



Online culture experience for MIB alumni

(CET) 10:30 am-12:00am, Beijing Time 16:30 -18:00

20th June 2021



Powered by Shanghai Shidao culture & Media Inc.

Master Song Xiang Hui

The 15th Inheritors of Wu Dang

Coordinator

Lisa Chen, Luca Spiezia



Powered by Shanghai Shidao culture & Media Inc.

Master: Song Xiang Hui

The 15th Inheritors of Wu Dang



Powered by Shanghai Shidao culture & Media Inc.

In the 90 minutes session We will have:

15minutes to know a bit History

15 minutes watch an video of Tai Chi performance from Wudang

45 minutes practicing

15minutes Q&A





TAO & TAI CHI



Powered by Shanghai Shidao culture & Media Inc.

Something about TAO & TAI CHI



Powered by Shanghai Shidao culture & Media Inc.

When we talk about Taoism, there are:

Philosophical Taoism (道家)

Religious Taoism (道教)

When we talk about Tai chi, there are:

Tai chi philosophical of I-CHING (易经太极思想)

Tai chi GONGFU (太极功夫)



The Tai Chi we are going to exercise is a martial art with Tao and Tai Chi philosophy

In December 2020, the UNESCO Intergovernmental Committee for the Protection of Intangible Cultural Heritage included the "Tai Chi" project in the UNESCO Representative List of Intangible Cultural Heritage of Humanity



Powered by Shanghai Shidao culture & Media Inc.

The Tai chi Philosophy is from I- CHING, written by FUXI (BC)



Powered by Shanghai Shidao culture & Media Inc.

The Philosophical Taoism, is from TAO DE JIN, written by LAO ZI (571 BC)



martial art

KONG FU



Powered by Shanghai Shidao culture & Media Inc.

Movements & Consciousness



Powered by Shanghai Shidao culture & Media Inc.

**As a part of Chinese
culture
Tai Chi Quan had a long
history**





The physical exercise chart; a painting on silk depicting the practice of Qigong Taichi; unearthed in 1973 in Hunan Province, China, from the 2nd-century BC Western Han burial site of Mawangdui, Tomb Number 3.



馬王堆漢墓出土引導圖複原圖



Powered by Shanghai Shidao culture & Media Inc.

The Tai Chi

It's a martial art with soft, slow, light and flexible style, rigid and soft coexist

It combines

The changes of Yin & Yang

The five elements of the I-CHING

(Gold, wood, water, fire, earth).





The changes of Yin & Yang



Powered by Shanghai Shidao culture & Media Inc.

The five elements of the I-CHING (Gold, wood, water, fire, earth)



The Chinese ancient philosophy The five material elements that make up everything in the universe

