

Henan University, China
International School for Chinese Language and Culture
Kaifeng, China
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Course Design 1

Virtual Experience of Chinese Martial Arts (through Chinese Plus Language Center, <http://www.chineseplusedu.com/>)

Application deadline: December 31st, 2020

Date of Course: January 17th to 31st., 2021

1. Primary spoken Chinese class 20 class hours

Course introduction: this course is a single skill training course, centering on discourse and expression as the training purpose to train students the rules of Chinese spoken communication and use Chinese in daily communication.

2. Martial Arts Chinese 8 class hours

Course introduction: through studying the Chinese used in Chinese martial arts, students can understand the technical characteristics and practice methods of Chinese Tai chi / Shaolin boxing, so as to further understand Chinese martial arts and traditional sports fitness items, and deepen their understanding of Chinese culture.

Courses:

Lesson 1: Martial Arts Classroom Language (2 class hours)

Lesson 2: Section 1: basic Wushu routines, steps and names of Chinese martial arts (2 class hours)

Lesson 3: Tai chi moves and names (2 class hours)

Lesson 4: basic Wushu routine name of Taichi (2 class hours)

3. Shaolin Boxing Practice Course 12 class hours

Course introduction: there are three class hours in each class; the first class hour is live broadcast when the teacher explains and shows the examples; the second class hour is recorded learning video; the third class hour is live broadcast of interactive training with teachers. Through the training and learning of Shaolin boxing routine, the students can have a preliminary understanding of the technical characteristics and practice methods of Shaolin boxing, and have a preliminary grasp of the rising, rising and falling movements

4. Taichi 12 class hours

Course introduction: there are three class hours in each class; the first class is live broadcast when the teacher explains and shows the examples; the second class is recorded learning video, and the third class is live broadcast of interactive training with teachers. Through the training and learning of Taichi routine, the students can understand the technical characteristics and practice methods of Taichi.

