

# WORLD TAI CHI DAY

[http://www.eslHolidayLessons.com/04/world\\_tai\\_chi\\_day.html](http://www.eslHolidayLessons.com/04/world_tai_chi_day.html)

## CONTENTS:

The Reading / Tapescript	2
Phrase Match	3
Listening Gap Fill	4
Listening / Reading Gap Fill	5
Choose the Correct Word	6
Multiple Choice	7
Spelling	8
Put the Text Back Together	9
Scrambled Sentences	10
Discussion	11
Student Survey	12
Writing	13
Homework	14

ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

## THE READING / TAPESCRIPT

World Tai Chi and Qigong Day is an annual event held on the last Saturday of April each year. Its aim is to promote practices of Tai Chi and Qigong. In particular, followers of Tai Chi and Qigong hope to educate the world about the health benefits of the two exercises. The World Tai Chi Day website says it is also a day to help put people in touch with teachers and healing centres, to find out more about these two traditional Chinese disciplines. The annual event, which started in 1999, joins people in over 65 countries. That number grows every year as Tai Chi becomes better known. Celebrations include Tai Chi exhibitions and free classes in most participating cities around the world. The day is recognized by the World Health Organization.

Tai Chi is actually a Chinese martial art. It is called an internal martial art because it is not used for self-defence, but is instead practiced for health reasons. Doctors say it has benefits for those who have heart and blood pressure problems. Many people who practice it say it relieves stress and makes you live longer. Tai Chi is famous around the world for its followers doing their morning slow motion routines in parks. Traditionalists say that Tai Chi is a mixture of self defence and health and that these represent the two opposing forces of yin and yang. A form of Tai Chi with just 42 movements, called wushu, was a sport in the 11th Asian Games in 1990. There are attempts to make it an Olympic event.

## PHRASE MATCH

Match the following phrases from the article.

### Paragraph 1

- |                            |                        |
|----------------------------|------------------------|
| 1. held on the last        | a. with teachers       |
| 2. educate the world about | b. grows every year    |
| 3. put people in touch     | c. Saturday of April   |
| 4. these two traditional   | d. around the world    |
| 5. That number             | e. the health benefits |
| 6. participating cities    | f. Chinese disciplines |

### Paragraph 2

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1. a Chinese martial              | a. defence and health |
| 2. practiced for health           | b. pressure problems  |
| 3. those who have heart and blood | c. 42 movements       |
| 4. a mixture of self              | d. art                |
| 5. A form of Tai Chi with just    | e. an Olympic event   |
| 6. attempts to make it            | f. reasons            |

## LISTENING GAP FILL

World Tai Chi and Qigong Day is \_\_\_\_\_ held on the last Saturday of April each year. Its aim is to promote practices of Tai Chi and Qigong. In particular, followers of Tai Chi and Qigong hope to educate the world about the health benefits \_\_\_\_\_.

The World Tai Chi Day website says it is also a day to help put \_\_\_\_\_ with teachers and healing centres, to find out more about these two traditional Chinese disciplines. The annual event, which started in 1999, \_\_\_\_\_ over 65 countries. That number grows every year as Tai Chi \_\_\_\_\_.

Celebrations include Tai Chi exhibitions and free classes in most participating cities around the world. The \_\_\_\_\_ by the World Health Organization.

Tai Chi is actually a Chinese martial art. It is called \_\_\_\_\_ art because it is not used for self-defence, but is instead practiced for health reasons. Doctors \_\_\_\_\_ for those who have heart and blood pressure problems. Many people who practice it say it relieves stress and \_\_\_\_\_ longer. Tai Chi is famous around the world for its followers doing their morning slow motion \_\_\_\_\_.

Traditionalists say that Tai Chi is a mixture of self defence and health and that these represent \_\_\_\_\_ forces of yin and yang. A form of Tai Chi with just 42 movements, called wushu, was a sport in the 11th Asian Games in 1990. There are attempts \_\_\_\_\_ Olympic event.

## WHILE READING / LISTENING GAP FILL

**Put the words into the gaps in the text.**

World Tai Chi and Qigong Day is an \_\_\_\_\_ event held on the last Saturday of April each year. Its aim is to \_\_\_\_\_ practices of Tai Chi and Qigong. In particular, followers of Tai Chi and Qigong hope to educate the world about the health \_\_\_\_\_ of the two exercises. The World Tai Chi Day website says it is also a day to help put people in \_\_\_\_\_ with teachers and healing centres, to find out more about these two \_\_\_\_\_ Chinese disciplines. The annual event, which started in 1999, \_\_\_\_\_ people in over 65 countries. That \_\_\_\_\_ grows every year as Tai Chi becomes better known. Celebrations include Tai Chi exhibitions and free \_\_\_\_\_ in most participating cities around the world. The day is recognized by the World Health Organization.

