

Workshop

2008 Annual Conference of the International Association for the Philosophy of Sport

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Inquiry into Body Knowledge of Oriental Body Techniques: Through a Practical Experience of the “Ki” (qigong)

Purpose: While sports philosophers practically experience of *Oriental body techniques*, this workshop intends to make a tie between the tacit knowledge the *Oriental body techniques* and the explicit knowledge of the West. We try to deepen the recognition about physically experienced knowledge in this workshop.

Programme: This workshop consists of four parts.

Part 1: Short lecture of Professor Akio Kataoka (ca. 10 minutes)

Demonstration of the qigong (named “tai-ki”) (ca. 15 minutes)

Part 2: Experience of the qigong (ca. 40 minutes)

Three types of experiencing the qigong will be practiced in this part.

Part 3: Group discussion (ca.10 minutes)

We will co-ordinate some groups of 5-8 persons including overseas participants and Japanese experienced persons.

Each group will discuss about what the members felt and thought during the practices.

Part 4: Final discussion (ca. 15 minutes)

Japanese experts (Kataoka, Endo, Kato, and others) and participants will discuss about *Body Knowledge* through “Ki” (qigong).