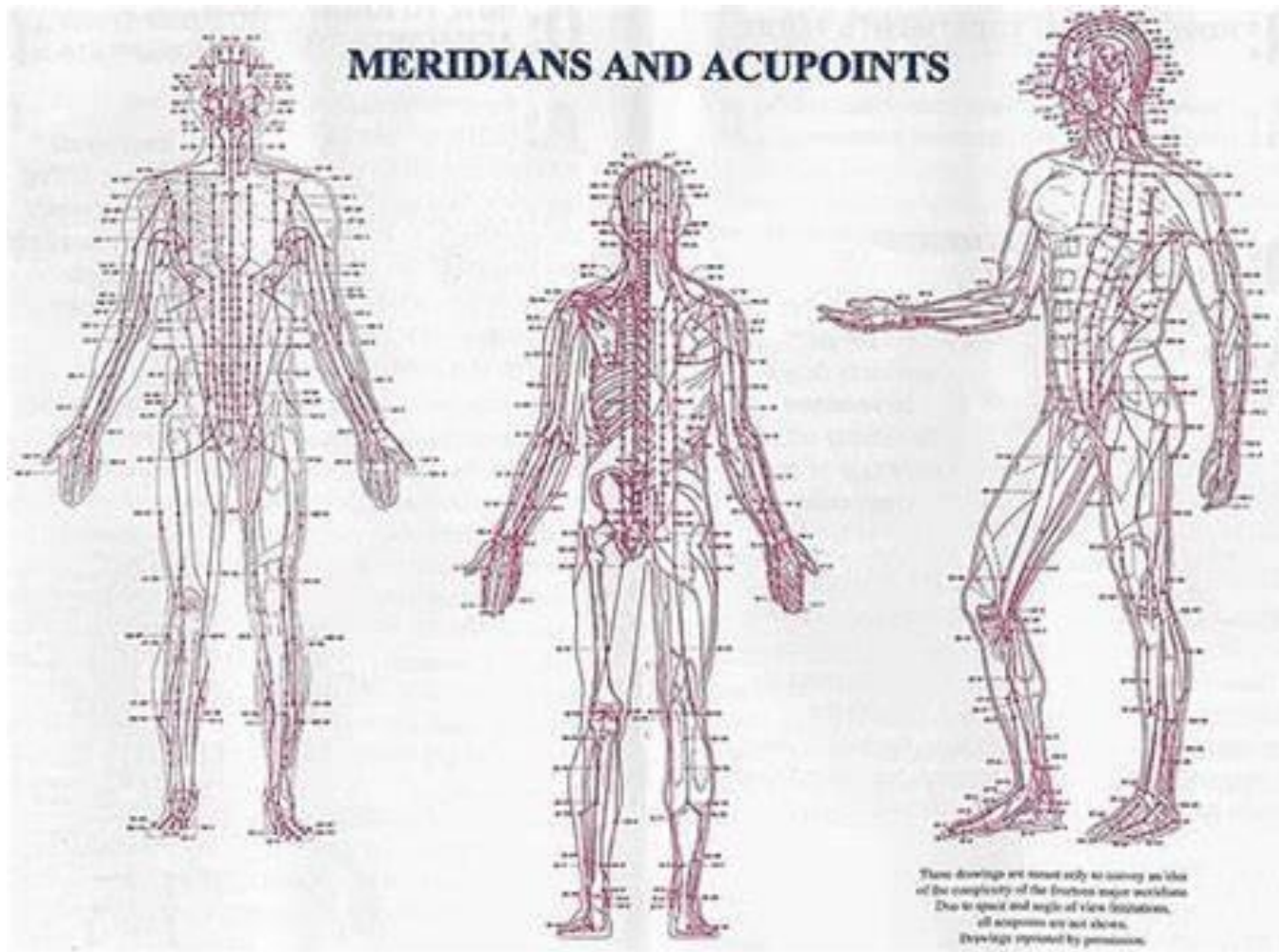


Health Benefits of Tai chi



Powered by Shanghai Shidao culture & Media Inc.