*touch*  
*number*  
*benefits*  
*traditional*  
*annual*  
*classes*  
*joins*  
*promote*

Tai Chi is actually a Chinese martial art. It is called an \_\_\_\_\_ martial art because it is not used for self-defence, but is instead practiced for health \_\_\_\_\_. Doctors say it has benefits for those who have heart and blood \_\_\_\_\_ problems. Many people who practice it say it relieves stress and makes you live \_\_\_\_\_. Tai Chi is famous around the world for its followers doing their morning slow motion \_\_\_\_\_ in parks. Traditionalists say that Tai Chi is a mixture of self defence and health and that these represent the two opposing \_\_\_\_\_ of yin and yang. A \_\_\_\_\_ of Tai Chi with just 42 movements, called wushu, was a sport in the 11th Asian Games in 1990. There are \_\_\_\_\_ to make it an Olympic event.

*reasons*  
*routines*  
*internal*  
*form*  
*longer*  
*attempts*  
*forces*  
*pressure*

## CHOOSE THE CORRECT WORD

Delete the wrong word in each of the pairs of *italics*.

World Tai Chi and Qigong Day is an *annually* / *annual* event held on the last Saturday of April each year. Its aim is to promote practices of Tai Chi and Qigong. In *peculiar* / *particular*, followers of Tai Chi and Qigong hope to educate the world about the health *benefits* / *beneficial* of the two exercises. The World Tai Chi Day website says it is also a day to help put people *in* / *on* touch with teachers and healing centres, to find out more about these two traditional Chinese disciplines. The annual event, which started in 1999, *joints* / *joins* people in over 65 countries. That number *grew* / *grows* every year as Tai Chi becomes better known. Celebrations include Tai Chi exhibitions and *flee* / *free* classes in most participating cities around the world. The day is recognized *of* / *by* the World Health Organization.

Tai Chi is *actually* / *actual* a Chinese martial art. It is called an internal martial art because it is not used for self-defence, but is instead practiced for health *reason* / *reasons*. Doctors say it has benefits for those who have heart and *bloody* / *blood* pressure problems. Many people who practice it say it *relief* / *relieves* stress and makes you live longer. Tai Chi is famous around the world for its *follower* / *followers* doing their morning slow motion routines in parks. Traditionalists say that Tai Chi is a *mixture* / *mixes* of self defence and health and that these represent the two opposing *force* / *forces* of yin and yang. A form of Tai Chi with just 42 movements, called wushu, was a sport in the 11th Asian Games in 1990. There are *trying* / *attempts* to make it an Olympic event.

## MULTIPLE CHOICE

World Tai Chi and Qigong Day is an annual event (1) \_\_\_\_\_ on the last Saturday of April each year. Its aim is to promote practices of Tai Chi and Qigong. In (2) \_\_\_\_\_, followers of Tai Chi and Qigong hope to educate the world about the health benefits of the two exercises. The World Tai Chi Day website says it is also a day to help put people (3) \_\_\_\_\_ touch with teachers and healing centres, to find out more about these two (4) \_\_\_\_\_ Chinese disciplines. The annual event, which started in 1999, joins people in over 65 countries. That number (5) \_\_\_\_\_ every year as Tai Chi becomes better known. Celebrations include Tai Chi exhibitions and (6) \_\_\_\_\_ classes in most participating cities around the world. The day is recognized by the World Health Organization.

Tai Chi is (7) \_\_\_\_\_ a Chinese martial art. It is called an internal martial art because it is not used for self-defence, but is instead practiced for health reasons. Doctors (8) \_\_\_\_\_ it has benefits for those who have heart and blood pressure problems. Many people who practice it say it relieves (9) \_\_\_\_\_ and makes you live longer. Tai Chi is famous around the world for its followers doing their morning slow (10) \_\_\_\_\_ routines in parks. Traditionalists say that Tai Chi is a mixture of self defence and health and that these represent the two opposing forces of yin and yang. A (11) \_\_\_\_\_ of Tai Chi with just 42 movements, called wushu, was a sport in the 11th Asian Games in 1990. There are (12) \_\_\_\_\_ to make it an Olympic event.

