



SHAOLIN
Wushu
 CENTER

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Master Ginger
 Jiang Guiqin

Kung Fu Class Schedule June 2010 - Sep 2010

All classes will focus on the following areas:

Class format

1. Proper warm-up and stretching
2. Traditional Chinese Wushu foundation drills
3. Learn and apply Wushu form

Class goals

1. Increase flexibility and body strength
2. Improve mental awareness
3. Instill discipline and respect

Monday	11:00 am - Noon	Adult	Kickboxing
	5:00 pm - 6:30 pm	Team	Chang Quan (Long Fist)
	6:30 pm - 7:30 pm	Adult	Staff
	7:30 pm - 8:30 pm	Adult	Beginner Foundation & Staff Basics
Tuesday	10:00 am - 11:00 am	Adult	Straight Sword
	4:30 pm - 5:30 pm	Children	Hand Form
	5:30 pm - 6:30 pm	Children	Fan & Staff
	7:30 pm - 8:30 pm	Adult	Self Defense
Wednesday	11:00 am - Noon	Adult	Kickboxing
	5:00 pm - 6:30 pm	Team	Broadsword & Staff
	6:30 pm - 7:30 pm	Adult	Staff & Form Review
Thursday	10:00 am - 11:00 am	Adult	Form Review
	4:30 pm - 5:30 pm	Children	Fan & Staff
	5:30 pm - 6:30 pm	Children	Hand Form & Staff & Fan
	7:30 pm - 8:30 pm	Adult	Beginner Foundation & Staff Basics
Friday	4:30 pm - 5:30 pm	Team 2	Basics & Staff & Fan
	5:30 pm - 7:00 pm	Team 1	Staff
	7:00 pm - 8:00 pm	Adult	Beginner Foundation & Staff Basics
Saturday	10:00 am - 11:00 am	Children	Children's Class
	11:00 am - Noon	Children	Children's Class
	Noon - 1:00 pm	Adult	Self Defense
	1:15 pm - 2:30 pm	Open	Wushu Tumbling (extra fee applies)
	2:30 pm - 3:30 pm	Open	Stunt Choreography

**** Sunday: Dance Class - please call the school for more information**

To register or determine appropriate skill level, please call or stop by the Wushu Center.

Private Classes are available by appointment for personalized one on one instruction on any wushu form. Please contact the Wushu Center for more information.

Tuition payments can be made by either cash or check.