Chinese favorite sports
1. Basketball
2. Football
3. Tai chi

Volleyball
Table tennis
Tennis
Swimming
Basketball

Lin Shuhao

Yao Ming
The history of basketball starts with James Naismith.

About the NBA

The league was founded in New York City on June 6, 1946 as the Basketball Association of America (BAA).

The league adopted the name National Basketball Association (NBA) in 1949 after merging with the rival National Basketball League (NBL).
Football
The first football international, **Scotland** versus **England**. Once kept by the **Rugby Football Union** as an early example of rugby football.
Spanish new shirts
Tai chi
Tai Chi Chuan
Clothes for Tai chi
十六、左下势独立

十七、右下势独立

十八、右左穿梭
For the old people  For the young
A contest in a primary school
Tai chi is one of the Chinese traditional martial arts. Initially, it functioned as a unique and profound self-defense technique.

As an ancient Kongfu, tai chi includes quan, sword, broadsword, spear, push-hand, etc. especially the push-hand is well-known for its technique and tactic, the powerful and aggressive opponent being defeated by a small clever attack or an abrupt explosive power.

As a typical artful Chinese kongfu, hand push has been highly popular with the small and weak people.
The Origin of Tai Chi Chuan

- The photo of Chang San Feng
- The legendary founder of Tai Chi Chuan is said to have been a mountain hermit (隐士) by the name of Chang San Feng who lived during the Yuan Dynasty (1279-1368).
The Visual Feast of Beijing Olympic Game
The Benefits of Tai Chi Chuan

- Facilitates Cardiovascular improvement
- Increased leg, hip, waist, and back strength
- Got a Greater balance and stability
- Increases the blood circulation
- Strengthen the Immune system
The Influences of Tai Chi Chuan
It is Towards to the World
The development of Itself

- Tai Chi Chuan is an ancient Chinese form of martial art (武术)
- Anyone can learn regardless of age or physical condition.
Volleyball
Chinese Volleyball Association
Table tennis
Tennis
Li Na
In the 12-13 century, the Christian Moenks invented the game.

Then the game was introduced into French Palace and soon got popular in the royals. So it was also called royal tennis.

The name Tennis comes from the French word “Tennez”
In 1837, Winfield, a British, moved this ancient game onto the outdoor lawn tennis. Therefore, Winfield was regarded as the founder of the modern tennis.
swimming
water ballet players
2008 Olympic Games
Swimming course
Chinese family
Water ballet is originated in Europe. It began from Canada in the 1920s and transmitted to America in the 1930s.
Thank You!!!