The Traditional Chinese Medicine Meridian



Health Benefits of Tai chi

Improves Bone Health



Improves Foot Sensitivity in Diabetics



Increases Certain Types of Immunity



Prevents Falls in Older Adults



Pain Relief in Osteoarthritis



Eases Symptoms of Fibromyalgia & Chronic Pain



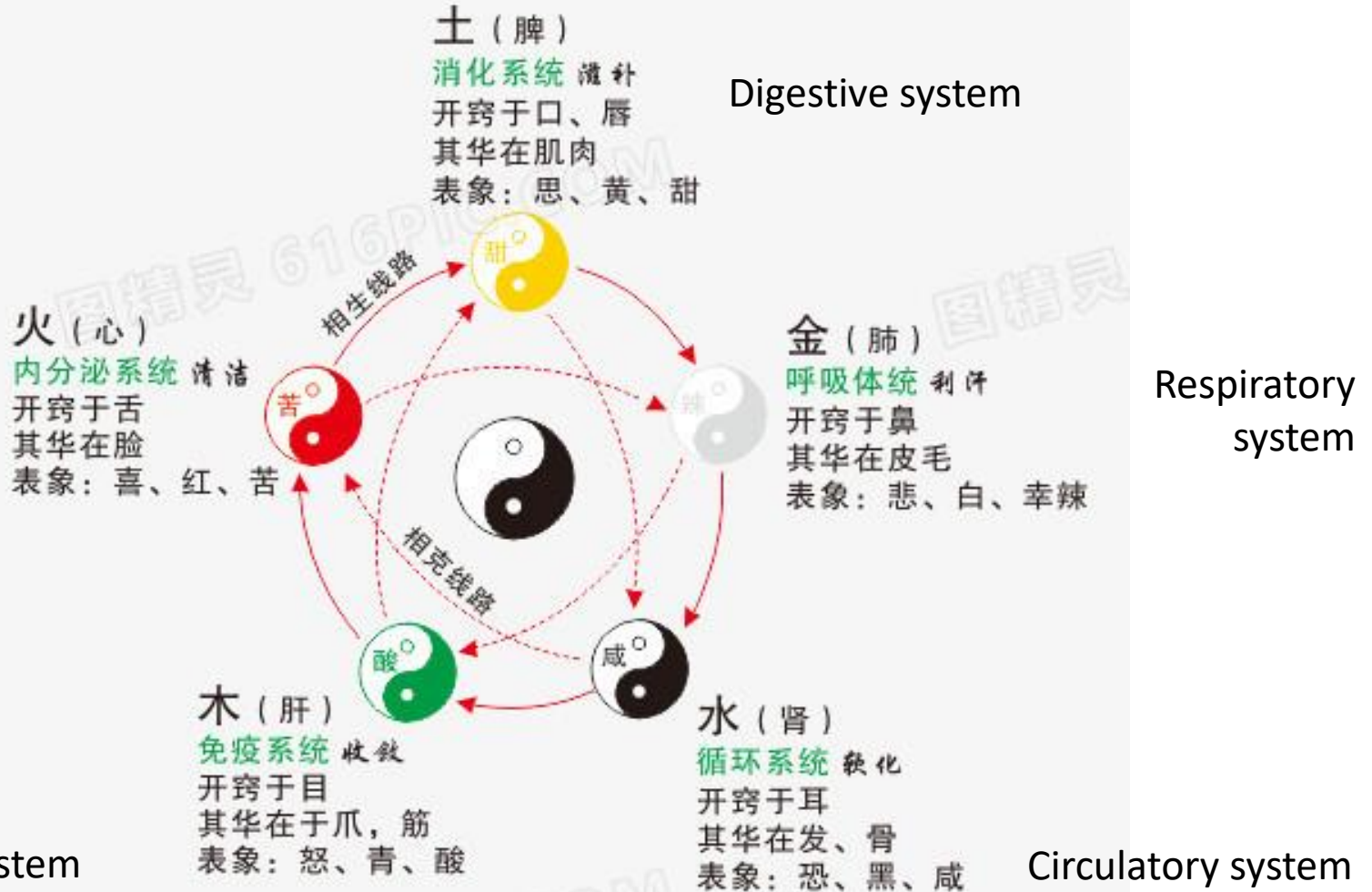
Cardiorespiratory Health



The five elements of the I-CHING used in The ancient Dao medical technique

Interaction
Support sequence
Inhibition sequence

中医太极经络图



Endocrine System

immune system

Circulatory system



The five elements of the I-CHING (Golden wood water fire earth).

