UNIT 16

Qigong

PART I

Theme Introduction

※ This part is used to let students have a rough knowledge about Qigong.

※ Before class, students are required to collect as much information about the function of Qigong and the difference between Qigong and Kungfu as possible in any way: books, internet, newspaper, magazine, etc.

※ In class, students are free to talk about what they got about Qigong in pairs.

※ Besides the blanks below, students should take notes about what they learned from others.

※ Some volunteers are asked to report their discussion.

※ The teacher can list useful information mentioned by the students on the blackboard in brief.

bear	ape	tiger	bird	deer

Task ❶ **The following pictures are Wuqinxi exercises. Try to find the proper words in the box to match the pictures.**

(tiger)

(bear)

(deer)

(bird)

(ape)

Task ❷ **Listen to a passage on Qigong. Write down the missing words according to the passage.**

Chinese Qigong is an integral part of the Chinese culture. In Chinese, Qi is the *energy* that circulates throughout the human body. Qigong is an ancient Chinese health care system that integrates physical *postures*, breathing *techniques* and focused intention. The *primary* stimulus for its practice is to search for *longevity* and immortality.

Practicing Qigong requires one to be relaxed, calm, and free from *distractions*. According to the *principles* of Qigong, it can remove stress and dispel tension. Qigong can also help to *establish* harmony between energy and blood, to achieve the *balance* between Yin and Yang, and to *promote* coordination of the nerve system.

PART II

Listening Task

Word Bank

vitality	/vaɪˈtælɪtɪ/ *n.*	活力
tranquility	/ˌtræŋˈkwɪlɪtɪ/ *n.*	平静
martial	/ˈmɑːʃəl/ *adj.*	尚武的
punch	/pʌntʃ/ *v.*	以拳重击
legacy	/ˈlegəsɪ/ *n.*	遗产
constitution	/ˌkɒnstɪˈtjuːʃən/ *n.*	体格
chronic	/ˈkrɒnɪk/ *adj.*	慢性的
hypertension	/ˌhaɪpəˈtenʃən/ *n.*	高血压
coronary	/ˈkɒrənərɪ/ *adj.*	冠状动脉或静脉的
neurasthenia	/ˌnjʊərəsˈθiːnɪə/ *n.*	神经衰弱症

Task ❶ **Short Conversations**

You will hear eight short conversations on Qigong. A question will follow each conversation. Listen carefully and choose the best answer

from the four possible choices.

1. M: I want to get fit, but I hate going to the gym. Do you have any ideas?

   W: I think Yoga, Tai Chi and Qigong will all do you good. But I prefer Qigong, because Yoga seems more suitable for women and Tai Chi is often called Chinese Yoga.

   Q: What does the woman suggest?

   A. Gym. *B. Qigong*

   C. Tai Chi D. Yoga.

2. W: I have been feeling under a lot of pressure and I can't sleep well at night.

   M: Honey, I'm worried about your heath condition. Maybe you should try practicing Qigong. Qigong teaches people how to control reactions to stress.

   Q: What's the relationship between the two speakers?

   A. Roommates. *B. Husband and wife.*

   C. Teacher and student. D. Customer and customer.

3. W: My daughter always feels cold even in the summer. The doctor took a thorough check but couldn't find any problem.

   M: Oh, that sounds weird. I've heard Qigong practice leads to better health and vitality. Why not give it a try?

   Q: What has happened to the woman's daughter?

   A. According to the doctor, she is ill.

   B. She's practicing Qigong.

   C. She has a health problem.

   D. She has a high fever.

4. M: You can't believe this — This paper says more and more people are practicing Qigong. I just can't figure out why.

   W: That's because you don't care about doing exercises. Qigong leads to better health, tranquility, and harmony with nature. Haven't you noticed that more and more people practice it in the squares?

Q: What can't the woman understand?

A. More and more people are practicing Qi gong.

B. More and more people are doing exercise.

C. More and more people are practicing in the square .

D. More and more people are caring about doing exercise.

5. W: Your grandma looks far younger than she could be. You know, I just thought she was your mother's sister. And how amazing that she has such a wonderful figure!

M: Yeah, that's for sure. She attributes it to Qigong. She's been practicing it for almost 10 years.

Q: Why does his grandma look young?

