



公开课

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# 太极拳文化与功法习练

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Hello students

同学们好

Hello teacher

老师好

Today we will learn Tai Chi

今天 我们来学**太极拳**

**太极拳** (tài jí quán) shadowboxing or Taiji, T'aichi or T'aichichuan; traditional form of physical exercise or relaxation; a martial art.

Tai Chi

国家将**太极拳**

As a compulsory course of physical education in our university

作为咱们大学体育的**一项必修课**

**作为** (zuò wéi) one's conduct; deed; activity; accomplishment; achievement; to act as; as (in the capacity of); qua; to view as; to look upon (sth as); to take sth to be. **项** (xiàng) back of neck; item; thing; term (in a mathematical formula); sum (of money); classifier for principles, items, clauses, tasks, research projects etc. **必修课** (bì xiū kè) required course; compulsory course.

Then i want to know

那么 我想知道

Why does the country want Tai Chi

为什么国家要将**太极拳**

As a compulsory course for our college students

作为咱们**大学生**的体育必修课呢

**大学生** (dà xué shēng) university student; college student.

Tai Chi can exercise

**太极拳**可以**锻炼**身体

**炼** (liàn) to refine; to smelt.

Tai Chi can relieve mental stress

**太极拳**可以**舒缓****精神**压力

**舒缓** (shū huǎn) to ease (tension); to relax; to cause sth to relax; to alleviate; relaxed; easy and unhurried; leisurely; soothing; mild (slope). **精神** (jīng shén) spirit; mind; consciousness; thought; mental; psychological; essence; gist.

Learning Tai Chi can promote traditional Chinese culture	学习太极拳可以 <b>弘扬</b> 中国 <b>传统文</b> 化	<b>弘扬</b> (hóng yáng) to enhance; to promote; to enrich. <b>传统</b> (chuán tǒng) tradition; traditional; convention; conventional.
Very good, none of you are wrong	非常好 你们说得都没有错	
Tai Chi	太极拳	
Seems slow	<b>看似缓慢</b>	<b>看似</b> (kàn sì) to look as if; to seem. <b>缓慢</b> (huǎn màn) slow; slow-moving.
Popular people think	普遍的人认为	
It seems to be a sport for middle-aged and elderly people	好像是 <b>中老年人</b> 的运动	<b>中老年人</b> (zhōng lǎo nián rén) middle-aged and elderly people.
So why does the country want Tai Chi	那么 国家为什么要将太极拳	
This one seems slow	这一项 <b>看似缓慢</b>	
Moreover	而且呢	
It is considered as a sport for middle-aged and elderly people	又被认为好像是 <b>中老年人</b> 运动的一项 <b>体育运动</b>	<b>体育运动</b> (tǐ yù yùn dòng) sports; physical culture.
As a compulsory course of physical education for our college students	作为咱们大学生的 <b>体育必修课</b>	
Must have its value	<b>必然有它存在的价值</b>	<b>必然</b> (bì rán) inevitable; certain; necessity. <b>存在</b> (cún zài) to exist; to be; existence. <b>价值</b> (jià zhí) value; worth; fig. values (ethical, cultural etc).
Tai Chi	太极拳	
Is a very good	是 <b>我国</b> 一项非常优秀的	<b>我国</b> (wǒ guó) our country; China.
National traditional sports	<b>民族传统体育运动项目</b>	<b>项目</b> (xiàng mù) item; project; (sports) event.
It contains rich philosophical ideas	它 <b>蕴含着</b> 丰富的 <b>哲学思想</b>	<b>蕴含</b> (yùn hán) to contain; to accumulate. <b>哲学</b> (zhé xué) philosophy. <b>思想</b> (sī xiǎng) thought; thinking; idea; ideology.
And systematic practice theory	和 <b>系统的</b> 习练 <b>理论</b>	<b>系统</b> (xì tǒng) system. <b>理论</b> (lǐ lùn) theory; to argue; to take notice of.

Have cultural exchanges

有着祛病强身 文化交流

有着(yǒu zhe) to have; to possess. 祛(qū) sacrifice to drive away calamity; to dispel; to drive away; to remove. 病(bìng) illness; disease; to fall ill; defect. 强身(qiáng shēn) to strengthen one's body; to keep fit; to build up one's health (through exercise, nutrition etc). 文化交流(wén huà jiāo liú) cultural exchange.

Technical combat and other functions

技击实战等功能

击(jī) to hit; to strike; to break; Taiwan pr. (jí). 实战(shí zhàn) real combat; actual combat. 功能(gōng néng) function; capability.

It is based on the principle of Yin and Yang in the Book of Changes

它是依照《易经》的阴阳之理

依照(yī zhào) according to; in light of. 易经(yì jīng) The Book of Changes ("I Ching"). 阴阳(yīn yáng) yin and yang.

Combining Chinese Medicine Meridian

结合中医经络学

结合(jié hé) to combine; to link; to integrate; binding. 经络(jīng luò) energy channels; meridian (TCM); (dialect) trick; tactic.

Taoist guidance

道家的导引吐纳术

家的(jiā de) (old) wife. 导引(dǎo yǐn) same as 引导(yǐn dǎo); Dao Yin, Daoist exercises involving breathing, stretching and self-massage. 吐(tǔ) to spit; to put; to say. 纳(nà) to receive; to accept; to enjoy; to bring into; to pay (tax etc); nano- (one billionth); to reinforce sole of shoes or stockings by close sewing.

A comprehensively created set conforming to the human body structure

综合创造的一套符合人体结构

综合(zōng hé) comprehensive; composite; synthesized; mixed; to sum up; to integrate; to synthesize. 创造(chuàng zào) to create; to bring about; to produce; to set (a record). 一套(yī tào) suit; a set; a collection; of the same kind; the same old stuff; set pattern of behavior. 人体(rén tǐ) human body. 结构(jié gòu) structure; composition; makeup; architecture.

A boxing technique that works naturally

自然运转规律的一种拳术

运转(yùn zhuǎn) to work; to operate; to revolve; to turn around. 规律(guī lǜ) rule (e.g. of science); law of behavior; regular pattern; rhythm; discipline. 拳术(quán shù) Chinese boxing; fisticuffs.

The name of Taijiquan was first seen in "On Taijiquan" by Wang Zongyue

太极拳名称最早见于王宗岳所着《太极拳论》

于(yú) in; at; to; from; by; than; out of. 宗(zōng) school; sect; purpose; model; ancestor; clan; to take as one's model (in academic or artistic work); classifier for batches, items, cases (medical or legal), reservoirs. 岳(yuè) wife's parents and paternal uncles. 所(suǒ) actually; place; classifier for houses, small buildings, institutions etc; that which; particle introducing a relative clause or passive.

The book talks about Tai Chi who are born without extreme

书中言及太极者无极而生

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

The machine of movement and quiet, the mother of yin and yang

动静之机 阴阳之母也

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

Movement is divided, static is united

动之则分 静之则合

Nothing is too late

无过不及 随曲就伸

不及 (bù jí) to fall short of; not as good as; too late. 随 (suí) to follow; to comply with; varying according to...; to allow; subsequently. 曲 (qū) tune; song. 伸 (shēn) to stretch; to extend.

People are rigid, I am soft, I call them sticky

人刚我柔谓之走 我顺人背谓之粘

柔 (róu) soft; flexible; supple; yielding; rho (Greek letter ρ). 谓 (wèi) to speak; to say; to name; to designate; meaning; sense. 背 (bèi) the back of a body or object; to turn one's back; to hide something from; to learn by heart; to recite from memory; unlucky (slang); hard of hearing. 粘 (zhān) to glue; to paste; to adhere; to stick to.

If you move quickly, respond quickly

动急 则急应 动缓 则缓随

缓 (huǎn) slow; unhurried; sluggish; gradual; not tense; relaxed; to postpone; to defer; to stall; to stave off; to revive; to recuperate.

It's always the same despite the changes

虽变化万端 而理为一贯

端 (duān) end; extremity; item; port; to hold sth level with both hands; to carry; regular. 一贯 (yī guàn) consistent; constant; from start to finish; all along; persistent.

Moving is divided into yin and yang

动之则分 而为阴阳

Calmness is united and becomes Tai Chi

静之则合 而为太极

Rigidity and softness "change" in it

刚柔相济 「变」 在其中

相 (xiāng) each other; one another; mutually; fret on the neck of a pipa 琵琶 (pí pa) (a fret on the soundboard is called a 品 (pǐn)).

