



2018年河南大学孔子学院奖学金“四周太极文化”

项目培养方案

**Four-week “Tai-Chi Culture” under the Support of
Confucius Institute Scholarship at Henan University 2018**

为培养有志于传播汉语和中国文化的专业性人才，在孔子学院奖学金政策支持下，河南大学设立“四周太极文化项目”，向孔子学院奖学金生提供为期四周的课程培训与文化体验。

To cultivate professionals in Chinese language and culture promotion, Henan University launches a four-week Tai-Chi Culture program for students under the support of Confucius Institute Scholarship. To ensure teaching quality and to demonstrate characteristics, Henan University makes the following training program.

孔子学院奖学金四周太极文化项目
Four-week “Tai-Chi Culture”

1. 招生对象

Qualification of Candidate

非中国籍人士；身体健康；年龄一般在16至35周岁之间。

Applicants must be a Non-Chinese citizen; Applicants should be in good physical and mental health, of good character, and have excellent academic performance; Applicants should be 16-35 years of age (as of September 1st, 2018).

2. 入学要求

Application Conditions

不录取护照上有X1、X2签证者；具有HSK成绩；高中（含）以上学历；喜爱中国传统文化尤其是太极拳/剑/刀/枪/球等武术类文化；服从太极拳/剑/刀/枪/球教学要求、尊师重道并愿意刻苦践行者。

Students holding X1 or X2 visas are ineligible for this scholarship; Students with HSK scores who have high school certificates; students who like Chinese traditional Martial arts culture such as shadowboxing, Tai-Chi sword, Tai-Chi knife and Tai-Chi ball; students should comply with the regulation of Tai-Chi culture training.

3. 申请截止时间

The Application Deadline

4月20日（7月入学）

April 20th (Study starts in July)

4. 培养目标

Program Target

培养学生能够在一般性场合理解和应用日常汉语,同时掌握一定太极拳汉语基本词汇;在此基础上了解太极拳的一些基本理论和基本知识,从而加深对中国传统文化尤其太极拳及武德的理解和认识;掌握陈氏太极拳18式、陈氏太极拳19式、陈氏太极拳38式(拳任选一),能够参与市级太极拳比赛。

This program aims to help students grasp a group of basic communication vocabulary and Tai-Chi culture vocabulary, to learn some basic Tai-Chi theory and knowledge, and to practice Chen's shadowboxing.

5. 课程设置

Curriculum

主要修读以太极文化/术语为主要内容的汉语课程和太极拳基本理论和套路课程,完成以太极拳文化实践为主的教学实践活动,总学时量为60学时(其中:河南大学语言文化课20节,太极拳类课20节,少林寺/少林文化职业武术学院实践课8节,温县陈家沟陈氏祠堂实践课12节),学习班结束前有书面考试和太极拳学习成果汇报演出,颁发相应语言和太极拳类等级结业证书。

Students are mainly required to study courses related to Tai-Chi culture and to finish shadowboxing training courses, there are 60 class hours in title (Chinese language and culture: 20 class hours, shadowboxing: 20 class hours, practicing class in Shaolin Temple or Shaolin Martial Art College: 8 class hours, Chen's shadowboxing class: 12 class hours). Chinese language examination and Tai-Chi reporting performance will be arranged at the end of the program. Tai-Chi training certificate and Chinese language training certificate will be issued to students when they pass all courses successfully.

其中,汉语课程包括语言技能模块和太极拳相关语言与文化技能模块。语言技能模块开设日常汉语听说、太极拳汉语读写等课程,能会说普通汉语词汇100个左右;太极拳相关语言与文化技能模块开设太极拳汉语听说、太极拳汉语读写等课程,能掌握基本太极拳汉语词汇80个左右。

There are two parts in Chinese language courses: basic communication vocabulary and Tai-Chi culture vocabulary. Students should grasp 100 characters or words related to daily communication and 80 characters or words related to Tai-Chi culture vocabulary.

6. 师资队伍

Teaching Staff

(1) 专业教师

Tai-Chi culture staff

陈氏太极拳传承人及其高阶弟子;少林寺太极拳师;河南大学太极拳教授、副教授、讲师。

Chen's shadowboxing inheritors and famous disciples, shadowboxing masters from Shaolin Temple and Henan University.

(2) 语言及文化课教师

Chinese language and culture teaching staff

河南大学对外汉语专业教授、副教授、讲师(全部有2年以上国外教学经历)
Professors, vice professors and lecturers from International School for Chinese

Language and Culture, Henan University (all of them have the experience of teaching abroad).

7. 辅助条件

Auxiliary Conditions

英、俄、法、德、韩、日、西班牙语语言学生 partner; 太极拳/剑/刀/枪/球专业学生 partner; 太极拳专业服装及系列太极拳切磋、实践、比赛活动。

Foreign language partners, Tai-Chi culture partners and some competition activities.

