



SHAOLIN  
*Wushu*  
 CENTER

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**Master Ginger  
 Jiang Guiqin**

# Taiji Class Schedule June 2010 - Sep 2010

**All classes will focus on the following areas:**

**Class format**

1. Proper warm-up and stretching
2. Traditional Taiji postures & movements
3. Standardized movement forms of Taiji
4. Qigong ("breathing skills") exercises

**Class goals**

1. Physical conditioning
2. Stress reduction
3. Healing of chronic conditions

Tuesday	6:30 pm	Adult	BaguaZhang
Wednesday	7:30 pm	Adult	Chen Style Hand Form & Fan Form
Thursday	6:30 pm	Adult	Taiji Basic Foundation & Combat Form

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.