### Put the correct words from this table into the article.

- |     |                |                   |                 |                 |
|-----|----------------|-------------------|-----------------|-----------------|
| 1.  | (a) hold       | (b) holder        | (c) held        | (d) holds       |
| 2.  | (a) particular | (b) peculiar      | (c) particulars | (d) peculiarly  |
| 3.  | (a) on         | (b) in            | (c) of          | (d) at          |
| 4.  | (a) traditions | (b) traditionally | (c) tradition   | (d) traditional |
| 5.  | (a) growth     | (b) grown         | (c) grows       | (d) grew        |
| 6.  | (a) freely     | (b) free          | (c) freedom     | (d) frees       |
| 7.  | (a) actually   | (b) actual        | (c) actuality   | (d) actualize   |
| 8.  | (a) speak      | (b) say           | (c) talk        | (d) voice       |
| 9.  | (a) stressed   | (b) stressing     | (c) stress      | (d) stresses    |
| 10. | (a) motion     | (b) motioning     | (c) motioned    | (d) motionless  |
| 11. | (a) forms      | (b) former        | (c) forums      | (d) form        |
| 12. | (a) trying     | (b) stabs         | (c) goes        | (d) attempts    |

## SPELLING

Spell the jumbled words (from the text) correctly.

### Paragraph 1

1. eoprotm practices of Tai Chi
2. In prlturcaia
3. health etfbisne
4. put people in cuhto
5. That meurbn grows every year
6. free acsessl

### Paragraph 2

7. liratma art
8. health raoesns
9. blood sprusere
10. slow noitom
11. opposing refcso of yin and yang
12. an Olympic teven

## PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- ( ) practices of Tai Chi and Qigong. In particular, followers of Tai Chi and Qigong hope to educate the world about the health
- ( ) Tai Chi is actually a Chinese martial art. It is called an internal martial art because it is not used
- ( ) longer. Tai Chi is famous around the world for its followers doing their morning slow motion routines in
- ( ) 11th Asian Games in 1990. There are attempts to make it an Olympic event.
- ( ) for self-defence, but is instead practiced for health reasons. Doctors say it has benefits for those who have heart
- ( ) benefits of the two exercises. The World Tai Chi Day website says it is also a day to help put people in
- ( ) known. Celebrations include Tai Chi exhibitions and free classes in most participating cities
- ( ) opposing forces of yin and yang. A form of Tai Chi with just 42 movements, called wushu, was a sport in the
- ( ) parks. Traditionalists say that Tai Chi is a mixture of self defence and health and that these represent the two
- ( **1** ) World Tai Chi and Qigong Day is an annual event held on the last Saturday of April each year. Its aim is to promote
- ( ) event, which started in 1999, joins people in over 65 countries. That number grows every year as Tai Chi becomes better
- ( ) around the world. The day is recognized by the World Health Organization.
- ( ) touch with teachers and healing centres, to find out more about these two traditional Chinese disciplines. The annual
- ( ) and blood pressure problems. Many people who practice it say it relieves stress and makes you live

## SCRAMBLED SENTENCES

With a partner, put the words back into the correct order.

1. last April event the of annual on Saturday an held

---

2. world the benefits the about health educate

---

3. put teachers with touch in people

---

4. year grows That every number

---

5. exhibitions Chi Tai classes free and

---

6. martial Chinese a actually is Chi Tai art

---

7. who those problems pressure blood and heart have

---

8. health is of and Chi mixture defence Tai a self

---

9. and yang the two opposing forces of yin

---

10. attempts There Olympic it to are event an make

---

**DISCUSSION (Write your own questions)**

**STUDENT A's QUESTIONS (Do not show these to student B)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Copyright © www.ESL Holiday Lessons.com

**DISCUSSION (Write your own questions)**

**STUDENT B's QUESTIONS (Do not show these to student A)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Copyright © www.ESL Holiday Lessons.com

# THE WORLD TAI CHI DAY SURVEY

Write five questions about World Tai Chi Day in the table. Do this in pairs/groups. Each student must write the questions on his / her own paper.

Without your partner, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

**Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.**



## HOMEWORK

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find more information about World Tai Chi Day. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about World Tai Chi Day. Write about what happens around the world. Include two imaginary interviews with people who did something on this day.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. POSTER:** Make your own poster about World Tai Chi Day. Write about will happen on this day around the world.