A. She is his mother's sister.

B. She likes Qigong.

C. She has a wonderful figure.

D. She has practiced Qigong for 10 years.

6. M: In today's class, my teacher showed us the concept of Qigong. Do you know what "Qi" means?

W: Sure, Qi is a very popular word in China. If a man gets angry, Chinese people say he has "Qi". If a man is alive, people also say he has "Qi". If a man died, people often say that he had no "Qi". So "Qi" in Qigong means breath.

Q: What does the woman know about "Qi" in Qigong?

A. Qi means being angry.

B. Qi means death.

C. Qi means breath.

D. Qi means being alive.

7. W: Hey, long time no see. You look much healthier and stronger. What's up?

M: I fell ill seriously last year and it almost killed me. Luckily, I met a man who knew Chinese Kong fu. And he taught me how to practice Qigong.

Q: What happened to the man last year?

A. He had met a woman.

B. He looked healthier and stronger.

C. He almost killed himself.

D. He learned Qigong.

8. W: Oh, darling, you look a little overweight recently. How about practicing Qigong or Tai Chi exercise with me?

M: I'd love to, but I have a lot of work to do. Maybe we can practice Qigong tomorrow.

Q: What does the man want to do first?

A. Qigong. B. Tai Chi.

C. Work. D. Practice.

Task ❷ Interview

You will hear an interview. Five questions will be asked following this interview. Listen carefully and choose the best answer from the four possible choices.

Hostess: Dear friends, you are on the air. Today, we're honored to invite Dr. Tiger who is very good at practicing Qigong.

Dr. Tiger: Good afternoon, audience.

Hostess: Chinese Kung Fu has become more and more popular since the Kung Fu films draw attention from people all over the world. Could you give a brief introduction about its history?

Dr. Tiger: Ok. People often regard martial arts as Kung Fu or Wushu. Martial arts came into existence thousands of years ago and they were originally created and developed for self-defense and survival.

Hostess: The history is really long. Many people feel confused about Kung Fu and Qigong. Could you tell us the difference?

Dr. Tiger: The aim of Kung Fu is to protect oneself and fight with people while the aim of Qigong can remove stress, prevent diseases and prolong life. Kung Fu includes fighting techniques while Qigong doesn't. But practicing Kung Fu also requires

practicing kinds of gong, which is similar with Qigong, but they are different.

Hostess: Kung Fu also focus on the entire body's fitness. I thought it was all about punching and kicking.

Dr. Tiger: That's right. Therefore, both can build up strong body.

Hostess: Yeah, no wonder they gain popularities in China even around the whole world.

Questions:

1: Where are the two speakers?

A. TV studio. *B. Radio studio.*

C. not mentioned. D. A house.

2: What is Dr. Tiger good at?

A. Kung Fu. B. Martial arts.

C. Qigong. D. Wushu.

3: What were martial arts originally created for?

A. Self-defense. B. Building strong body.

C. Fighting. D. Punching.

4: Which of the following is not true?

A. Both Kung Fu and Qigong build up strong body.

B. Both Kung Fu and Qigong concentrate on the entire body's fitness.

C. Only martial arts consist fighting techniques.

D. Only Qigong includes fighting techniques.

5: What are Kung Fu and Qigong in common?

A. Both of them build up strong body.

B. Both of them include fighting techniques.

C. Both of them include punching and kicking.

D. Both of them require practicing.

PART III

Speaking Task

Teaching Steps

1. Before class, ask students to prepare the topics about Tai Chi, Qigong and Kungfu
2. Listen to the model dialogue one time, and ask several students to repeat the model dialogue. It is helpful to train the students' ability to understand the main idea and grasp important details of the listening text by this way.
3. Arrange the students in pairs and ask them to do role-play activity in the part of Oral Activity.
4. Go around the classroom to supervise the students' discussion. If necessary, give help to the students, especially the weaker ones.
5. Select one or two groups to make short presentation of their discussion in class.

Model Dialogue

A: Hi, I just saw you practice Tai Chi in the park. I think you are really a master.

B: You really flattered me. I've learned it only for a year.

A: How could you do it so well?

B: There's a saying like this, "Interest is the best teacher." If you like it, you'll practice every day.

A: Do you think I have the chance to learn it well?

B: Oh, sure. How about practicing with me at 6 a.m. tomorrow? I can teach you some basic skills.

A: I'd really appreciate that. See you tomorrow.