It is the above characteristics

正是以上特点

正是 (zhèng shì) (emphasizes that sth is precisely or exactly as stated); precisely; exactly; even; if; just like; in the same way as.

Fits the rigid-flexible transformation expressed by Tai Chi

契合了太极所表示的刚柔转换

契合 (qì hé) agreement; to agree; to get on with; congenial; agreeing with; to ally oneself with sb. 转换 (zhuǎn huàn) to change; to switch; to convert; to transform.

Yin and Yang

阴阳相合

相合 (xiāng hé) to conform to; to fit with; to be compatible with.

So it was named Taijiquan when he wrote the book

所以 **著书立论**时命名为太极拳

**著书** (zhù shū) to write a book. **立论** (lì lùn) proposition; argument. **命名** (mìng míng) to give a name to; to dub; to christen; to designate; named after; naming.

Tai Chi belongs to internal boxing

太极拳**属于**内家拳

**属于** (shǔ yú) to be classified as; to belong to; to be part of. **拳** (quán) fist; boxing.

Mainly divided into several major genres

主要**分为**几大流派

**分为** (fēn wéi) to divide sth into (parts); to subdivide. **流派** (liú pài) tributary (stream); (fig.) school (of thought); genre; style.

Chen Yang Wu Sun Wu Shi

陈 杨 吴 孙 武 式

**陈** (chén) to lay out; to exhibit; to display; to narrate; to state; to explain; to tell; old; stale. **吴** (wú) surname Wu; area comprising southern Jiangsu, northern Zhejiang and Shanghai; name of states in Southern China at different historical periods. **武** (wǔ) martial; military.

Zhaobao Tai Chi and Wudang Tai Chi

赵堡太极拳和武当太极拳

**堡** (bǎo) an earthwork; castle; position of defense; stronghold; used in place names, often as phonetic bao for "burg" or "bad".

Chen Style Tai Chi

陈式太极拳

The style characteristics of Chen style Taijiquan are

陈式太极拳的**风格**特点为

**风格** (fēng gé) style.

Fast and slow

**快慢**相间

**快慢** (kuài màn) speed. **相间** (xiāng jiàn) to alternate; to follow one another.

Rigid and soft

**刚柔**相济

Most of the strength is the wind

多以**缠丝劲** 发力居多

**缠** (chán) to wind around; to wrap round; to coil; tangle; to involve; to bother; to annoy. **丝** (sī) silk; thread; trace; (cuisine) shreds or julienne strips; classifier: a thread (of cloud, smoke etc), a bit, an iota, a hint (of sth) etc. **劲** (jìn) strength; energy; enthusiasm; spirit; mood; expression; interest; Taiwan pr. (jìng). **居多** (jū duō) to be in the majority.

The main step is to wipe the step

**开步**以擦步为主

**开步** (kāi bù) to step forward; to walk. **步** (bù) a step; a pace; walk; march; stages in a process; situation. **为主** (wéi zhǔ) to rely mainly on; to attach most importance to.

Yang Style Tai Chi

杨式太极拳

The style characteristics of Yang style Tai Chi are

杨式太极拳的风格特点为

Zhongzheng Anshu

**中正安舒**

**中正** (zhōng zhèng) adopted name of Chiang Kai-shek 蒋介石 (jiǎng jiè shí). **安舒** (ān shū) at peace; relaxed; serene.

Even rhythm	节奏均匀	节奏 (jié zòu) rhythm; tempo; musical pulse; cadence; beat. 均匀 (jūn yún) even; well-distributed; homogeneous; well-proportioned (figure, body etc).
Coherent	连贯圆活	连贯 (lián guàn) to link up (disparate elements); coherent (narrative, argument etc).
Stretch generous	舒展大方	舒展 (shū zhǎn) to roll out; to extend; to smooth out; to unfold. 大方 (dà fang) generous; magnanimous; stylish; in good taste; easy-mannered; natural and relaxed.
Wu Style Tai Chi	吴式太极拳	
The style characteristics of Wu style Tai Chi are	吴式太极拳的风格特点为	
Oblique	斜中寓正	斜 (xié) inclined; slanting; oblique; tilting. 寓 (yù) to reside; to imply; to contain; residence. 正 (zhèng) straight; upright; proper; main; principal; to correct; to rectify; exactly; just (at that time); right (in that place); (math.) positive.
Sichuan word step	川字步型	川 (chuān) abbr. for Sichuan Province 四川 (sì chuān) in southwest China.
Small and compact action	动作小巧紧凑	小巧 (xiǎo qiǎo) small and exquisite; delicate; fine (features); compact; nifty. 紧凑 (jǐn còu) compact; terse; tight (schedule).
Real feet	实脚碾转	碾 (niǎn) stone roller; roller and millstone; to grind; to crush; to husk.
Sun Style Tai Chi	孙式太极拳	
The style characteristics of Sun style Taijiquan are	孙式太极拳的风格特点为	
Progress must follow	进步必跟	进步 (jìn bù) progress; improvement; to improve; to progress.
Retreat must withdraw	退步必撤	退步 (tuì bù) to do less well than before; to make a concession; setback; backward step; leeway; room to maneuver; fallback. 撤 (chè) to remove; to take away; to withdraw.
Light action	动作轻灵	轻灵 (qīng líng) quick and skillful; agile.
Fiction and reality are distinct	虚实分明	虚实 (xū shí) what is true and what is false; (to get to know) the real situation. 分明 (fēn míng) clear; distinct; evidently; clearly.
Wu Style Tai Chi	武式太极拳	
The characteristics of Wu style Tai Chi style are	武式太极拳风格特点为	

Simple structure	架构简洁	架构 (jià gòu) to construct; to build; infrastructure; architecture; framework. 简洁 (jiǎn jié) concise; succinct; pithy.
Rigorous action	动作严谨	严谨 (yán jǐn) rigorous; strict; careful; cautious; compact; well-knit.
Orderly opening and closing	开合有序	有序 (yǒu xù) regular; orderly; successive; in order.
Out of the knee	手不出膝	膝 (xī) knee.
The origin of Taijiquan has always been divergent.	太极拳的起源 历来众说纷纭	起源 (qǐ yuán) origin; to originate; to come from. 历来 (lì lái) always; throughout (a period of time); (of) all-time. 众说纷纭 (zhòng shuō fēn yún) opinions differ (idiom).
Is a protracted and controversial subject in today's martial arts research	为当今武术研究中 一个旷日持久的争议课题	当今 (dāng jīn) current; present; now; nowadays. 武术 (wǔ shù) military skill or technique (in former times); all kinds of martial art sports (some claiming spiritual development); self-defense; tradition of choreographed fights from opera and film (recent usage); also called kungfu 功夫. 旷日持久 (kuàng rì chí jiǔ) protracted (idiom); long and drawn-out. 争议 (zhēng yì) controversy; dispute; to dispute. 课题 (kè tí) task; problem; issue.
There are mainly the following statements	主要有如下几种说法	如下 (rú xià) as follows. 说法 (shuō fa) way of speaking; wording; formulation; one's version (of events); statement; theory; hypothesis; interpretation.
Chenjiagou origin theory Researchers of Wushu history Tang Hao, Gu Liuxin and others believe that	陈家沟起源说 武术史研究者唐豪 顾留馨等人认为	沟 (gōu) ditch; gutter; groove; gully; ravine. 研究者 (yán jiū zhě) investigator; researcher. 唐 (táng) to exaggerate; empty; in vain; old variant of 螳 (táng). 豪 (háo) grand; heroic. 顾 (gù) to look after; to take into consideration; to attend to. 馨 (xīn) fragrant.
Tai Chi was created by Chen Wangting in the late Ming Dynasty	太极拳为明末陈王廷所编创	明末 (míng mò) late Ming; first half of the 17th century. 廷 (tíng) palace courtyard. 编 (biān) to weave; to plait; to organize; to group; to arrange; to edit; to compile; to write; to compose; to fabricate.
Mr. Tang Hao visited Wen County, Henan	唐豪先生在实地考察了河南温县	实地 (shí dì) on-site. 考察 (kǎo chá) to inspect; to observe and study; on-the-spot investigation. 河南 (hé nán) Henan province (Honan) in central China, abbr. 豫, capital Zhengzhou 郑州 (zhèng zhōu). 温县 (wēn xiàn) Wen county in Jiaozuo 焦作 (jiāo zuò), Henan.
And checked the county chronicles "Chen Family Tree" etc.	并查阅了县志《陈氏家谱》等	查阅 (chá yuè) to consult; to refer to; to look sth up in a reference source. 县志 (xiàn zhì) general history of a county; county annals. 氏 (zhī) see 月氏 (yuè zhī) and 阚氏 (kǎn zhī). 家谱 (jiā pǔ) genealogy; family tree.

