



“Those who sow in tears will reap with songs of joy.”  
Psalm 126:5

## ST.FRANCIS XAVIER HIGH SCHOOL

School News

International  
Education Center

March, 29, 2013

### Tai Chi—Chinese Martial Art with International Exchange Students



**International students, accompanied by our Principal Chang, experiencing an exercise of Tai Chi, a traditional Chinese martial art.**

Chinese Martial Art, Tai Chi, equal to Shaolin Kung-Fu, is known to the world. The spirit of it stresses on the soft martial techniques against the hard ones, and the defensive against the offensive. And the patterns of it are easy to manage.

Tai Chi was one of the

performances in St. Francis Xavier High School (FXSH) on the day of anniversary, 2012. The International Exchange Students in the Chinese Language Class in FXSH attended the ceremony, and showed great interest in it. So the school arranged the schedule of the course for them.

Sun Ming Xuan is a former principal in FXSH, and also a member of School Board. He practiced Tai Chi as a regular activity in the morning. So approvingly, he took on the job.



**Director Sun, a member of the Board of Directors, demonstrating how Tai Chi can be practiced in a physical confrontation.**

On the fourteenth of March the exchange students started the sport of Tai Chi. They practiced the pushing and yielding movements step by step following the demonstrations of Sun. Though a little clumsy at the beginning, they had a grasp of the approach by and by.



**International students having a picture taken with Director Sun and Principal Chang.**

“How could the Art be applied?” was the question of the students.

On request, Sun demonstrated Tai Chi in a practical physical confrontation. In the engagement, he showed how to use the soft

techniques to face the opponent, and turned it to his advantage.

In an exciting day of practice of Tai Chi, the international exchange students actually witnessed the greatness of the Chinese Martial Art with exclamations.