs; to match; to add; to throw in (resources); to take (boat, train); variant of 搭 (dā).
Please take a closer look	请同学们仔细观察一下	
If we get up like this	我们这么起来的话	
You find that this graphic is actually	你发现这个图形其实就是	
The yin and yang patterns of Tai Chi that we now show you (see)	我们现在给大家（看到）的太极阴阳图形	
More interesting people will find	更有趣的大家会发现	

At this time, Xiaopeng wants to push me forward and I can do it

When he squeezes me, I can press

You will find that our two hands start to play

Traditionally called Dalun

Actually embodies the Tai Chi culture called

Hardness and softness, gossip, you come and I go

There is me in you I have your characteristics

You see we are exercising

But the two of us did not fight

We embody this soft and round culture

Good return, retreat, salute, complete the salute, please go back

During this process

I want to think about a question for everyone

Why between us

Will produce such a movement pattern

Think about it, everyone. It's not easy to answer.

In fact, it imitates a kind of Tai Chi figure movement

And in the middle of this Tai Chi exercise

Everyone needs to keep themselves

It's like a movement track given to us by Tai Chi

这时候 晓朋要前推我 我就可以**捋**

他挤我的时候 我可以按

你会发现我们两个人的手就开始打轮

传统叫打轮 搭手

实际体现了太极文化里面叫

刚柔相济 八卦相荡 你来**我去**

你中有我 我中有你的特色

你看我们俩在运动

但是我们俩并没有对抗

我们体现了这个柔的 圆的文化

好 收势 退步 敬礼 礼毕 好 请回

这个过程中间

我想给大家思考一个问题

为什么我们俩之间

会产生这样一个运动模式

大家想一想 不好回答吧 很简单

其实它就是模仿了一种太极图的运动

而这种太极图运动过程中间

需要大家**时时刻刻**保持住自己

就像太极图给我们的一个动作轨迹

捋 (lǚ) to smooth or arrange sth using one's fingers; to stroke.

我去 (wǒ qù) (slang) dang!; shoot!.

时时刻刻 (shí shí kè kè) at all times.

So from this perspective	所以这个视角上来看	
Let's take a closer look	我们再 深入 看一步	深入 (shēn rù) to penetrate deeply; thorough.
For example, we say Tai Chi	比如说我们说太极拳	
Is it a punch?	是不是拳 是	
So what is the difference between boxing and normal exercises	那么拳跟一般的操有什么区别	
Able to fight	能对抗 能技击	
This is a human instinct. People have offensive and defensive instincts.	这是人的一种 本能 人具有 攻防 本能性	本能 (běn néng) instinct. 攻防 (gōng fáng) attack and defense; the midfield (in soccer).
Anyone, look, whether you learn martial arts or not	任何一个人 你看 不管你学不学武术	
When you encounter an attack you will instinctively defend	当你遇到 攻击 以后你会本能地 防守	攻击 (gōng jī) to attack; to accuse; to charge; an attack (terrorist or military). 防守 (fáng shǒu) to defend; to protect (against).
Then this is human instinct	那么这个是人类的本能	
But our Chinese Tai Chi	但是我们中国的太极拳	
Against the backdrop of Tai Chi culture	在太极文化的 映衬 下	映衬 (yìng chèn) to set off by contrast; antithesis; analogy parallelism (linguistics).
It becomes more rational and scientific	它变得的更加理性更加科学	
So from this perspective	所以从这个视角上	
Let's show you a few small actions, let's take a look	我们给大家 展示 几个 小动作 大家看一下	展示 (zhǎn shì) to reveal; to display; to show; to exhibit sth. 几个 (jǐ ge) a few; several; how many. 小动作 (xiǎo dòng zuò) bad habit (e.g. nose-picking); petty maneuver; dirty trick; gamesmanship.
Okay (please) Xiaopeng	好 还是 (请) 晓朋同学	
Let's take a look at how we do this action	大家看一下我们做这个动作	
After we finish the previous etiquette	前面这个礼仪我们做 完了 以后	完了 (wán le) to be finished; to be done for; ruined; gone to the dogs; oh no.
We directly join hands and become a one-handed	我们直接搭手 变成一个 单手	单手 (dān shǒu) one hand; single-handed.
In the middle of one-handed process	单手过程中间	