Fire

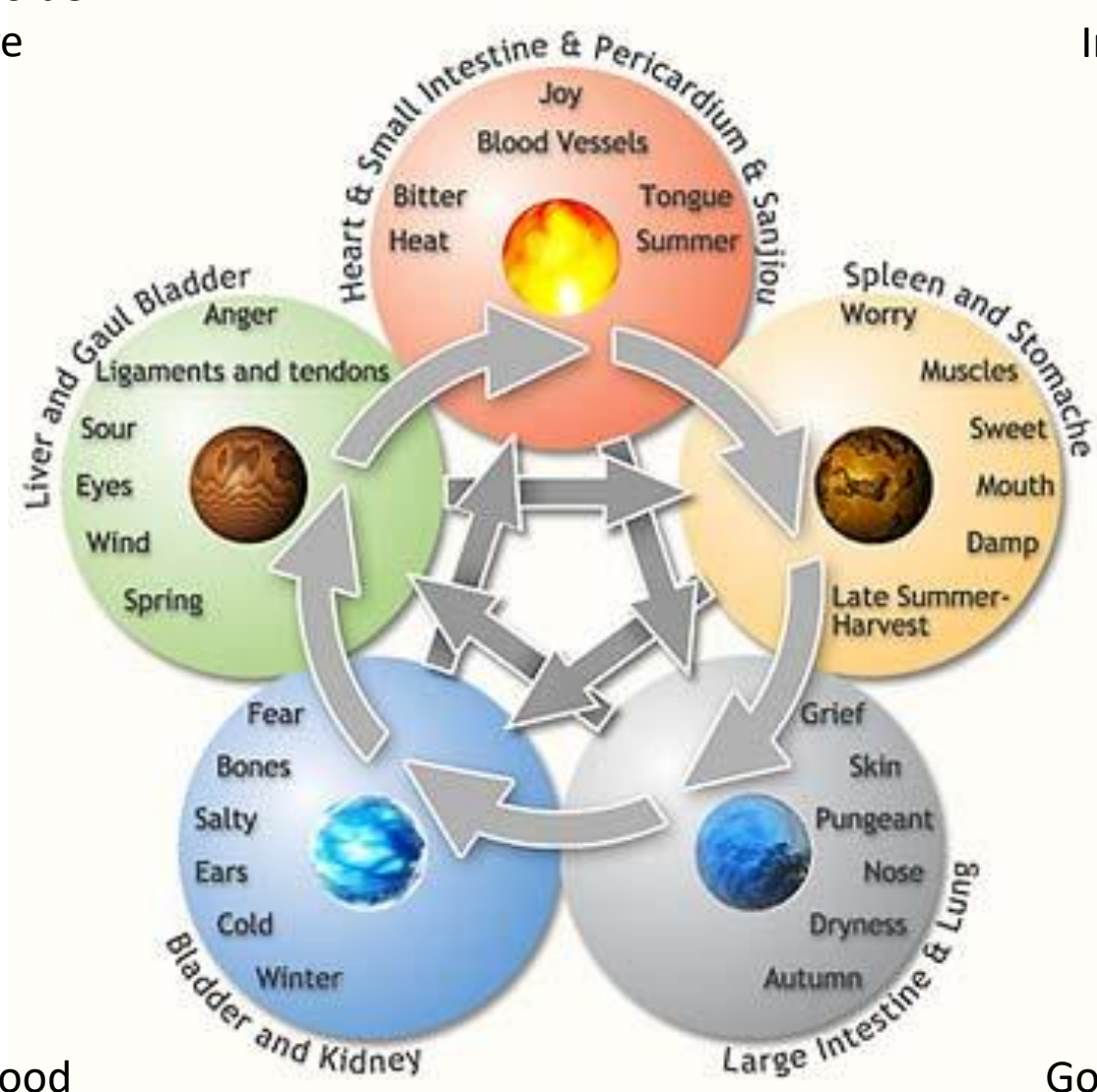
Interaction

Support sequence

Inhibition sequence

Water

Earth



Wood

Gold



The breath-in and out technique



Powered by Shanghai Shidao culture & Media Inc.

Wu Dang Mountain

(武当山)



Powered by Shanghai Shidao culture & Media Inc.

Wu Dang Mountains



Powered by Shanghai Shidao culture & Media Inc.



Wu Dang Mountain



Qi Gong
Practicing



Powered by Shanghai Shidao culture & Media Inc.



Powered by Shanghai Shidao culture & Media Inc.

Let's practice ^-^ !



Powered by Shanghai Shidao culture & Media Inc.

Q & A TIME



Powered by Shanghai Shidao culture & Media Inc.