

Long Chunyan

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I am a taichi teacher of Confucius Institute at Palacký University, and I am also a postgraduate student of Beijing Sport University. My major is traditional Chinese physical regimen, I have won the gold medal of taichi of the fifth International martial art competition in Xiamen and I have won the gold medal of the competition of traditional Chinese physical regimen of five-animals style.

My aim is to bring health to all people, to spread traditional Chinese physical regimen and physical and spiritual cultivation, so that you can be healthy and happy.

Topic for the 13th International Teaching Week:

Chinese Kung Fu - Taichi and Qigong

1. Theory of Chinese traditional regimen
2. Practice taichi and five-animals physical regimen