After coming to this conclusion

后得出此结论

得出 (dé chū) to obtain (results); to arrive at (a conclusion). 结论 (jié lùn) conclusion; verdict; to conclude; to reach a verdict.

Due to the popularity of several types of Tai Chi

由于广为流行的几大类太极拳

大类 (dà lèi) main type; main class; main category.

Has a relationship with Chen style Tai Chi

与陈式太极拳有着渊源或师承关系

渊源 (yuān yuán) origin; source; relationship. 承 (chéng) to bear; to carry; to hold; to continue; to undertake; to take charge; owing to; due to; to receive.

Therefore, the authority of this statement is increased

故加重了此说法的权威性

加重 (jiā zhòng) to make heavier; to emphasize; (of an illness etc) to become more serious; to aggravate (a bad situation); to increase (a burden, punishment etc). 权威性 (quán wēi xìng) authoritative; (having) authority.

This view is used in books such as “A Concise Dictionary of Wushu”

如《简明武术辞典》等书中均用此观点

简明 (jiǎn míng) simple and clear; concise. 辞典 (cí diǎn) dictionary (of Chinese compound words); also written 词典 (cí diǎn). 均 (jūn) equal; even; all; uniform. 观点 (guān diǎn) point of view; viewpoint; standpoint.

Zhang Sanfeng’s Chuangquan Theory

张三丰创拳说

张三 (zhāng sān) John Doe; Zhang San, name for an unspecified person, first of a series of three: 张三, 李四 (lǐ sì), 王五 (wáng wǔ) Tom, Dick and Harry.

Because Taoism and Taoism are the players of Tai Chi theory

由于道家和道教是太极理论发挥者

道家 (dào jiā) Daoist School of the Warring States Period (475-221 BC), based on the teachings of Laozi or Lao-tze 老子 (lǎo zǐ) (c. 500 BC-) and Zhuangzi 庄子 (369-286 BC). 道教 (dào jiào) Taoism; Daoism (Chinese system of beliefs). 发挥 (fā huī) to display; to exhibit; to bring out implicit or innate qualities; to express (a thought or moral); to develop (an idea); to elaborate (on a theme).

From Taoism, Taoism and Taijiquan

从道教 道家 与太极拳的关系

Introducing Zhang Sanfeng’s Chuangquan Theory

引出张三丰创拳说

引出 (yǐn chū) to extract; to draw out.

Such as “The Complete Book of Taijiquan” by Yang Chengpu

如杨澄浦所着《太极拳体用全书》

澄 (dèng) (of liquid) to settle; to become clear. 浦 (pǔ) river bank; shore; river drainage ditch (old). 全书 (quán shū) entire book; unabridged book; entire multi-volume work; comprehensive volume.

From the middle of the preface, the father said even more

自序中曰先大父更诏之曰

自序 (zì xù) author's preface; autobiographical notes as introduction to a book. 曰 (yuē) to speak; to say. 诏 (zhào) imperial order.



Tai Chi was created by Zhang Sanfeng in the late Song Dynasty

The passer is Wang Zongyue Chen Zhoutong Zhang Songxi Jiang Fa

Everyone is inextricably linked

It is also said in Li Yishe's "Tai Chi Preface"

Tai Chi started from Song Zhang Sanfeng

Its supporting documents such as "Sanfeng Quanshu"

It records that Shaolin is a foreigner

Wudang Zhang Sanfeng waits for the inner family

Wang Zongyue's Chuangquan Theory

Wang Zongyue used the Yixue concept for the first time

Written as "Tai Chi Theory"

For the first time in a more systematic way

Tai Chi Boxing Theory Boxing Skills

And documented

Wang Zongyue Chuanquan Jiang Fa

Jiang and Chen Changxing

太极拳创自宋末张三丰

传之者 为王宗岳 陈州同 张松溪 蒋发

诸人相承不绝

李亦畬《太极拳小序》中 also 说

太极拳始自宋张三丰

其佐证文献如《三丰全书》

其中记载 少林为外家

武当张三丰为内家等

王宗岳创拳说

王宗岳首次运用 易学 概念

写成《太极拳论》

第一次较为系统地论述了

太极拳拳理 拳技

并有文献记载

王宗岳传拳蒋发

蒋 再传陈长兴

宋 (sòng) surname Song; the Song dynasty (960-1279); also Song of the Southern dynasties 南朝宋 (420-479).

州 (zhōu) prefecture; (old) province; (old) administrative division; state (e.g. of US); oblast (Russia); canton (Switzerland). 松溪 (sōng xī) Songxi county in Nanping 南平 (nán píng) Fujian. 蒋 (jiǎng) surname Jiang; refers to Chiang Kai-shek 蒋介石.

诸 (zhū) all; various. 人相 (rén xiàng) physiognomy. 不绝 (bù jué) unending; uninterrupted.

亦 (yì) also. 畬 (shē) She ethnic group.

佐证 (zuǒ zhèng) evidence; proof; to confirm; corroboration. 文献 (wén xiàn) document.

记载 (jì zǎi) to write down; to record; written account. 少林 (shào lín) the Shaolin monastery and martial arts school.

首次 (shǒu cì) first; first time; for the first time. 运用 (yùn yòng) to use; to put to use. 易学 (yì xué) study of the Book of Changes 易经 (yì jīng). 概念 (gài niàn) concept; idea.

第一次 (dì yī cì) the first time; first; number one. 较为 (jiào wéi) comparatively; relatively; fairly. 论述 (lùn shù) treatise; discourse; exposition.

长兴 (cháng xīng) Changxing county in Huzhou 湖州 (hú zhōu), Zhejiang.

So some people think	因此 有人认为	
Wang Zongyue in the history of martial arts	王宗岳在武史中	
There are classics and deeds to check	有 <b>典籍</b> 和 <b>事迹</b> 可查	<b>典籍</b> (diǎn jí) ancient books or records. <b>事迹</b> (shì jì) deed; past achievement; important event of the past.
Wang Zongyue summarizes previous experience	王宗岳总结 <b>前人</b> 经验	<b>前人</b> (qián rén) predecessor; forebears; the person facing you.
The first Tai Chi in the world	<b>首创</b> 太极拳于世	<b>首创</b> (shǒu chuàng) to create; original creation; to be the first to do sth.
The cultural inheritance of Tai Chi for thousands of years	太极拳千 <b>百年</b> 来的 <b>文化传承</b>	<b>百年</b> (bǎi nián) hundred years; century; lifetime. <b>传承</b> (chuán chéng) to pass on (to future generations); passed on (from former times); a continued tradition; an inheritance.
Till today	<b>直至</b> 今天	<b>直至</b> (zhí zhì) lasting until; up till (the present).
Has been deeply loved by the people at home and abroad	一直深受 <b>国内外</b> 人民群众的 <b>喜爱</b>	<b>深受</b> (shēn shòu) to receive in no small measure. <b>国内外</b> (guó nèi wài) domestic and international; at home and abroad. <b>人民</b> (rén mín) the people. <b>群众</b> (qún zhòng) mass; multitude; the masses. <b>喜爱</b> (xǐ ài) to like; to love; to be fond of; favorite.
Must have its value	必然有它存在的 <b>价值</b>	
So it is also called cultural fist	所以也 <b>称为</b> 文化拳	<b>称为</b> (chēng wéi) called; to call sth (by a name); to name.
As a compulsory course of university sports	作为大学体育 <b>必修课</b> 的	
24-style Tai Chi	24式太极拳	
Was in 1956	是在1956年	
Former State Sports Commission	原 <b>国家体委</b>	<b>国家体委</b> (guó jiā tǐ wěi) PRC sports and physical culture commission.
Organize some domestic experts	<b>组织</b> 国内的部分 <b>专家</b>	<b>组织</b> (zǔ zhī) to organize; organization; organized system; nerve; tissue. <b>专家</b> (zhuān jiā) expert; specialist.
On the basis of traditional Yang style Tai Chi	在 <b>传统</b> 杨式太极拳的 <b>基础上</b>	
In line with deleting the complex and simplifying, step by step	<b>本着</b> 删繁就简 <b>循序渐进</b>	<b>本着</b> (běn zhe) based on...; in conformance with...; taking as one's main principle. <b>删</b> (shān) to delete. <b>繁</b> (fán) complicated; many; in great numbers; abbr. for 繁体 (fán tǐ), traditional form of Chinese characters. <b>循序渐进</b> (xún xù jiàn jìn) in sequence, step by step (idiom); to make steady progress incrementally.

