

## Chinese 3 Learning Objectives and Homework for the week of April 6-10

Monday, April 6

**Learning Objectives:** (Please write the following on your 4/06 Chinese Learning Log.)

1. I can understand the Chinese commands of the first two exercises of Chinese

Qigong: <sup>bā duàn jǐn</sup> 八段锦 (The Eight Essential Exercises).

2. I can do the first two exercises of <sup>bā duàn jǐn</sup> 八段锦 (The Eight Essential Exercises).

**Homework:**

- **Listening & Speaking:**

Please watch the Chinese Qigong: The Eight Essential Exercises video.

- **Reading & Writing:** Please write the following Chinese vocabulary:

<sup>shǒu zhǎng zhǐ tuǐ jiǎo xīn fù bù shēn tǐ dūn hū xī</sup>  
手 掌 指 腿 脚 心 腹部 身体 蹲 呼吸  
Hand palm finger leg foot heart abdomen body squat breathe

**Class Note:**

Please practice writing the following Chinese exercise commands three times.

<sup>shuāngtuǐ wēi wān shuāngshǒu bào qiú zhǐ jiān xiāng duì zì rán hū xī yù bèi shì</sup>  
双腿微弯 双手抱球 指尖相对 自然呼吸 (预备式)

Bend your legs slightly; pose both hands like holding a ball; point your fingers at each other;  
Breathe naturally (The Ready Posture)

**Quiz:** None

Tuesday, April 7

- No learning log writing required
- Please watch the Eight Essential Exercises video and practice the exercises.

Thursday, April 9

- Same as April 7.

Friday, April 10

- Same as April 7.