四周太极文化项目课程安排

Four-week "Tai-Chi Culture" Curriculum

	星期 Week	一 Monday	二 Tuesday	三 Wednesday	四 Thursday	五 Friday	六 Saturday	日 Sunday
	时间 Time							
第一周 1 st Week	8:30—10:00	综合汉语 Comprehensive Chinese	综合汉语 Comprehensive Chinese	书法体验 Calligraphy	文化讲座（中国饮食） Culture lecture (Chinese food)	综合汉语 Comprehensive Chinese		
	10:20—11:50	武术理论 Theory of martial arts	武术理论 Theory of martial arts		综合汉语 Comprehensive Chinese	综合汉语 Comprehensive Chinese		
	16:00—18:00	太极拳 Shadowboxing	太极拳 Shadowboxing	太极拳 Shadowboxing	太极拳 Shadowboxing	太极拳 Shadowboxing	太极拳 Shadowboxing	
第二周 2 nd Week	8:30—10:00	综合汉语 Comprehensive Chinese	综合汉语 Comprehensive Chinese	剪纸体验 Paper cutting	综合汉语 Comprehensive Chinese	综合汉语 Comprehensive Chinese		
	10:20—11:50	武术理论 Theory of martial arts	武术理论 Theory of martial arts		文化讲座（中国历史） Culture lecture (Chinese history)	综合汉语 Comprehensive Chinese		

	16:00-18:00	太极拳 Shadowboxing	少林寺 Shaolin Temple	太极拳 Shadowboxing	陈家沟 Chen jia gou	太极拳 Shadowboxing	陈家沟 Chen jia gou	太极拳 Shadowboxing		
第三周 3 rd Week	8:30-10:00	太极拳 Shadowboxing	少林寺 Shaolin Temple	太极拳 Shadowboxing	陈家沟 Chen jia gou	太极拳 Shadowboxing	陈家沟 Chen jia gou	太极拳 Shadowboxing		
	10:20-11:50									
第四周 4 th Week	16:00-18:00									
	8:30-10:00	太极拳 Shadowboxing	少林寺 Shaolin Temple	太极拳 Shadowboxing	陈家沟 Chen jia gou	太极拳 Shadowboxing	陈家沟 Chen jia gou	太极拳 Shadowboxing	语言测试 Language Test	
	10:20-11:50	太极拳 Shadowboxing	少林寺 Shaolin Temple	太极拳 Shadowboxing	陈家沟 Chen jia gou	太极拳 Shadowboxing	陈家沟 Chen jia gou	太极拳 Shadowboxing	综合汉语 Comprehensive Chinese	
	16:00-18:00	太极拳 Shadowboxing	少林寺 Shaolin Temple	太极拳 Shadowboxing	陈家沟 Chen jia gou	太极拳 Shadowboxing	陈家沟 Chen jia gou	太极拳 Shadowboxing	综合汉语 Comprehensive Chinese	汇报表演颁发证书 Report performance and certificate awarding
	备注 Note:									

课程简介

Course Description

课程名称 Course Name	内容简介 Brief Introduction
综合汉语 Comprehensive Chinese	汉语课程包括语言技能模块和太极拳相关语言与文化技能模块。语言技能模块开设日常汉语听说，使学生运用所学生词和语法进行日常汉语交际。 Chinese language courses include language skills modules and shadowboxing related language and cultural skills modules. The Language Skills Module sets up everyday Chinese listening and speaking, allowing students to use words and grammar for daily Chinese communication.
武术理论 Theory of martial arts	了解太极拳的一些基本理论和基本知识，从而加深对中国传统文化尤其太极拳及武德的理解和认识。 Learn some basic theories and basic knowledge of Shadowboxing to deepen understanding of traditional Chinese culture, especially Shadowboxing and Wu De.
太极拳 Shadowboxing	掌握陈氏太极拳 18 式、陈氏太极拳 19 式、陈氏太极拳 38 式（拳任选一） Mastering Chen Style Shadowboxing 18, Chen Style Shadowboxing 19, Chen Style Shadowboxing 38 (Choose one)
书法体验 Calligraphy	简介中国书法文化，介绍书法用具及规范，学生练习并完成书法作品。 A brief introduction to Chinese calligraphy culture, introducing calligraphy tools and norms, students practicing and completing calligraphy works.
文化讲座（中国饮食） Culture lecture (Chinese food)	中国饮食文化简介。 A brief introduction to Chinese food culture.

<p>剪纸体验 Paper-cutting</p>	<p>简介中国剪纸艺术；介绍剪纸艺术的基本操作方法和使用工具；演示剪纸作品的制作；学生体验剪纸。 A brief introduction to Chinese Paper cutting art; Introduction to the basic operation methods and tools for Paper cutting art; Demonstration of paper cutting works; Students experience paper cutting.</p>
<p>少林寺 Shaolin Temple</p>	<p>少林寺/少林文化职业武术学院实践体验。 Shaolin Temple/ Shaolin Martial Art College practice experience.</p>
<p>陈家沟 Chen jia gou</p>	<p>温县陈家沟陈氏祠堂实践体验。 Wen xian Chen jia gou Chen's ancestral temple practice experience.</p>
<p>传统乐器体验 Ancient Chinese instrument</p>	<p>传统乐器简介，学生学会识谱，并在老师的指导下学会一首曲目的演奏。 With a brief introduction of traditional instruments, students learn to read the score (music) and learn the performance of a track under the guidance of teacher.</p>