

Sample writing for Taichi (打太极)

Homework 3-3 Describe a Chinese leisure activity and its significance

Desc:

1. a kind of slow motion exercise, it's a kind of martial art, (self defense) 太极是一种慢动作的运动。它也是一种武术。

2. Taichi is fluid. All the moves connect somehow
太极的动作很连续看起来像是行云流水。

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3. many people gather in the park do this exercise together
早上的时候老人们常常在公园里一起打太极。

4. looks cool especially when the master is doing it.
打太极很好看，特别是师傅打的时候。

It requires the use of both hands and feet (arms and legs).
Often seen in some kind of show

Significance:

1. relax

打太极可以让人觉得很舒服很轻松。

2. good for health

常常打太极会让我们比较健康，因为运动对我们有好处。

3. do with friends (make friends)

我们打太极的时候，可以跟朋友或者家人一起打。打完太极以后可以一起聊天或是去吃饭。

My family members enjoy doing Tachi together. My American friends also like to do Taichi. We often gather in the park near my house to do Taichi.