

Ancient Chinese

The Chinese culture recognized that regular exercise could prevent certain diseases. In fact, the philosophical teachings of Confucius encouraged participation in physical activity. Consequently, the Chinese developed Cong Fu gymnastics to keep the body in good working condition. Cong Fu exercise programs consisted of various stances and movements that were actually modelled after the fighting styles of different animals. The ancient Chinese also engaged in other forms of physical activity, such as archery, badminton, dancing, fencing and wrestling.