Easy to learn and remember	易学易记	
Easy to promote in principle	便于推广的原则上	便于 (biàn yú) easy to; convenient for. 推广 (tuī guǎng) to extend; to spread; to popularize; generalization; promotion (of a product etc). 原则上 (yuán zé shàng) in principle; generally.
Selected 24 types of creation	选取了24式创编而成	选取 (xuǎn qǔ) to choose.
Please enjoy it first	下面 请大家先欣赏一遍	欣赏 (xīn shǎng) to appreciate; to enjoy; to admire. 一遍 (yī biàn) one time (all the way through); once through.
A full set of exercises for 24-style Tai Chi	24式太极拳的全套动作演练	全套 (quán tào) an entire set; full complement. 演练 (yǎn liàn) drill; practice.
After watching the full set of 24-style Tai Chi exercises	在看完24式太极拳全套动作演练后	
For 24-style Tai Chi	对于24式太极拳	
Should have a preliminary concept	应该有了一个初步的概念	有了 (yǒu le) I've got a solution!; to have a bun in the oven (abbr. for 有了胎 (yǒu le tāi)). 初步 (chū bù) initial; preliminary; tentative.
Before we learn Tai Chi	我们学习太极拳之前	
Let's take a look	让我们一起来了解一下	
The culture of Tai Chi	太极拳的文化	
And the development status of Tai Chi	以及太极拳的发展现状	以及 (yǐ jí) as well as; too; and. 现状 (xiàn zhuàng) current situation.
What is "Tai Chi"	何谓「太极」	何谓 (hé wèi) (literary) what is?; what is the meaning of?.
The term "Tai Chi" is in Chinese traditional culture	「太极」一词是中国传统文化中的	
A philosophical term	一个哲学名词	名词 (míng cí) noun.
Everything in the objective world	客观世界的万事万物	客观世界 (kè guān shì jiè) the objective world (as opposed to empirical observation). 万事 (wàn shì) all things. 万物 (wàn wù) all living things.
Are composed of yin and yang	都是由阴阳两个方面组成的	组成 (zǔ chéng) to form; to make up; to constitute.
Yin and Yang are mutually exclusive	阴阳两个方面互相排斥	排斥 (pái chì) to reject; to exclude; to eliminate; to remove; to repel.
And interdependent	又互相依存	互相依存 (hù xiāng yī cún) interdependent.
And transform into each other in sports	并且在运动中互相转化	转化 (zhuǎn huà) to change; to transform; isomerization (chemistry).

Mutual tolerance	互相 <b>包容</b>	<b>包容</b> (bāo róng) to pardon; to forgive; to show tolerance; to contain; to hold; inclusive.
Finally realized the two aspects of yin and yang	<b>最终实现了</b> 阴阳两个方面的	<b>最终</b> (zuì zhōng) final; ultimate. <b>实现</b> (shí xiàn) to achieve; to implement; to realize; to bring about.
Balance and coordination	<b>平衡和协调</b>	<b>平衡</b> (píng héng) balance; equilibrium. <b>协调</b> (xié tiáo) to coordinate; to harmonize; to fit together; to match (colors etc); harmonious; concerted.
Everything in the world	世界上的 <b>万事万物</b>	
Are always seeking	都是在这种 <b>不断寻求</b>	<b>不断</b> (bù duàn) unceasing; uninterrupted; continuous; constant. <b>寻求</b> (xún qiú) to seek; to look for.
In the process of balance and coordination	<b>平衡和协调的过程中</b>	
Seek progress and development	<b>求得前进和发展</b>	<b>求得</b> (qiú dé) to ask for sth and receive it; to try to obtain; to look for and obtain. <b>前进</b> (qián jìn) to go forward; to forge ahead; to advance; onward.
What is “fist”	何谓「 <b>拳</b> 」	
Boxing is the traditional Chinese martial art	<b>拳</b> 是中国传统武术中	
A noun with universal meaning	一个具有普遍 <b>意义</b> 的名词	<b>意义</b> (yì yì) sense; meaning; significance; importance.
It represents a form of human movement	它表示了人体运动的一种 <b>形式</b>	<b>形式</b> (xíng shì) outer appearance; form; shape; formality.
Existing Only Glove Road Attack	<b>既有徒手套路 技击</b>	<b>既有</b> (jì yǒu) existing. <b>徒手</b> (tú shǒu) with bare hands; unarmed; fighting hand-to-hand; freehand (drawing). <b>套路</b> (tào lù) sequence of movements in martial arts; routine; pattern; standard method.
There are also various equipment and dual exercises	又有各种 <b>器械</b> 和对练	<b>器械</b> (qì xiè) apparatus; instrument; equipment; weapon.
Boxing	<b>拳</b> 这种运动形式	
Has two functions	有其两方面的功能	
One is martial arts and the other is fitness	一是 <b>技击</b> 二是 <b>健身</b>	<b>健身</b> (jiàn shēn) to exercise; to keep fit; to work out; physical exercise.
The ancients put martial arts first	<b>古人</b> 把 <b>技击</b> 放在 <b>第一位</b>	<b>古人</b> (gǔ rén) people from ancient times; the ancients; the late (i.e. person who has passed away).
The main pursuit of modern people	<b>现代人</b> 则主要 <b>追求</b>	<b>现代人</b> (xiàn dài rén) modern man; Homo sapiens. <b>追求</b> (zhuī qiú) to pursue (a goal etc) stubbornly; to seek after; to woo.
Performances of various martial arts	<b>各门派</b> 拳种的表演	<b>门派</b> (mén pài) sect; school (group of followers of a particular doctrine).

And fitness function	和健身功能	
There are many kinds of traditional Chinese boxing	中国的传统拳术种类繁多	种类 (zhǒng lèi) kind; genus; type; category; variety; species; sort; class. 繁多 (fán duō) many and varied; of many different kinds.
Tai Chi can be defined as	太极拳可以定义为	定义 (dìng yì) definition; to define.
Is a kind of Chinese traditional Taoism	是一种按照中国传统道教	
Theory of Yin-Yang Theory	阴阳学说的理论	学说 (xué shuō) theory; doctrine.
And TCM Meridian Theory	以及中医经络理论	
Focus on combat	以技击为主要内容	
Through slow and gentle movements	通过缓慢柔和的运动形式	柔和 (róu hé) gentle; soft.
Cultivation	来修身养性	修身 (xiū shēn) to cultivate one's moral character; (fashion) slim-fit; body-hugging. 养性 (yǎng xìng) mental or spiritual cultivation.
To seek the harmony of the human body	去寻求人体自身的和谐	自身 (zì shēn) itself; oneself; one's own. 和谐 (hé xié) harmonious; harmony; (euphemism) to censor.
Harmony between man and nature	人与自然的和谐	
Individual and social	个体与社会的	个体 (gè tǐ) individual.
Harmonious national traditional sports	和谐的民族传统体育	
Below please our students	下面 请我们的学生	
To show everyone	来为大家展示一下	展示 (zhǎn shì) to reveal; to display; to show; to exhibit sth.
Movement characteristics of Tai Chi	太极拳的运动特点	
Zhongzheng Anshu	中正安舒	
Standing upright and superb	立身中正 神贯顶	立身 (lì shēn) to stand up; to conduct oneself. 贯 (guàn) to pierce through; to pass through; to be stringed together; string of 1000 cash. 顶 (dǐng) apex; crown of the head; top; roof; most; to carry on the head; to push to the top; to go against; to replace; to substitute; to be subjected to (an aerial bombing, hailstorm etc); (slang) to "bump" a forum thread to raise its profile; classifier for headwear, hats, veils etc.

