

## Shuang Chen

Shuang graduated from Taiyuan University of Science and Technology in double major: Social sports (Bachelor of education) and Economics (Bachelor of economics) in 2014. Since September 2014 she studies at Shanghai University of Sports traditional sports Wu shu and Taichi.

She has gained a professional experience at Yun Xiang Whushu School in Taiyuan city as tai chi assistant (two-month internship in 2013) and as aerobics teacher at Taiyuan University of Science and Technology (three-month internship in 2013). She was a member of Taiyuan University of Science and Technology Martial arts association (2011–2014). Since start of her studies at SUS /2014) she has become a leader of SUS student union.

For 2015/16 Shuang received a one year scholarship of Confucius Institute at UP Olomouc and has become tai chi lecturer and student at the Faculty of Physical Culture.



## Tai chi

Tai chi is a noncompetitive, non-aggressive, self-paced routine of gentle physical exercise and stretching. To perform tai chi, an individual moves through a series of postures or movements in a slow, graceful manner. Each movement seamlessly flows into the next movement without pausing. Roots of this exercise are in China, probably about 5,000 years ago. Tai chi training is suitable for an unusually wide range of people.



There are several styles of movement and approaches to tai chi practice, some of the historic, some developed in recent years by modern teachers and masters. Practicing tai chi regularly brings sense of wholeness and well-being, because it stimulates the complicated, interacting system of body and mind.

It boosts blood circulation, increases mobility of the joints, ligaments and tendons, and improves muscle strength. One sequence of movements realigns the bones of the spine, improving posture. Practice sharpens mental acuity, observation and concentration. It stimulates the mind as well as the brain, so providing total exercise.

**Students are advised to dress for the tai chi lesson a comfortable sportswear and shoes.**