Oral Activity

Work with a partner. One of you will take the part of A, and the other B. Make up short conversations based on the following situations, using appropriate expressions about Tai Chi, Qigong and Kung Fu. You may imitate the following model dialogues.

- ◆ A and B are new to each other. A is good at Tai Chi and B is a passerby. They are chatting about practicing Tai Chi.
- ◆ A and B are roommates. They are consulting whether they need to practice Kung Fu in order to keep healthy.
- ◆ A and B are teacher and student. A wants to introduce Qigong to B.
- ◆ A and B are couples. They are arguing whether Chinese Kung Fu is worth learning.

After listening to the model dialogue, the students are required to imitate the dialogue and organize their own conversations.

※ Ask all the students to find out their own partners, work in pairs.

※ Ask the students to make up their own conversations.

※ Assign them to organize their conversations, and select at least two pairs to present their conversations in class.

PART IV

Leisure Time

People all over the world are crazy about Chinese Kungfu and Qigong. Do you know whether they are related? Let's find the answer in the video.

02:35-04:48

Eyee Shu: Kongfu, Kong fu fighting, ah, Chinese martial arts is basely, wissly what Wushu is. Qigong is something that is a little bit more mysterious, I think. But actually from what I know, and I don't know that much about it. Qigong and Wushu are very

related. Yes?

Alex: Yeah, many ways. It's ... Sometimes with the way we say it's really Qigong. Qi has very mysterious idea, but in many ways it's just about breath or energy and Going is decipline or someting you put a lot of focus or concentration into. So it's kind of energy decipline or breath decipline. You can figure Qigong usually having three aspects and those three aspects are generally the physical movement and exercises, you have the breathing decipline that goes along with the movement; and usually using the mind, high level of concentration, or sometimes visulization. So if you using all these 3 components, we can say you kind of doing a Qigong exercise. So we can figure Qigong is a large umbrella. Many of the styles of Qigong, the golden treasues without practicing forms Taijiquan, use many concepts in Qigong. So that's in a way, it's types of Qigong. We can say.

Eyee Shu: So the umbrella, I'm gonna ... So the umbrella is Qigong. And you have different forms of Wushu. Does Wushu use Qigong as part of the practice?

Zhang: Em.. yes. Er..Wushu attach a lot of importance to Qigong, cuase breathing correctly and resonably, effectively is improtant for Wushu. For example, when you faji, ... you ... you won't(inhault) ...You won't do it. So ...

Alex: So movement and breathing are coordinated in a certain way.

Eyee Shu: Sure. That makes sense because if you're doing Wushu, you don't want to lose control of your breath. Or otherwise, you're going to be like ... You know, you need to control that to be , to have power.

Zhang: Yeah. Yes. And Qigong literally it means that people do..er the exercise people do to improve their health.

Eyee Shu: Em.

Zhang: er ... and fuction of their body with a proper way of breathing.

Alex: Yeah, correct.

Zhang: So ...

Alex: The cordination of mind and body together.

PART V

Additional Task

Task ❶ **Oral Practice**

How many types are there in Qigong according to their effects? Discuss with your partner and choose the best match from the three choices to complete the following table.

Types	Effects
Tie Bu Shan/Jinzhong Zhao	***C***
Tongzi Gong	***B***
Yangsheng Gong	***A***

A: The body becomes healthier so that life can be prolonged.

B: The body becomes elastic so that it can shape easily.

C: The muscles become so strong that nothing can hurt the body.

Task ❷ **Listening practice**

You will listen to a passage about Qigong. Fill in the blanks with missing information.

Qigong is a *precious* legacy of Chinese culture as well as a significant part of *traditional* Chinese medicine. Qigong has been used by the Chinese people generations after generations to prevent and treat diseases, *strengthen* the constitution, avoid aging and *prolong* life.

Generally speaking, there are four *postures* in Qigong exercises — lying, sitting, standing and walking. Although there are different ways to practice Qigong, the following three are *basic*, namely, regulating the

mind, regulating the body and regulating the breath.

By means of its *required* movements, postures, regulation of respiration and control of thought, Qigong can strengthen the constitution and improve the bodily *resistance*. Evidence has proved that Qigong is especially *efficient* in curing chronic diseases, such as hypertension, coronary heart disease, ulcers and neurasthenia.