Full of lightness and head hanging	满身轻利 顶头悬	满身 (mǎn shēn) covered all over. 顶头 (dǐng tóu) to come directly towards one; top; immediate (superior). 悬 (xuán) to hang or suspend; to worry; public announcement; unresolved; baseless; without foundation.
In motion	在运动中	
Keep your torso upright	保持躯干立直中正	保持 (bǎo chí) to keep; to maintain; to hold; to preserve. 躯干 (qū gàn) trunk; torso. 立 (lì) to stand; to set up; to establish; to lay down; to draw up; at once; immediately.
Qi and blood flow up and down naturally	气血自然贯通上下	气血 (qì xuè) qi and blood (two basic bodily fluids of Chinese medicine). 贯通 (guàn tōng) to link up; to thread together. 上下 (shàng xià) up and down; top and bottom; old and new; length; about.
Lower plate power frame	下盘功架四平八稳	架 (jià) to support; frame; rack; framework; classifier for planes, large vehicles, radios etc. 四平八稳 (sì píng bā wěn) everything steady and stable (idiom); overcautious and unimaginative.
Light and lively	轻灵圆活	
Action is clear	动作虚实分明	
Fast and slow	快慢相间	
Step circle	步活圈圆	圈 (quān) circle; ring; loop; classifier for loops, orbits, laps of race etc; to surround; to circle.
Interlocking	环环相扣	环环相扣 (huán huán xiāng kòu) closely linked with one another; interlocked; to interrelate.
Soft and slow	松柔慢匀	匀 (yún) even; well-distributed; uniform; to distribute evenly; to share.
Heart calm body loose	心静体松	心静 (xīn jìng) tranquil; calm.
Slow and even	缓慢均匀	
Go through	节节贯串	节节 (jié jié) step by step; little by little. 贯串 (guàn chuàn) to pierce through; to string together.
Perfect posture	姿势松展圆满	姿势 (zī shì) posture; position. 圆满 (yuán mǎn) satisfactory; consummate; perfect.
Orderly opening and closing	开合有序	
Movement is divided, static is united	动之则分 静之则合	
Up and down	上下相随劲完整	完整 (wán zhěng) complete; intact.

Integrate inside and outside into one

内外结合为一气

内外 (nèi wài) inside and outside; domestic and foreign; approximately; about. 一气 (yī qì) at one go; at a stretch; for a period of time; forming a gang.

Rigid and soft

刚柔相济

Tai Chi movements

太极拳的动作

Ask when you are struggling

在发劲的时候要求

Loose

松活弹抖

抖 (dǒu) to tremble; to shake out; to reveal; to make it in the world.

Accumulate and then send out

蓄而后发 刚柔相济

蓄 (xù) to store up; to grow (e.g. a beard); to entertain (ideas). 而后 (ér hòu) after that; then.

The sports characteristics of Taijiquan Zhongzheng Anshu

太极拳的运动特点 中正安舒

Light and mellow, soft and slow

轻灵圆活 松柔慢匀

Orderly opening and closing

开合有序

Rigid and soft

刚柔相济

Moving like clouds and flowing water, continuous

动如 行云流水 连绵不断

行云流水 (xíng yún liú shuǐ) lit. moving clouds and flowing water (idiom); fig. very natural and flowing style of calligraphy, writing, etc; natural and unforced. 连绵 (lián mián) continuous; unbroken; uninterrupted; extending forever into the distance (of mountain range, river etc).

This movement is natural and elegant

这种运动既自然又高雅

高雅 (gāo yǎ) dainty; elegance; elegant.

Can experience the melody of music firsthand

可亲身体会到音乐的旋律

可亲 (kě qīn) kindly; nice; amiable. 旋律 (xuán lǜ) melody; rhythm.

The connotation of philosophy

哲学的内涵 美的造型

内涵 (nèi hán) meaningful content; implication; connotation (semantics); inner qualities (of a person). 美的 (měi dí) Midea (brand). 造型 (zào xíng) to model; to shape; appearance; style; design; form; pose.

Poetic mood

诗的意境

诗 (shī) poem; poetry; verse. 意境 (yì jìng) artistic mood or conception; creative concept.

In advanced enjoyment

在高级的享受中

高级 (gāo jí) high level; high grade; advanced; high-ranking. 享受 (xiǎng shòu) to enjoy; to live it up; pleasure.

Make the disease go away

使疾病消失

疾病 (jí bìng) disease; sickness; ailment. 消失 (xiāo shī) to disappear; to fade away.

Make body and mind healthy	使身心健康	身心 (shēn xīn) body and mind; mental and physical.
Why practice Tai Chi	为什么要练太极拳	
Hard to imagine	很难想像	想像 (xiǎng xiàng) to imagine; to conceive of; to visualize; imagination.
A person who doesn't understand what Tai Chi is	一个不了解太极拳是什么的人	什么的 (shén me de) and so on; and what not.
Able to practice Tai Chi well	能够把太极拳练好	
But people in society	但是社会上人们对于太极拳	
Most of them are in a daze	大多数都处在一种茫然的状态	大多数 (dà duō shù) (great) majority. 处在 (chǔ zài) to be situated at; to find oneself at. 茫然 (máng rán) blankly; vacantly; at a loss. 状态 (zhuàng tài) state of affairs; state; mode; situation.
The general belief	普遍观念认为	观念 (guān niàn) notion; thought; concept; sense; views; ideology; general impressions.
Tai Chi is a patent for middle-aged and elderly people	太极拳是中老年人的专利	专利 (zhuān lì) patent; sth uniquely enjoyed (or possessed etc) by a certain group of people; monopoly.
Or wait for me to retire	或是等我退休了	或是 (huò shì) or; either one or the other. 退休 (tuì xiū) to retire; retirement (from work).
I have time to practice Tai Chi again	有时间了 我再去练太极拳	
I am so young now	我现在这么年轻	
My body is also very good	我的身体也很好	
Why should I practice Tai Chi	我为什么要去练太极拳呢	
Or after I get sick	或是等我身体有了疾病之后	
I will practice Tai Chi again, etc.	我再去练太极拳 等等	等等 (děng děng) et cetera; and so on ...; wait a minute!; hold on!.
These are all incorrect ideas	这都是不正确的观念	不正确 (bù zhèng què) incorrect; erroneous.
Many diseases of civilization are prevalent in modern society	现代社会流行着许多的 文明病	现代 (xiàn dài) modern times; modern age; modern era. 文明病 (wén míng bìng) lifestyle diseases.
Such as sub-health occupational diseases	如亚健康 职业病	亚健康 (yà jiàn kāng) suboptimal health status. 职业病 (zhí yè bìng) occupational disease.
Not all caused by pathogenicity	并非全是病原性所致	并非 (bìng fēi) really isn't. 病原 (bìng yuán) cause of disease; pathogen. 所致 (suǒ zhì) to be caused by.
But with the attitude of modern people	而是与现代人的生活态度	而是 (ér shì) rather.



Life content	生活内容	
Lifestyle has a lot to do	生活方式有着很大的关系	生活方式 (shēng huó fāng shì) way of life; lifestyle.
Medical psychology research certificate	医学心理研究证明	医学 (yī xué) medicine; medical science; study of medicine. 心理 (xīn lǐ) mental; psychological.
Not only physiology or pathology	不仅是生理或病理	生理 (shēng lǐ) physiology. 病理 (bìng lǐ) pathology.
Can affect psychology	能影响心理	
Psychology can also affect	心理也能影响	
Physiology or pathology	生理或病理	
People are upset and depressed	人的心烦意乱 抑郁寡欢	心烦意乱 (xīn fán yì luàn) lit. heart distracted, thoughts in turmoil (idiom); distraught with anxiety. 抑郁 (yì yù) depressed; despondent; gloomy; depression. 寡 (guǎ) few; scant; widowed. 欢 (huān) joyous; happy; pleased.
anxious	烦躁不安	烦躁 (fán zào) jittery; twitchy; fidgety. 不安 (bù ān) unpeaceful; unstable; uneasy; disturbed; restless; worried.
Psychological imbalance	会出现心理失衡	失衡 (shī héng) to unbalance; an imbalance.
The unique smooth coherence of Tai Chi	太极拳独特的圆滑连贯	独特 (dú tè) unique; distinct; having special characteristics. 圆滑 (yuán huá) smooth and evasive; slick and sly.
Gentle and calm exercise	轻柔沉着的运动	轻柔 (qīng róu) soft; gentle; pliable. 沉着 (chén zhuó) steady; calm and collected; not nervous.
Not impatient	不急不躁	躁 (zào) hot-tempered; impatient.
Unassuming mentality	不张不狂的心态	狂 (kuáng) mad; wild; violent. 心态 (xīn tài) attitude (of the heart); state of one's psyche; way of thinking; mentality.
Tantian	气沉丹田	沉 (chén) to submerge; to immerse; to sink; to keep down; to lower; to drop; deep; profound; heavy. 丹田 (dān tián) pubic region; point two inches below the navel where one's qi resides.
Introverted	以心行气的内敛	内敛 (nèi liǎn) introverted; reserved; (artistic style) understated.
And unpretentious	和朴实无华	朴实 (pǔ shí) plain; simple; guileless; down-to-earth; sincere and honest.
Not only anti-aging and curing diseases	不仅有抗衰老祛病	抗 (kàng) to resist; to fight; to defy; anti-. 衰老 (shuāi lǎo) to age; to deteriorate with age; old and weak.

