

Tai Chi

Concentrating on correct posture and breathing control, Tai Chi's movements are fluid, graceful and well balanced, promoting the complete harmony of body and mind. Tai Chi provides the mental relaxation and physical fitness so essential in our modern stress-filled lives. Tai Chi is an unusual form of martial arts whereby we believe in building both mental and physical strength from within: softness is stronger than hardness, moving in a curve is better than a straight line, yielding is more efficient than confronting. It is very different from sports such as rugby, where the harder and quicker the better. Tai Chi is a sport that strengthens the body as well as the mind from within.

Class time: Fridays, 5:30 to 7:30 p.m.

Dates: Feb. 19, Feb. 26, Mar. 12, Mar. 19, Mar. 26, Apr. 2, Apr. 9, Apr. 16, Apr. 23, Apr. 30, May 7

There will be no class the week of Mar. 1

Location: West Hills Athletic Club

2001 South 11th Street

Kalamazoo, MI 49009-1799

(269) 387-0410

Cost: \$100

To learn more and register for a course, visit us at our website:

www.wmich.edu/confucius

or email us:

wmu-confucius@wmich.edu

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Chinese Culture Courses

The Confucius Institute at WMU will be offering Chinese culture courses beginning spring 2010 that will be open to both WMU students and the public.

These non-WMU credit courses will be taught in English, and participants must be 15 years or older. Registration will be on a first come, first served basis and the course fee must be paid at the time of registration via debit or credit card.

Western Michigan University faculty and staff may be eligible to participate in Chinese culture courses at a reduced rate. Please call (269) 387-3951 for more information.

Chinese Traditional Crafts

This course will teach students how to Chinese traditional crafts. Crafts will include but are not limited to Chinese paper cuts and Chinese knots. Paper cuts refer to handicrafts made by cutting paper with scissors to form different patterns and pasting them on walls, windows, doors and ceilings. Chinese knots are a distinctive and traditional Chinese folk handicraft woven separately from one piece of thread and named according to its shape and meaning.

Class time: Mondays, 5:30 to 7:30 p.m.

Dates: Mar. 29, Apr. 5, Apr. 12, Apr. 19, May 3, May 10

There will be no class the week of Apr. 26

Location: Dunbar 3203, WMU

Cost: (WMU student) \$75 / (non- WMU student) \$93

Chinese Music Appreciation and Instrument Instruction

Through Chinese traditional music appreciation, instrument introduction and instruction, this course is a way for you to learn about Chinese traditional music and Chinese culture. Chinese traditional music is a traditional art of China, and has a long history stretching back for more than three thousand years. It has its own unique system of musical notation, as well as musical tuning and pitch, musical instruments and styles.

Class time: Mondays, 6 to 8 p.m.

Dates: Mar. 29, Apr. 5, Apr. 12, Apr. 19, May 3, May 10

There will be no class the week of Apr. 26

Location: Dunbar 3201, WMU

Cost: (WMU student) \$75 / (non-WMU student) \$93

Chinese painting

Traditional Chinese painting, also known as ink and wash painting, is done by using a brush dipped in ink and water, compounds, and painting on rice paper (Xuan paper). Chinese painting is created using these main tools: brush, ink, rice paper and water, and support tools such as the paint tray, brush washer, painting felt, paperweight, seal, inkpad, etc.

This course is designed to familiarize students with Chinese painting and allow them to practice drawing. Students will also be introduced to famous painters and their works, and learn some basic Chinese vocabulary during each class. This course includes but is not limited to an overview of traditional Chinese painting, an introduction of Chinese painting tools, basic painting exercises, plant painting, animal painting, and Chinese painting appreciation.

Dates: Mar. 30, Apr. 6, Apr. 13, Apr. 20, May 4, May 11

There will be no class the week of Apr. 26

Location: Dunbar 4207, WMU

Cost: (WMU student) \$75 / (non-WMU student) \$93

Traditional Chinese Medicine (TCM)

This class will introduce students to the practice of Traditional Chinese Medicine (TCM). It includes the history of TCM, a comparison to mainstream American medicine, an overview of TCM medical theory, TCM diagnosis and TCM medical techniques. The courses will be taught via lecture, demonstration and hands-on activities.

Class time: Wednesdays, 5:30 to 7:30 p.m.

Dates: Mar. 31, Apr. 7, Apr. 14, Apr. 21, May 5, May 12

There will be no class the week of Apr. 26

Location: Dunbar 3203, WMU

Cost: (WMU student) \$75 / (non-WMU student) \$93

Chinese Cooking

Each class will focus on how to cook one specific Chinese dish. In addition, students will be introduced to the eight major Chinese culinary traditions, Chinese dietary habits, Chinese natural resources and Chinese folk customs and culture. This is not only a cooking course, but also an opportunity to learn about Chinese food culture.

Class time: Mondays, 6 to 8 p.m.

Dates: Mar. 29, Apr. 5, Apr. 12, Apr. 19, Apr. 26, May 5

**Location: Young Chef's Academy
3021-A Oakland Drive
Kalamazoo, MI 49008
(269) 492-9200**

Cost: \$200