

Wudang Tai ji Quan with Daoist Monk: Xuan Yun

Starts on Wednesday, September 7th, 2011

Wed 6:30-7:30pm Beginner 7:45-8:45pm Intermediate

Monthly fees: \$60 (4 weeks / one class / week)

\$100 (4 weeks / two classes / week)

For thousands of years, the Wudang arts were kept secret from the outside world. Fortunately, the Daoist Monk, Xuan Yun, is dedicating his life to preserving and spreading the martial arts of Wudang Mountain, and offering classes at the Chinese Culture Connection starting in Sept 2011.

In the beginner classes, students will learn fundamental training, including detailed instructions of a warm-up routine, basic stances, punches, and the kicks as well as the first section of Wudang Tai Ji (24 movements). For the intermediate class, students will learn push hands, Wudang Tai Ji 108 movements with practical martial applications and later Wudang Sword. This program offers deep insight into traditional martial arts training, no matter what style you practice.



武當太極拳

周玄雲道士

9月7日起

星期三晚上6:30- 7:30 初級班

7:45 -8:45 高級班

每月：\$60（4個星期，每周一堂課）

初級班中級班\$100（4個星期，每周兩堂課）

太極拳是中華民族陰陽哲學理論，武術，養生的完美結合，適合不同年齡段的人練習。太極拳運動，可以幫助練習中和之氣，讓你能保持有一顆和平的心態，也可以練習人體的平衡力，實戰中也可以起到防身的作用。對老年人的腦癱，半身不遂，都有很好的預防效果。

周玄雲道長在武當山長大，是太極拳創始人張三丰的第15代傳人。玄雲道士不謹學盡所有武當山拳術，還有十幾年的傳授經驗。為了保存和傳揚中國傳統文化，他在波士頓及美國其它地方開班授徒。此課程內容會依據學生經驗條件調整。有意者請盡速註冊。

Class Location and registration:
238 Highland Ave., Malden, MA 02148
781-321-6316
or e-mail mei@chinesecultureconnection.org
or visit www.ChineseCultureConnection.org

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