Fitness effects for prolonging life	延年益寿的健身功效	延年益寿 (yán nián yì shòu) to make life longer; to promise longevity; (this product will) extend your life. 功效 (gōng xiào) efficacy.
It also has the ability to adjust mental balance	还具有调整心态平衡	调整 (tiáo zhěng) to adjust; adjustment; revision.
The function of self-cultivation	修身养性的健心功能	
Think of us all	我们大家想一想	
Without health, all your dreams are clouds	没有健康你的一切梦想都是浮云	梦想 (mèng xiǎng) (fig.) to dream of; dream. 浮云 (fú yún) floating clouds; fleeting; transient.
Teacher Yi	易老师	
May I learn Tai Chi	请问学习太极拳	
What are the good effects for us college students?	对我们大学生有哪些好的作用呢	
The physical fitness of Chinese college students is decreasing year by year	我国大学生身体素质逐年在下降	素质 (sù zhì) inner quality; basic essence. 逐年 (zhú nián) year after year; with each passing year; over the years. 下降 (xià jiàng) to decline; to drop; to fall; to go down; to decrease.
After entering university, what we face	进入大学之后 咱们面临的	面临 (miàn lín) to face sth; to be confronted with.
Mental stress	精神压力 学习压力	
And enter the society after graduation	以及毕业之后步入社会的	步入 (bù rù) to step into; to enter.
Employment pressure	就业压力	就业 (jiù yè) to get a job; employment.
Work pressure	工作压力	
Dealing with the pressure of interpersonal relationships, etc.	处理人际关系的压力 等等	处理 (chǔ lǐ) to handle; to treat; to deal with; to process; to deal with a criminal case; to mete out punishment; to offer for sale at a reduced price; to punish. 人际 (rén jì) human relationships; interpersonal.
Are seriously affecting	都严重地影响着	
The physical and mental development of our college students	咱们大学生的身心发展	
So practicing Tai Chi can strengthen your body	所以 练习太极拳可以强健体魄	强健 (qiáng jiàn) sturdy. 体魄 (tǐ pò) physique; build.

Exercise will	锻炼意志品质	意志 (yì zhì) will; willpower; determination. 品质 (pǐn zhì) character; intrinsic quality (of a person); quality (of a product or service, or as in "quality of life", "air quality" etc).
Relieve mental stress	舒缓精神压力	
Learning Tai Chi culture	学习太极文化	
Can detect the evolution of Chinese civilization	可以探知中华文明的流变	探知 (tàn zhī) to find out; to ascertain; to get an idea of. 中华 (zhōng huá) China (alternate formal name). 文明 (wén míng) civilized; civilization; culture. 流变 (liú biàn) to flow and change; development and change (of society).
Treat life with dialectical thinking	用辩证的思想对待人生	辩证 (biàn zhèng) to investigate; dialectical. 对待 (duì dài) to treat; treatment. 人生 (rén shēng) life (one's time on earth).
Learn martial ethics and martial arts	学习 武德 武礼	
Can regulate the behavior of college students	可以规范大学生的行为	规范 (guī fàn) norm; standard; specification; regulation; rule; within the rules; to fix rules; to regulate; to specify. 行为 (xíng wéi) action; conduct; behavior; activity.
Improve moral and cultural literacy	提高道德文化素养	道德 (dào dé) virtue; morality; ethics. 素养 (sù yǎng) (personal) accomplishment; attainment in self-cultivation.
Both internal and external	内外兼修 达到	内外兼修 (nèi wài jiān xiū) (of a person) beautiful inside and out. 达到 (dá dào) to reach; to achieve; to attain.
Harmony between man and nature	人与自然的和谐状态	
A famous education expert in the Soviet Union	苏联有位著名教育专家	苏联 (sū lián) Soviet Union, 1922-1991; abbr. for Union of Soviet Socialist Republics (USSR) 苏维埃社会主义共和国联盟 (sū wéi āi shè huì zhǔ yì gòng hé guó lián méng).
Suhomlinsky once said	苏霍姆林斯基 曾经说过	苏 (sū) Perilla frutescens (Chinese basil or wild red basil); place name; to revive; used as phonetic in transliteration. 霍 (huò) suddenly. 姆 (mǔ) woman who looks after small children; (old) female tutor. 曾 (céng jīng) once; already; former; previously; ever; (past tense marker used before verb or clause).
The ideal of school education	学校教育的理想	

It is to cultivate people who develop comprehensively and harmoniously	是 <b>培养全面</b> 和谐发展的人	<b>培养</b> (péi yǎng) to cultivate; to breed; to foster; to nurture; to educate; to groom (for a position); education; fostering; culture (biology). <b>全面</b> (quán miàn) all-around; comprehensive; total; overall.
Therefore, in the construction of a harmonious campus culture	因此 在和谐校园文化的 <b>建设</b> 中	<b>建设</b> (jiàn shè) to build; to construct; construction; constructive.
Can make campus people in moral education, intellectual education, sports	能够使校园人在 <b>德育 智育 体育</b>	<b>德育</b> (dé yù) moral education. <b>智育</b> (zhì yù) intellectual development.
Aesthetic education culture is interpenetrated and interwoven	<b>美育文化 相互渗透 交织</b>	<b>相互</b> (xiāng hù) each other; mutual. <b>渗透</b> (shèn tòu) to permeate; to infiltrate; to pervade; osmosis. <b>交织</b> (jiāo zhī) to interweave.
Present as a mutual harmony	<b>呈现</b> 为一个相互和谐	<b>呈现</b> (chéng xiàn) to appear; to emerge; to present (a certain appearance); to demonstrate.
Unified process	<b>统一</b> 完整的过程	<b>统一</b> (tǒng yī) to unify; to unite; to integrate.
Make teachers and students	<b>使</b> 师生	<b>师生</b> (shī shēng) teachers and students.
Not only in the field of material production	不但是 <b>物质生产</b> 领域的	<b>物质</b> (wù zhì) matter; substance; material; materialistic. <b>生产</b> (shēng chǎn) to produce; to manufacture; to give birth to a child. <b>领域</b> (lǐng yù) domain; sphere; field; territory; area.
Creator maker	<b>创造者 制造者</b>	<b>创造者</b> (chuàng zào zhě) creator. <b>制造者</b> (zhì zào zhě) maker.
Also a leader in the field of spiritual life	也是 <b>精神生活</b> 领域的 <b>领航者</b>	<b>精神生活</b> (jīng shén shēng huó) spiritual or moral life. <b>领航</b> (lǐng háng) navigation; navigator; to navigate.
More moral and cultural literacy	更是 <b>道德和文化素养</b> 的	
High-level talent training base	<b>高层次</b> 人才培养 <b>基地</b>	<b>层次</b> (céng cì) layer; level; gradation; arrangement of ideas; (a person's) standing. <b>人才</b> (rén cái) talent; talented person; looks; attractive looks. <b>培养基</b> (péi yǎng jī) culture medium.
With the excellent Chinese traditional culture	随着 <b>中华优秀</b> 传统文化	
Spread around the world	在 <b>全世界</b> 的 <b>传扬</b>	<b>全世界</b> (quán shì jiè) worldwide; entire world. <b>传扬</b> (chuán yáng) to spread (by word of mouth).
There are many Tai Chi practitioners in all countries	<b>各国</b> 都有 <b>众多</b> 的太极拳 <b>习练者</b>	<b>各国</b> (gè guó) each country; every country; various countries. <b>众多</b> (zhòng duō) numerous.
For Tai Chi fitness	对于太极拳的 <b>健身</b>	
Health art combat competition	<b>养生 技击 竞赛</b>	<b>竞赛</b> (jìng sài) race; competition.

