Lecture—“For Study and for the Dao: Explaining the Principles of Taiji Training,”

《为学与为道：解说太极拳的训练原理》

Speaker: Professor Fengjie Qiao, Tsinghua University, Beijing, China

Time: 12:00pm – 2:00pm, Monday September 21, 2015

Location: Student Union Memorial Center Level 3 Tucson/Catalina Room
1303 E. University Blvd., Tucson, AZ 85719

Admission: Free

According to the Dào dé jīng, an ancient Chinese text fundamental for both religious and philosophical Daoism (Taoism), “In the pursuit of learning, knowledge increases daily. In the pursuit of the Dao (way or path), actions are reduced daily. Fewer and fewer actions are taken to the point of inaction.” In Taiji Fist (T’ai-chi-chuan) practice, learning takes place through continuous education to master the techniques of taiji specifications; for the Dao, this is to eliminate self-consciousness to develop one’s own movement instincts. The perfect combination of learning and the Dao incorporates both the ideas of Laozi’s Daoist practice as well as principles of taiji training. Professor Fengjie Qiao is on the faculty of the Division of Sport Science and Physical Education, Tsinghua University, Beijing, China.

---

September 21-27th 2015

Lecture—"Listening to Chinese Music" 《聆听中国音乐》 22nd
Lecture—“The Protection and Sharing of China’s Cultural Heritage”《中国文化遗产的保护与共享》 23rd
Lecture—“Qin Shihuang and the Qin Empire”《秦始皇与秦帝国》 24th
UA students’ presentations: My Trip to China in Summer 2015 《2015夏季中国行》 25th
Chinese Language and Culture Day(Confucius Institute Day) 中华语言文化日（孔子学院日） 26th
Moon Festival Concert 中秋音乐会 27th

For more information about the events during Chinese Culture Festival, please visit the Confucius Institute Website at http://confucius.arizona.edu/.

Co-sponsor: UA Mel and Enid Zuckerman College of Public Health