

Learning About T'ai Chi

READING FOCUS: USING DOCUMENTS TO SOLVE A PROBLEM

You will often need to use information from a variety of documents to explain a situation, make a decision, or solve a problem. You may find that information in the following types of documents. **Public documents** inform people about the goings on in their community, city, country—even the planet. These include newspaper articles, calendars of events, beach safety regulations, announcements of contest winners, and many more. **Consumer documents** give people information about things they buy. These include warranties, contracts, product information, and instruction manuals. Documents used in looking for or carrying out a job are **workplace documents**. These include job applications, resumes, cover letters, and office rules.

The documents that follow relate to t'ai chi (pronounced tie chee), an ancient Chinese system of slow, meditative physical exercise. The documents are in the form of a Web page, a schedule, and an application. Web pages may have text, graphics, photographs, sound, and video clips. When you read a Web page, take note of heads, lists, diagrams, and illustrations. As you read these documents, decide if they are public, consumer, or workplace documents.

READING SKILL: TIPS FOR READING INFORMATIONAL TEXTS

As you read, look for the following:

- **Numbered steps** indicate that directions must be followed in a specific order.
- **Subheads** tell you what ideas are being discussed.
- The use of **boldface** signals something important.
- **Graphics**, such as maps and charts, convey information visually.

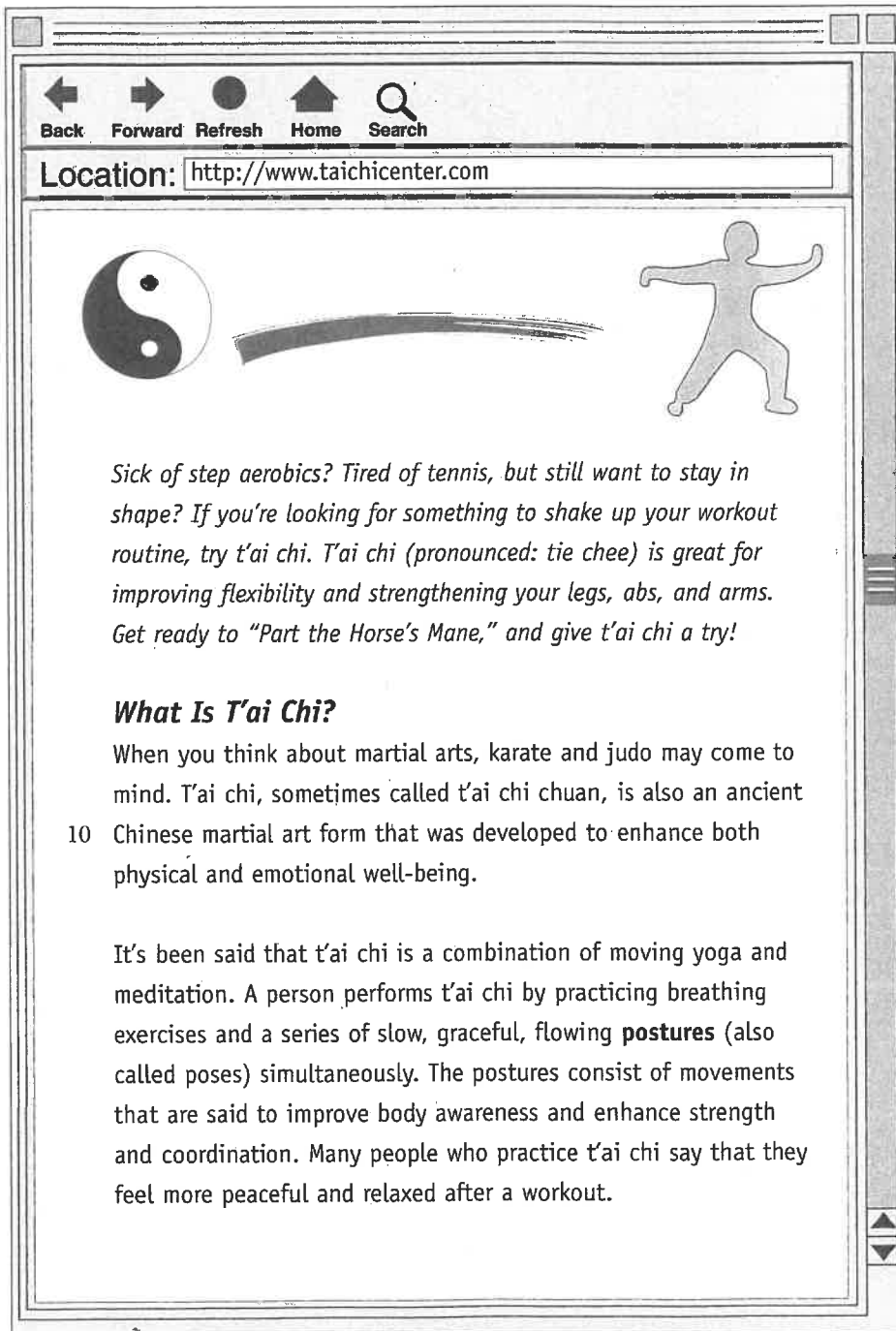
SKILLS FOCUS

Reading Skills

Use information from documents to solve a problem.

Locating Information: A Web Page

Carlos is the best shortstop on his Little League team, but when baseball season is over, he doesn't get enough exercise. His cousin in San Francisco has been studying t'ai chi and recommends that Carlos take it up. Carlos isn't sure what t'ai chi is, so he looks it up on the Internet and finds this article.



The screenshot shows a web browser window with a navigation bar containing icons for Back, Forward, Refresh, Home, and Search. The address bar shows the URL <http://www.taichicenter.com>. The main content area features a yin-yang symbol on the left, a horizontal brushstroke in the center, and a silhouette of a person in a Tai Chi stance on the right. Below these images is a paragraph of text: "Sick of step aerobics? Tired of tennis, but still want to stay in shape? If you're looking for something to shake up your workout routine, try t'ai chi. T'ai chi (pronounced: tie chee) is great for improving flexibility and strengthening your