Still maintain the Tai Chi circle	依然还保持着太极圆形	
In this way, we can do single push hand exercises	这样的话我们可以做单 推手 的练习	推手 (tuī shǒu) promoter; advocate; driving force; pushing hands (two-person training routine esp. in t'ai chi).
In the process of doing	做的过程中	
Let's take a look	转一个方向我们看一下	
If Xiaopeng is a bad person	假如晓朋是一个坏的人	
I am a kind person	我是一个善良的人	
If we are in the process of joining hands	如果我们在搭手的过程中	
How he attacked me	他怎么攻击我	
What's the toughest trick? Tell me	最 狠 的招是什么招你们告诉我	狠 (hěn) ruthless; fierce; ferocious; determined; to harden (one's heart); old variant of 很 (hěn).
Pinch neck, right our throat	掐脖子 对 我们 咽喉 要道	掐脖子 (qiā bó zi) to seize by the throat. 咽喉 (yān hóu) throat. 要道 (yào dào) major road; thoroughfare; main road.
Okay, take a look	好了 你们看看	
If we use the thought of Tai Chi culture	如果我们用着太极文化的思想	
How will we turn danger into a breeze	我们将如何 化险为夷	化险为夷 (huà xiǎn wéi yí) to turn peril into safety (idiom); to avert disaster.
We have to learn some self-defense functions	我们要学一些 防身 的功能	防身 (fáng shēn) self-protection; to defend oneself.
Let's take a look. During this process	我们看一下 在这个过程中	
Xiaopeng is going to choke his neck	晓朋要掐脖子	
Suddenly pinched my neck to see what I did	突然掐脖子看我做什么动作	
Do you see if this action is a Tai Chi figure	你看这个动作是不是一个太极图形	
OK, stop and look again	好 停住 再看	停住 (tíng zhù) to stop; to halt; to cease.
I'll do it slowly. Look at this process	我慢做 你看这个过程中	

When Xiaopeng suddenly strangled my neck, I didn't resist him

晓朋突然要掐我脖子时候 我并不抗他

掐 (qiā) to pick (flowers); to pinch; to nip; to pinch off; to clutch; (slang) to fight.

Look, I called the introduction, but it failed.

看 我叫引进 落空 合即

引进 (yǐn jìn) to recommend; to introduce (from outside). 落空 (lào kōng) to fail to achieve something; to be fruitless.

If the teacher doesn't let him down, let him down

老师不往下放 放他就倒

下放 (xià fàng) to delegate; to decentralize; to demote a party cadre to work on the shop floor or in the countryside.

Because we are kind people

因为我们是善良的人

Put him away and come back to watch

把他收起来 再回来 看 搭手 收势

A wonderful move, do you want to learn

很美妙的一个动作 你们想学吗

Next class

下节课吧

Let's take a look

我们再看一下

In the middle of this action

这个动作做的过程中间

We can practice continuously

我们可以连续地练习

After coming over, one, two, three, I will be him, he rubs me

过来以后一 二 三 我做他 他揉我

过来 (guò lái) to come over; to manage; to handle; to be able to take care of. 揉 (róu) to knead; to massage; to rub.

Yes, come back, look at drawing one or two

对 好 回来 你看画了一 二

He pinches me, I switch, right, go one, two, three

他掐我 我转换 对 走 一 二 三

He does it, you see, it just reflects the combination of rigidity and softness

他做 你看 正好体现刚柔相济

Take over

接手 八卦相荡

接手 (jiē shǒu) to take over (duties etc); catcher (baseball etc).

Take over again

再接手 对 好 收势

Okay, let's take another look (an action)

好的 我们再看一 (个动作)

If in the middle of this action, we now say

如果这个动作过程中间 我们现在说

I'm a bad guy, I've become bad, so what should I do?

我是坏人 我变坏了 那么怎么办

坏人 (huài rén) bad person; villain. 坏了 (huài le) shoot!; gosh!; oh, no!; (suffix) to the utmost.

I might do something like this	我可能会做这样一个动作	
See, hold it	看 拿住了	
Let's see how we defend him	我们看看我们怎么防守他	
Let's tell everyone	我们给大家讲一个	
The reason for the S-shaped change in Tai Chi graphics	太极图形中S形变化的道理	
Everyone, in the process, I attacked him	大家看这个过程中间 我 进攻 他	进攻 (jìn gōng) to attack; to assault; to go on the offensive; attack; assault; offense (sports).
He got my hand	他拿到我的手	
Okay, let's see what I do	好 拿 你看我怎么做	
See (he) has to get up, right?	看 (他) 还得起来 没 看清 吧	看清 (kàn qīng) to see clearly.
You are here, so why is it like this (result)	你在这看 那么为什么是这样的 (结果)	
If I want to crack his action	如果我想 破解 他这个动作	破解 (pò jiě) to break (a bond, constraint etc); to explain; to unravel; to decipher; to decode; to crack (software).
Look at me and keep the Tai Chi pattern	你们看我就保持太极图形	
He took my wrist in this process	我这个过程中他拿我这个 手腕	手腕 (shǒu wàn) wrist; trickery; finesse; ability; skill.
You see, I'm still walking along the S line, then I'm here	你看拿 我还是S线走 那么我过来了	
Everyone see my S-line is changing, if my S-line is unchanged	大家看我的S线是变 如果我的S线是 不变	不变 (bù biàn) constant; unvarying; (math.) invariant.
Everyone see what the effect will be	大家看会是什么效果	
I take him, he takes	我拿他 他拿	
It's over, I want to turn this into S line	完了 我要把这个变成S线	
Extend and extend the opponent up	延长再延长对方起来	
This is the wisdom and power that Taijitu gives us	这就是太极图给我们的智慧和力量	
Good salute, please come back	好敬礼 礼毕 请回	