Many practical functions such as medical care	医疗 保健等 <b>诸多实用功能</b>	<b>诸多</b> (zhū duō) (used for abstract things) a good deal, a lot of. <b>实用</b> (shí yòng) practical; functional; pragmatic; applied (science).
Eagerly rushing to love	<b>趋之若鹜</b> 十分热爱	<b>趋之若鹜</b> (qū zhī ruò wù) to rush like ducks (idiom); the mob scrabbles madly for sth unobtainable; an unruly crowd on a wild goose chase. <b>热爱</b> (rè ài) to love ardently; to adore.
With the rapid development of the times	随着 <b>时代</b> 高速发展	<b>时代</b> (shí dài) age; era; epoch; period (in one's life). <b>高速</b> (gāo sù) high speed.
Fast-paced lifestyle	快节奏的生活方式	
Bring human stress and disease	<b>带给人类</b> 压力和疾病	<b>带给</b> (dài gěi) to give to; to provide to; to bring to; to take to. <b>人类</b> (rén lèi) humanity; human race; mankind.
Practicing Taijiquan can cure illness and strengthen the body	通过习练太极拳可以祛病强身	
Can find a way to slow down the body and mind	能够找到身心 慢下来的平衡方法	
Tai Chi will become a cultural heritage shared by all mankind	太极拳将成为全人类 <b>共享</b> 的 <b>文化遗产</b>	<b>共享</b> (gòng xiǎng) to share; to enjoy together. <b>文化遗产</b> (wén huà yí chǎn) cultural heritage.
There are Tai Chi performances in many major events	在许多 <b>重大</b> 活动中均有太极拳表演	<b>重大</b> (zhòng dà) great; important; major; significant.
2008 Beijing Olympic Games Opening Ceremony	2008年北京 <b>奥运会</b> 开幕式	<b>奥运会</b> (ào yùn huì) abbr. for 奥林匹克运动会; Olympic Games; the Olympics. <b>开幕式</b> (kāi mù shì) opening ceremony.
Held in my country in 2014	2014年在我国举办的	
APEC conference dinner performance	APEC会议 <b>晚宴</b> 文艺表演	<b>晚宴</b> (wǎn yàn) banquet; dinner party; soiree. <b>文艺</b> (wén yì) literature and art.
There are also performances of Tai Chi	也有太极拳的表演等	
More than 400 Confucius Institutes worldwide	全球400多家 <b>孔子学院</b>	<b>孔子学院</b> (kǒng zǐ xué yuàn) Confucius Institute, organization established internationally by the PRC, promoting Chinese language and culture.
Tai Chi is the most extensive	均把太极拳作为最 <b>广泛</b>	<b>广泛</b> (guǎng fàn) extensive; wide range.
Most suitable for the most direct cultural exchange	最 <b>适用</b> 最 <b>直接</b> 的文化交流	<b>适用</b> (shì yòng) to be applicable.
Has become a promotion	已成为推广 <b>传播</b>	<b>传播</b> (chuán bō) to disseminate; to propagate; to spread.
Promote the Chinese nation	弘扬 <b>中华民族</b>	<b>中华民族</b> (zhōng huá mín zú) the Chinese people.

An important way to excellent traditional culture	优秀传统文化的重要 <b>途径</b>	<b>途径</b> (tú jìng) way; channel.
Tai Chi is traditional and modern	太极拳是传统的 又是现代的	
Taijiquan belongs to China and also belongs to the world	太极拳是中国的 也是世界的	
So it is imperative to practice Tai Chi	因此 练习太极拳 <b>势在必行</b>	<b>势在必行</b> (shì zài bì xíng) circumstances require action (idiom); absolutely necessary; imperative.
And benefit from early practice	而且早练早 <b>受益</b>	<b>受益</b> (shòu yì) to benefit from; profit.
There are currently about 300 million people in the world practicing Tai Chi	<b>目前</b> 全球大约有3 <b>亿</b> 人在练习太极拳	<b>目前</b> (mù qián) at the present time; currently. <b>亿</b> (yì) 100 million.
In Japan	在日本	
Tai Chi is a compulsory course for elementary school students	太极拳是 <b>小学生</b> 的必修课	<b>小学生</b> (xiǎo xué shēng) primary school student; schoolchild; (fig.) beginner.
Even Japan to other countries	甚至日本向 <b>其他国家</b>	<b>他国</b> (tā guó) another country.
Dispatch Japanese Tai Chi coaches	<b>派遣</b> 日本的太极拳 <b>教练</b>	<b>派遣</b> (pài qiǎn) to send (on a mission); to dispatch. <b>教练</b> (jiào liàn) instructor; sports coach; trainer.
Teaching Tai Chi everybody knows	<b>传授</b> 太极拳 大家都知道	<b>传授</b> (chuán shòu) to impart; to pass on; to teach.
Tai Chi is the quintessence of our China	太极拳是我们中国的 <b>国粹</b>	<b>国粹</b> (guó cuì) national essence; quintessence of national culture.
If we don't pay attention to it, we don't inherit	如果我们自己都不去重视 不去 <b>传承</b>	
Maybe in a few years	可能在 <b>若干</b> 年后	<b>若干</b> (ruò gān) a certain number or amount; how many?; how much?.
It becomes something of other countries	它就成为了别人国家的 <b>东西</b> 了	
Comrade Deng Xiaoping	<b>邓小平同志</b>	<b>邓小平</b> (dèng xiǎo píng) Deng Xiaoping (1904-1997), Chinese communist leader, de facto leader of PRC 1978-1990 and creator of "socialism with Chinese characteristics". <b>同志</b> (tóng zhì) comrade; (slang) homosexual.
I also wrote an inscription for Taijiquan "Taijiquan is good"	<b>也曾</b> 为太极拳 <b>题词</b> 「太极拳好」	<b>曾</b> (céng) once; already; ever (in the past); former; previously; (past tense marker used before verb or clause). <b>题词</b> (tí cí) inscription; dedication.
And what today's society advocates	而当今社会 <b>提倡</b> 的	<b>提倡</b> (tí chàng) to promote; to advocate.

The word “harmony” in a harmonious society	和谐社会中的「和谐」一词	
It is the essence of Tai Chi	正是太极拳的 <b>精髓所在</b>	<b>精髓</b> (jīng suǐ) marrow; pith; quintessence; essence. <b>所在</b> (suǒ zài) place; location; (after a noun) place where it is located.
By learning the culture of Tai Chi	通过学习太极拳的文化	
Achieve the harmony of the human body	达到人体自身的和谐	
Harmony between man and environment	人与环境的和谐	
Harmony between man and society	人与社会的和谐	
Practice boxing without practicing	<b>练拳不练功</b>	<b>练功</b> (liàn gōng) to practice work skill.
To the old one	<b>到老一场空</b>	<b>一场空</b> (yī chǎng kōng) all one's hopes and efforts come to nothing; futile.
To practice Tai Chi	要练好太极拳	
We must strengthen the training of Tai Chi posture	就必须 <b>加强</b> 太极 <b>桩功</b> 的 <b>训练</b>	<b>加强</b> (jiā qiáng) to reinforce; to strengthen; to increase. <b>桩</b> (zhuāng) stump; stake; pile; classifier for items. <b>训练</b> (xùn liàn) to train; to drill; training.
Can make us in	才可以使我们在	
In the process of practicing Tai Chi	练习太极拳的过程中	
Light movement and steady footwork	动作轻灵 <b>步法稳健</b>	<b>步法</b> (bù fǎ) footwork. <b>稳健</b> (wěn jiàn) firm; stable and steady.
The skill of the next set can be improved	下盘的功夫才能够提高	
Let's introduce one	下面 我们给大家介绍一种	
Pile power training Promise pile	桩功训练 无极桩	
Good classmates, please join me	好 同学们 请大家跟我一起	
Legs together	<b>两腿并拢</b>	<b>拢</b> (lǒng) to gather together; to collect; to approach; to draw near to; to add; to sum up; to comb (hair).