legs, abs, and arms. Get ready to 'Part the Horse's Mane,' and give t'ai chi a try!" This is followed by a section header "What Is T'ai Chi?" and a paragraph: "When you think about martial arts, karate and judo may come to mind. T'ai chi, sometimes called t'ai chi chuan, is also an ancient Chinese martial art form that was developed to enhance both physical and emotional well-being." A numbered list item "10" is placed to the left of this paragraph. Below the list item is another paragraph: "It's been said that t'ai chi is a combination of moving yoga and meditation. A person performs t'ai chi by practicing breathing exercises and a series of slow, graceful, flowing postures (also called poses) simultaneously. The postures consist of movements that are said to improve body awareness and enhance strength and coordination. Many people who practice t'ai chi say that they feel more peaceful and relaxed after a workout."

Notes

IDENTIFY

The article mentions reasons that t'ai chi was developed. Underline them.

INTERPRET

Pause at line 18. Underline the way people who practice t'ai chi feel after a workout. Based on what you have read so far, does this feeling sound like it should be an effect of practicing t'ai chi? Explain.

TEXT STRUCTURE

What information do you learn from the bulleted list in lines 26–31?

SUMMARIZE

Pause at line 42. Briefly summarize the recommendations in lines 37–42.

VISUALIZE

Use the space below to draw a sketch of what the pose “White Crane Spreads Its Wings” looks like.

← Back → Forward ● Refresh 🏠 Home 🔍 Search

Location:

20 T'ai chi was developed in ancient China as early as 225 A.D. The ancient Chinese believed that the body was filled with energy, or **chi**, but chi could become blocked, causing illness and disease. They believed that a person could help improve the flow of chi throughout the body and improve health by practicing t'ai chi exercises.

There are many different styles of t'ai chi, including:

- Chen style
- Hao (or Wu Shi) style
- Hu Lei style
- Sun style
- 30 • Yang style
- Zhao Bao style

The different types vary in intensity and focus. For example, Sun style is known for its fast footwork. The low-impact movements of Hao style can be practiced by people who are elderly or have special needs. In general, though, practicing t'ai chi improves strength, flexibility, and respiratory function.

40 Before you start your first t'ai chi workout, you should dress comfortably so you can move and stretch easily. Shorts or tights and a T-shirt or tank top are great choices. Because t'ai chi is a martial art, some people who practice it wear a martial arts training uniform. T'ai chi is usually practiced barefoot or in comfortable socks and sneakers.