Then the classmates I want to be present 那么 我想在场的同学

At this time, let's calm down and think about it 这时候我们再静下心来思考一下

Let's take a look at Tai Chi 我们看看太极图

Still around this Tai Chi picture 还是围绕这张太极图

How will we think 我们会有怎样的思考

We will find that Taiji Tu gives us unlimited wisdom 我们会发现太极图给我们无限的智慧

Its round shape its S line 它的圆形 它的S线

More importantly, its thought 更重要的是它的思想

We can take a look 我们可以稍微看一下

You see we are in the Tai Chi picture 你看我们在太极图里面

In the structure of the graph 图形的结构里面

In fact, it expresses a way of thinking 其实表达的是一种思维方式

Then inside 那么这里面

Let's briefly summarize it as Yin and Yang thought 我们简单地概括一下就是阴阳思想

You can see 大家可以看到

During the whole exercise 整个的运动过程中间

Regardless of our up, down, left, and right 无论我们的上下左右 前后内外

Always keep the balance of the opposite 始终是保持着对向的平衡

So we concluded 所以我们总结出了

The basic sports concept of Tai Chi 太极的基本的运动观念

Just balance 就是平衡

So from this perspective we can see 那么从这个视角上我们可以看到

上下 (shàng xià) up and down; top and bottom; old and new; length; about. 前后 (qián hòu) around; from beginning to end; all around; front and rear. 内外 (nèi wài) inside and outside; domestic and foreign; approximately; about.

Tai Chi and martial arts	太极图和武术	
We go from graphics to ideas	我们从图形到思想	
Expresses the basic concepts of Tai Chi	表达了太极的基本的概念	
Formed three ideas	形成了三个观念	
One is sports view	一个是运动观	
One is the overall view and the balance view	一个是整体观 还有平衡观	
Then mapped to martial arts	那么 映射 到武术里面	映射 (yǐng shè) to shine on; (math., linguistics etc) mapping.
We have this idea	我们产生这样的观念	
For example, everyone sees the balance between rigidity and softness	比如说大家看到刚柔相济的平衡观	
So our Tai Chi requires relaxation and exertion	所以我们太极拳要求放松和 用力	用力 (yòng lì) to exert oneself physically.
And we will find	而且我们会发现	
Turn an offense and defense into a whole	把一个 攻 和防变成一个整体	攻 (gōng) to attack; to accuse; to study.
This is different from Western fighting	这一点跟 西方 的 格斗 不一样	西方 (xī fāng) the West; the Occident; Western countries. 格斗 (gé dòu) to wrestle.
If we punch	如果我们打了一拳	
Blocking, offense and defense are separated	拍挡 阻击 攻防是 分离 的	阻击 (zǔ jī) to check; to stop. 分离 (fēn lí) to separate.
After he attacked me, my defense was offense	他攻来我以后 我的防守就是进攻	
Offense is also defense	进攻也是防守	
This is the wisdom of the Chinese people	这是中国人的智慧 把阴阳转换了	
Another example is the unity of internal and external	再比如说内外统一	
Think about the place where you are standing	站的那个地方大家想一想	
We expand like a Tai Chi ball	我们像一个太极球一样的 膨胀	膨胀 (péng zhàng) to expand; to inflate; to swell.

A view of movement that supports eight sides

产生了支撑八面的运动观

So this is also our Chinese Tai Chi culture

那么这也是我们中国太极文化

The theoretical basis for Tai Chi

给太极拳提供的**理论基础**

理论基础 (lǐ lùn jī chǔ) theoretical foundation.

Another example is the combination of static and dynamic

再比如说 **动静结合**

So we see

所以我们看到

The ingenious transition between movement and stillness in Tai Chi

太极拳**动和静**之间的巧妙转合

和静 (hé jìng) Xéjìng nahiyisi or Hejing county in Bayingolin Mongol Autonomous Prefecture, Xinjiang 巴音郭楞蒙古自治州 (bā yīn guō léng měng gǔ zì zhì zhōu), Xinjiang.

This process is very reflected

这个过程里面非常体现了

This is described in the yin and yang diagram

阴阳图里面讲的这个

The characteristic of motion is called non-circle or arc

运动的特征叫非圆即**弧**

弧 (hú) arc.

So we watch Tai Chi

所以我们看太极拳

It must be a continuous arc and circular motion

一定是**弧形**运动和圆形运动的连续

弧形 (hú xíng) curve; arc; arch.

So the arc is the most beautiful form

所以**弧线**是最美丽的一个**形态**

弧线 (hú xiàn) arc. **形态 (xíng tài)** shape; form; pattern; morphology.

Okay, let's stop here today

好 我们今天先**讲到**这里

讲到 (jiǎng dào) to talk about sth.

Stand up

下课 起立

下课 (xià kè) to finish class; to get out of class.

goodbye students

同学们再见

goodbye teacher

老师再见

Good class

好 下课