Gently place both hands on the outer thighs

两手轻贴于大腿外侧

贴 (tiē) to stick; to paste; to post (e.g. on a blog); to keep close to; to fit snugly; to subsidize; allowance (e.g. money for food or housing); sticker; classifier for sticking plaster: strip. 大腿 (dà tuǐ) thigh. 外侧 (wài cè) outer side.

Left foot lift

左脚提起

提起 (tí qǐ) to mention; to speak of; to lift; to pick up; to arouse; to raise (a topic, a heavy weight, one's fist, one's spirits etc).

Take a step to the left

向左侧迈开一步

左侧 (zuǒ cè) left side. 迈 (mài) to take a step; to stride.

Shoulder-width apart

与肩同宽 两手平举

肩 (jiān) shoulder; to shoulder (responsibilities etc).

Put your fingertips together, hug your chest, squat

指尖相对 合抱于胸前 屈蹲

指尖 (zhǐ jiān) fingertips. 相对 (xiāng duì) relatively; opposite; to resist; to oppose; relative; vis-a-vis; counterpart. 合抱 (hé bào) to wrap one's arm around (used to describe the girth of a tree trunk). 胸前 (xiōng qián) (on the) chest; bosom. 屈 (qū) bent; to feel wronged. 蹲 (dūn) to crouch; to squat; to stay (somewhere).

Attention requires our upper body torso

注意 要求我们上身的躯干

上身 (shàng shēn) upper part of the body.

Stay upright

保持立身中正

Keep the front hand in a circle

前面的手保持一个圆

Loose your waist and drop your hips with your fingertips

指尖相对 松腰落胯

松 (sōng) loose; to loosen; to relax. 腰 (yāo) waist; lower back; pocket; middle; loins. 落 (luò) to fall or drop; (of the sun) to set; (of a tide) to go out; to lower; to decline or sink; to lag or fall behind; to fall onto; to rest with; to get or receive; to write down; whereabouts; settlement. 胯 (kuà) crotch; groin; hip.

Note that our head must have an upward

注意 我们的头部要有一种向上顶

要有 (yào yǒu) to need; to require; must have. 向上 (xiàng shàng) upward; up; to advance; to try to improve oneself; to make progress.

The idea of leading upward

向上领的意念

领 (lǐng) neck; collar; to lead; to receive; classifier for clothes, mats, screens etc. 意念 (yì niàn) idea; thought.

Put your hands on your chest

两手合抱于胸前

Seems to be holding a ball inside

里面好像抱着一个球

Palm to my chest

掌心对着自己的胸口

掌心 (zhǎng xīn) hollow of the palm. 胸口 (xiōng kǒu) pit of the stomach.

Caudal vertebrae perpendicular to the ground

尾椎骨垂直向地面

尾椎 (wěi zhuī) coccyx; tailbone. 骨 (gǔ) bone. 垂直 (chuí zhí) perpendicular; vertical. 地面 (dì miàn) floor; ground; surface.



Loose waist, drop hips, hips

松腰 落胯 髋胯

髋 (kuān) pelvis; pelvic.

Do not push the crotch

不可以顶胯

不可以 (bù kě yǐ) may not.

Or protruding hips and lower waist

或者是突臀 塌腰

臀 (tún) butt; buttocks. 塌 (tā) to collapse; to droop; to settle down.

This is not correct

这样都是不正确的

The stress point is on our thighs

受力点 在我们的大腿部

The thigh muscles are the stress points

大腿肌肉是受力点

肌肉 (jī ròu) muscle; flesh.

Toes and knees are facing forward

脚尖膝盖均朝前

脚尖 (jiǎo jiān) the extremity of the foot. 膝盖 (xī gài) knee; (Internet slang) to kneel down (in admiration). 朝前 (cháo qián) facing forwards.

Keep breathing naturally

保持呼吸自然

呼吸 (hū xī) to breathe.

Let's stand still for this action

这个动作我们静止一下

静止 (jìng zhǐ) still; immobile; static; stationary.

Then we can cooperate with our breathing

然后 我们可以配合我们的呼吸

配合 (pèi hé) matching; fitting in with; compatible with; to correspond; to fit; to conform to; rapport; to coordinate with; to act in concert with; to cooperate; to become man and wife; to combine parts of machine.

Do the opening and closing movements

做一下开合手的动作

合手 (hé shǒu) to put one's palms together (in prayer or greeting); to work with a common purpose; harmonious; convenient (to use).

When you inhale, open your hand

吸气的时候 开手

吸气 (xī qì) to inhale; to draw in breath.

When exhaling, put your hands together

呼气的时候 合手

呼气 (hū qì) to breathe out.

When you inhale, open your hand

吸气的时候 开手

When exhaling, put your hands together

呼气的时候 合手

You can practice repeatedly like this

可以这样反复地练一下

反复 (fǎn fù) repeatedly; over and over; to upend; unstable; to come and go; (of an illness) to return.

Or close your eyes and get rid of distracting thoughts

或者是闭上眼睛 排开杂念

闭上 (bì shàng) to close; to shut up. 杂念 (zá niàn) distracting thoughts.

The so-called Promise pile

所谓 无极桩

所谓 (suǒ wèi) so-called; what is called.

Means there is no yin and yang

是指没有阴阳

Our center of gravity is between our legs

我们的重心在两腿之间

重心 (zhòng xīn) center of gravity; central core; main part. 之间 (zhī jiān) between; among; inter-

Weight on thigh	重心落於大腿	
Keep other parts naturally relaxed	其他的 <b>部位</b> 保持自然的放松	<b>部位 (bù wèi)</b> position; place.
Breathe naturally	呼吸自然	
So that we can have a	这样我们才可以有一种	
Up and down circulation of blood	上下气血的 <b>循环</b>	<b>循环 (xún huán)</b> to cycle; to circulate; circle; loop.
Qi and blood can circulate naturally	气血才可以自然地 <b>流通</b>	<b>流通 (liú tōng)</b> to circulate; to distribute; circulation; distribution.
Practice this pile often	经常练习这个桩	
Can increase our power	可以增加我们下盘的 <b>力量</b>	<b>力量 (lì liang)</b> power; force; strength.
Increase the strength of our legs	增加我们腿部的力量	
Taijiquan training is very important	太极拳的桩功训练是非常重要的	
Do not strengthen the training of the lower plate strength	不加强下盘力量的训练	
In our future training	我们在 <b>今后</b> 的训练当中	<b>今后 (jīn hòu)</b> hereafter; henceforth; in the future; from now on.
Our power frame	我们的功架	
May not squat down	可能就蹲不 <b>下去</b>	<b>下去 (xià qù)</b> to go down; to descend; to go on; to continue; (of a servant) to withdraw.
Can't move	<b>步子</b> 迈不开	<b>步子 (bù zi)</b> step; pace.
The pace is not light, wait	<b>步伐</b> 不轻灵 等等	<b>步伐 (bù fá)</b> pace; (measured) step; march.
Improve our Tai Chi skills	对我们太极拳的技术水平提高	
Is to play a limiting role	是起到一个 <b>限制</b> 的作用	<b>限制 (xiàn zhì)</b> to restrict; to limit; to confine; restriction; limit.
So we are here	所以 我们在这里	
To put the Wuji pile, Taijiquan's pile power	要把无极桩 太极拳的桩功	
Practice it for us in the future	<b>加以</b> 练习 为我们今后	<b>加以 (jiā yǐ)</b> in addition; moreover; (used before a disyllabic verb to indicate that the action of the verb is applied to sth or sb previously mentioned); to apply (restrictions etc) to (sb); to give (support, consideration etc) to (sth).

Practice Tai Chi and lay a solid foundation

练好太极拳打下一个坚实的基础

下一个 (xià yī ge) the next one. 坚实 (jiān shí) firm and substantial; solid.

After practicing Promise pile

练完无极桩

Let's practice together

我们来一起来练一遍

24-style Tai Chi

24式太极拳

All of us have this lesson, we will end here

全体都有 这节课我们就上到这里

全体 (quán tǐ) all; entire. 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.

End of class

下课

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

goodbye teacher

老师再见