During a t'ai chi class, you'll participate in forms. Each form is a series of movements (also called poses) performed in a specific order. The poses that make up the forms sometimes have visually descriptive names, such as “White Crane Spreads Its Wings” and “Grasp Sparrow’s Tail.”

Reading a Schedule

Carlos likes the description of t'ai chi. He thinks it's interesting enough to look for a school that teaches it. On the Internet he finds a listing for the T'ai Chi Center, which is in his neighborhood. Carlos would prefer to attend a class on a weekend afternoon, because he's busy with schoolwork and other activities during the week. He then checks the schedule to see if there is a class at a convenient time.

TEXT STRUCTURE

Look at the navigation bar at the top of this Web page. Explain how you know that you are on the section of the Web site called "Schedule."

IDENTIFY

On what days does the T'ai Chi Center offer classes?

Location: <http://www.taichicenter.com/schedule.htm>

Navigation: ONLINE APPLICATION, SPECIAL EVENTS, PHOTOGRAPHS, ABOUT US, TAI CHI CENTER, COURSE DIRECTORY, SCHEDULE, WORKSHOPS, FAQs

Class Schedule

The T'ai Chi Center is closed on Sundays and Mondays

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 pm	T'ai Chi	Kung Fu	Meditation	T'ai Chi	T'ai Chi
2:30 pm	Meditation	Meditation	T'ai Chi	Kung Fu	Meditation
5:00 pm	Kung Fu	T'ai Chi	Kung Fu	Meditation	Kung Fu
7:30 pm	T'ai Chi	Kung Fu	Meditation	T'ai Chi	T'ai Chi

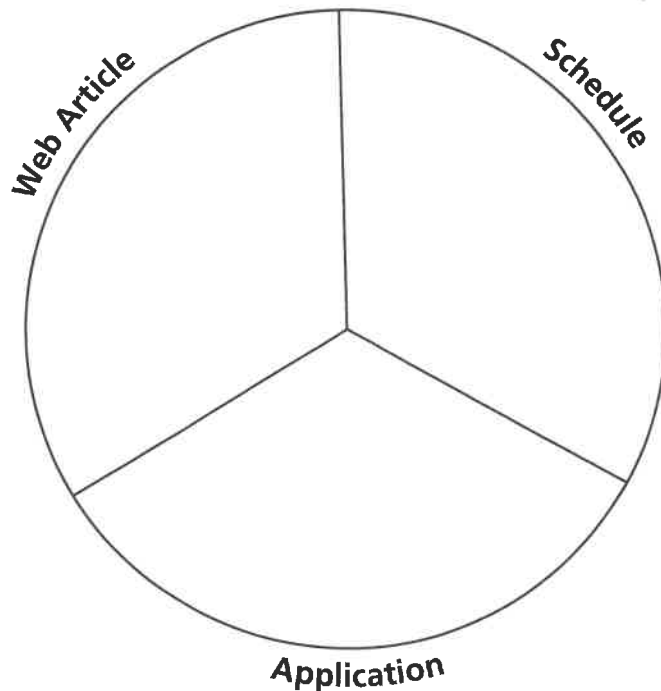
Learning About T'ai Chi

Information-Locator Wheel The documents you just read contain a lot of information. Write the number of each item from the Information Bank in the area of the wheel that shows where each piece of information can be found.

SKILLS
FOCUS

Reading Skills
Analyze information from documents.

1. the names of certain t'ai chi postures
2. the way to receive e-mail updates about the T'ai Chi Center
3. whether the T'ai Chi Center is open on the weekend
4. the availability of t'ai chi classes on Wednesdays
5. information on the benefits of taking t'ai chi classes
6. a list of different styles of t'ai chi
7. whether a t'ai chi course is available at 5:00 PM on Thursday nights
8. whether providing an e-mail address is optional or required
9. recommended wardrobe for t'ai chi classes
10. the date when t'ai chi began developing



Skills Review

Learning About T'ai Chi

COMPREHENSION

Reading Comprehension Answer the following questions.

1. What are two benefits of practicing t'ai chi listed on the Web page article?

2. What is said to happen when someone's chi is blocked?

3. What does the article recommend one should wear while taking a t'ai chi class?

4. What does Carlos need to do if he chooses not to receive e-mail updates about the T'ai Chi Center?

5. How does someone filling out an application certify that he or she has given true information?

**SKILLS
FOCUS**

**Reading
Skills**
Analyze
information
from
documents.