



Calvin Chin's Martial Arts Academy, Inc.

66 Winchester Street • Newton Highlands, MA 02461 • (617) 527-8890 • www.calvinchin.com

Winter Program

December 1, 2016 - February 28, 2017

School Closings: December 25, January 1 and February 12.

Sunday

9:30-10:30am		Adult	Tai Chi Paradigm – Intro & up (possibly Wu long form simultaneously)
10:30-11:30am	Youth		Kung Fu – Intro & up
11:30-12:30pm	Youth	Teen	Performance Team – Yellow & up****

Monday

7:00-8:00pm		Adult	Sifu Class – Monthly, 1 st Monday; Sifu rank
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Tuesday

8:00 OR 8:30am		Adult	Kung Fu – Intro & up NEW pre-registration required*
9:30-10:30am		Adult	Tai Chi – Intro & up
10:30-11:30am		Adult	Tai Chi Weapon – Intermediate & up ** ***
3:45-4:45pm	Youth		Afternoon Kung Fu – Intro, red & blue
5:30-6:30pm	Youth		Kung Fu – Intro & up
6:30-7:30pm	Youth		Kung Fu – Yellow & up
7:30-8:30pm		Adult	Tai Chi – Intro & up
7:30-8:30pm	Youth	Adult	Tai Chi Push Hands – Fundamentals & Freestyle Intermediate & up ** ***
8:30-9:30pm		Adult	Kung Fu – Intro & All Ranks

Wednesday

5:30-6:30pm		Adult	Tai Chi Weapon – Intermediate & up ** ***
6:30-7:30pm	Youth	Adult	Tai Chi Modern Forms – Intermediate (and Advanced Youth) ***
7:30-8:30pm	Teen	Adult	Mu Dong Yat Hei Ngm Hahng Morn – Brown Belt w/ 3 Stripes & up

Thursday

8:00 OR 8:30am		Adult	Kung Fu – Intro & up NEW pre-registration required*
9:30-10:30am		Adult	Tai Chi – Intro & up
10:30-11:30am		Adult	Tai Chi Push Hands – Intermediate & up ** ***
3:45-4:45pm	Youth		Afternoon Kung Fu – Intro, red & blue
5:30-6:30pm	Youth		Kung Fu – Intro & up
6:30-7:30pm		Adult	Tai Chi – Intro & up
7:30-8:30pm		Adult	Kung Fu – Intro & up
8:30-9:30pm		Adult	Kung Fu – Brown & up

Friday

5:30-6:30pm	Youth		Kung Fu (Wushu Fundamentals) – Yellow & up ***
6:30-7:30pm	Youth		Kung Fu (Traditional Forms) – Brown & up ** ***
7:30-8:30pm	Youth	Adult	Sparring / Exercise Drills & Pad Work ***

Saturday

8:15-9:15am	Teen	Adult	Dragon Dance Practice - Invitational
9:30-10:30am		Adult	Tai Chi – Intro & up
10:30-11:30am		Adult	Kung Fu – Intro & All Ranks
11:30-12:30pm	Youth		Kung Fu – Intro & up
12:30-1:15pm	Youth	Adult	Lion Dance & Fundamental Drills – Blue & up ** *** ****
1:15-2:15pm	Youth		Kung Fu – Brown & up ****

* Note: for all **NEW** classes requiring pre-registration, we're waiting for a minimum of 6 to sign up before running the class. Please email info@calvinchin.com if interested in any new offering.

** No warm-ups; *** See reverse for fees, requires enrollment in core classes. **** Some on-the-field training 1/28-2/12.

Several of our classes are meant to be supplements to our core classes of Tai Chi and Kung Fu. Many may be taken at no additional cost to our core members, but there is a charge for non-core members. Please see the description and fee information for each supplementary class:

All of the Sunday and **NEW** morning and mid-day classes will be taught by Instructor Lucien Zoll. For all NEW classes requiring pre-registration, we're waiting for a minimum of 6 to sign up before running the class.

Afternoon Kung Fu

Instructor: Lucien Zoll

This class is currently running at 3:45pm on Tuesdays and Thursdays. It is also possible that a 4:30 class could be added in which case the current class would move to 3:30. Please email info@calvinchin.com if you'd like to add your name to a list for the later time slot.

Cost: Charged as a regular core class.

Prerequisite: Intro, red & blue belts only

Kung Fu Traditional Forms

Instructor: Calvin Chin

Cost per month: Charged as an additional class for members enrolled in a minimum of two core classes.

Students must be paying *3 or More Classes/Week, Unlimited, 2 Programs or Family*.

Prerequisite: Brown & up

Kung Fu Wushu Fundamentals

Instructor: Calvin Chin

Cost per month: Charged as an additional class for members enrolled in a minimum of two core classes. .

Students must be paying *3 or More Classes/Week, Unlimited, 2 Programs or Family*.

Prerequisite: Yellow & up

Lion Dance & Fundamental Drills

Instructor: Lucien Zoll, Justin Morin

Cost per month: Charged as an additional class for members enrolled in minimum of two core classes, paying for *3 or More Classes/Week, Unlimited, 2 Programs or Family*.

Prerequisite: Blue & up or with permission of instructor.

Sparring / Exercise Drills & Pad Work

Instructor: Tasos Kalaitzidis, Mynor Diaz

Cost per month: Charged as an additional class for members enrolled in at least one core class (unless waived by instructor). Students must be paying for *2 or More Classes/Week, Unlimited, 2 Programs or Family*.

Prerequisite: Blue & up OR by invitation. Due to the vigorous physical nature of the exercises, participants must be in excellent physical condition to enroll in this class. A signed consent/release form with a list of rules and required gear must be received prior to enrollment.

What to bring: Sparring gear may be purchased for approximately \$100 and must be brought to each class.

Tai Chi Modern Forms

Instructor: Calvin Chin

Continuing 42-Movement Combination, 24 and other modern forms depending on students enrolled.

Cost per month: Core members must be paying *4 or More Classes/Week, Unlimited, 2 Programs or Family*.

Prerequisite: Completed traditional Wu long form.

Tai Chi Paradigm

Instructor: Lucien Zoll

Tai Chi Paradigm is a training system developed by Master Chin to maintain, improve, and prevent age-related degeneration of neuro-muscular motor skills. The class covers warm-up exercises and the 37-movement Wu short form. Depending on the students enrolled, a small group may break out after the warm-ups and work independently on the Wu long form.

Cost per month: Charged as a core class.

Prerequisite: None

Tai Chi Push Hands

Instructor: Lucien Zoll

Cost per month: Charged as an additional class for members enrolled in a minimum of two core classes. Students must be paying *3 or More Classes/Week, Unlimited, 2 Programs or Family*.

Prerequisite: Completed traditional Wu long form. Due to the vigorous physical nature of the exercises, participants must be in excellent physical condition to enroll in this class.

Tai Chi Weapon

Instructor: Calvin Chin

Cost per month: Charged as an additional class for members enrolled in a minimum of two core classes. Students must be paying *3 or More Classes/Week, Unlimited, 2 Programs or Family*.

Prerequisite: Completed traditional Wu long form.