

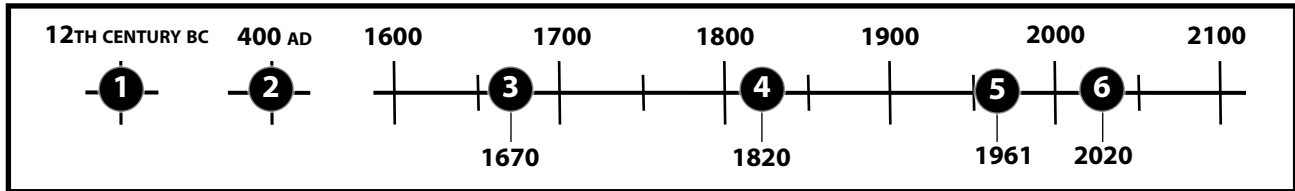
## Timeline Activity

Follow the instructions to complete the activity.

NAME

DATE

Number the events below in the order they would appear on the timeline. Write the number in the box beside each event. Check your answers with pages 7 of the book.



Chen Wangting begins developing the Chen style of tai chi.

In recognition of its value to people all over the world, tai chi is added to UNESCO's Representative List of the Intangible Cultural Heritage of Humanity.

The first English-language book on tai chi is published. It is written by Sophia Delza.

Yang Lu Chan starts secretly studying tai chi in the Chen Village.

The beliefs behind tai chi are mentioned in the *Book of Changes*, or *I Ching*, an important, ancient Chinese text.

Monks in China's Shaolin Temple learn an 18-movement tai chi-style exercise.



Wellness: Mind Body Motion

Tai Chi

Reference: Page 7

Page  
1 of 1

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## True or False

Follow the instructions to complete the activity.

NAME

DATE

Using the information found in *Tai Chi*, verify whether the following statements are true or false. Check your answers in the book. List the page number where you found the information beside your answer.

### Statement 1

Tai chi first came to the United States in the 1930s, when a Chinese immigrant named Choy Hok Peng began teaching it in San Jose.

☐ True

Page

☐ False

Number

### Statement 2

There are ten major styles of tai chi.

☐ True

Page

☐ False

Number

### Statement 3

Practicing tai chi outdoors can help students connect with nature and feel calmer.

☐ True

Page

☐ False

Number

### Statement 4

Although Yang is the original tai chi style, it is now practiced by only a few.

☐ True

Page

☐ False

Number

### Statement 5

Some health benefits of tai chi include more energy, lower blood pressure, a stronger immune system, and less joint pain.

☐ True

Page

☐ False

Number



## Fill in the Blanks

Follow the instructions to complete the activity.

NAME

DATE

Use the information found in *Tai Chi* to help you fill in the blanks.

- 1** Created in the 1980s, mulan quan is the only style of tai chi designed exclusively for .
- 2** In 2017, England's Sheila Dickinson set the record for the longest tai chi , at 28 hours and 59 minutes.
- 3** Tai chi classes often start with .
- 4** Tai chi is a popular choice for those who want to find  between their mind, body, and spirit.
- 5** Ending a tai chi session with a  routine helps lower the heart rate and adds another layer of relaxation.
- 6** The full-body  used in many tai chi forms help to strengthen the arm, leg, and core muscles.
- 7** According to legend, tai chi was  by a monk named Chang San-feng.



Using information from the book, select an answer from the right and write the letter in the box beside the statement.

1.

A Chen master recognized Yang Lu Chan's dedication and took him on as an apprentice for this many years.

**A. 53,803**

2.

At least 20 to this number of minutes of tai chi per day are recommended.

**B. 300**

3.

Sophia Delza gave a tai chi demonstration in New York City's Museum of Modern Art in this year.

**C. 18**

4.

Approximately this many million people in the United States practice tai chi for its mind-body benefits.

**D. 1954**

5.

Tai chi can have as many as this number of separate movements.

**E. 30**

6.

In 2015, this many people did tai chi at the same time in China's Jiaozuo City, setting a world record for the largest martial arts display in multiple venues.

**F. 108**

7.

More than this many million people practice tai chi worldwide.

**G. 5**



## Watch your Steps

Follow the instructions to complete the activity.

NAME

DATE

Place the steps needed to perform Scooping from the Sea in order using the boxes beside the statements.

Bring your hands up over your head. Slowly separate your hands and shift your weight back to your right foot. Breathe out.

Breathe in.

Stand with your left foot in front of you and left knee bent. Shift your weight slightly to the left side.

Open your arms wide, and bend forward to scoop again.

Repeat this move with the right foot forward.

Bend forward at your waist and bring your hands in front of you. Stack your hands with the palms facing up.



## Tai Chi Quiz

Test your knowledge by answering these quiz questions.

NAME

DATE

- 1 What does *tai chi chuan* mean?
- 2 How many major styles of tai chi exist today?
- 3 In what country did tai chi begin?
- 4 What kind of clothing is best for tai chi practice?
- 5 Which tai chi style is the most popular?
- 6 Which tai chi style is the original?
- 7 Which basic tai chi form involves moving the arms like wings?
- 8 What is the dan tien?
- 9 How does tai chi affect mental health?
- 10 What is the only tai chi style designed exclusively for women?



## Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

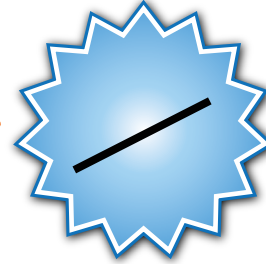
NAME

DATE

### KEY WORDS

abdomen	low-impact
cholesterol	meditation
core muscles	mindful
hydration	stress
joints	techniques

Your  
Score is



=

%

- |  |   |
|--|---|
| 1. <input type="text"/><br>special ways of doing an activity   | 6. <input type="text"/><br>conscious or aware of something                                      |
| 2. <input type="text"/><br>a waxy substance in the body  | 7. <input type="text"/><br>putting low amounts of pressure on the body's joints                 |
| 3. <input type="text"/><br>mental exercises done for the purpose of calming the mind or reaching spiritual awareness | 8. <input type="text"/><br>putting low amounts of pressure on the body's joints                 |
| 4. <input type="text"/><br>having enough water in the body   | 9. <input type="text"/><br>points in the body where two bones connect, such as knees and elbows |
| 5. <input type="text"/><br>muscles in the stomach area   | 10. <input type="text"/><br>a state of mental or emotional strain                               |

