



Calvin Chin's Martial Arts Academy, Inc.

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School Closings May 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (no open workout)
Mornings AM and early Afternoon PM						
9:00-10:30				Tai Chi Paradigm (TCP) / 108*		
9:30-11:00		Tai Chi Paradigm (TCP) / 108*				TCP / 108*
10:00-11:00						Kung Fu 101** Introductory Class – Youth under Age 9
10:45-11:45				Tai Chi Paradigm see description		
11:00-12:00		Tai Chi Weapon (see prerequisites)	Senior Tai Chi Paradigm		Senior Tai Chi Paradigm	
11:00-12:30						Kung Fu Red and Blue Belts
11:00-12:30						Kung Fu Inter./Adv. Pillar Forms Yellow Belt & up
12:30-1:30		Senior Tai Chi Paradigm				Lion Dance / Sparring & Drills
12:30-1:30						Senior Tai Chi Paradigm
Evenings PM						
5:00-6:00		Kung Fu 101** Introductory Class – Age 9 and up & Red Belt 2 stripes & below				
5:30-6:30					Kung Fu Red Belt 2 stripes & below	
6:00-6:30				Tai Chi Weapon (see prerequisites)		
6:30-7:00				Intro to Push Hands (see prerequisites)		
6:00-7:00			Introduction to Tai Chi Paradigm			
6:00-7:30		Kung Fu Red Belt 3 stripes & Blue Belt				
6:30-7:30	Tai Chi Paradigm				Kung Fu Red 3 stripes & Blue Belt	
6:30-7:30	Senior Tai Chi Paradigm					
7:00-7:30			Mu Dong Yet Hei Morn	Kung Fu Two Person Set Yellow & up (optional)		
7:30-8:30		KF Yellow Belt	Kung Fu Advanced Black Belt & up	KF Yellow Belt		
7:30-8:30		KF Brown Belt		KF Brown Belt		
8:30-9:00		Kung Fu Advanced Black Belt & up		Kung Fu Advanced Black Belt & up		

* TCP/108 = Tai Chi Paradigm (short form) / Wu style 108 long form

** See description of Introduction to Kung Fu 101

Kung Fu 101 Introductory Class - Youth Under Age 9

Saturday 10:00-11:00am

A one-hour class per week over 3-month period for new students (Youth under Age 9) to KungFu. The most basic introductory class with a focus on drills (warm-ups, foot work, stances, punches, kungfu form postures). Upon completion, each student will be evaluated for proficiency before moving into a regular Red Belt level class.

Kung Fu 101 Introductory Class - Age 9 and Up

Tuesday 5:00 to 6:00pm

A one-hour class per week over 3-month period for new students (Age 9 and Up) to KungFu. The most basic introductory class with a focus on drills (foot work, stances, punches, kungfu form postures). Upon completion, each student will be evaluated for proficiency before moving into a regular Red Belt level class.

Intro to Push Hands – Drills & Fundamentals

Thursday 6:30-7:00pm

Prerequisite: Intermediate Level. Must have 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.

Kung Fu Black Belt & up

Tuesday 8:30-9pm; Wednesday 7:30-8:30pm; Thursday 8:30-9pm; Saturday 11am-12:30pm;

Kung Fu Brown Belt

Tuesday 7:30-8:30pm; Thursday 7:30-8:30pm; Saturday 11am-12:30pm

Kung Fu Yellow Belt

Tuesday 7:30-8:30pm; Thursday 7:30-8:30pm; Saturday 11am-12:30pm

Kung Fu Youth and Adult Red Belt 2 stripes & below

Tuesday 5-6pm; Friday 5:30-6:30pm; Saturday 11am-12:30pm

Kung Fu Youth and Adult - Beginner Red Belt 3 stripes & Blue Belt

Tuesday 6-7:30; Friday 6:30-7:30pm; Saturday 11am-12:30pm

Lion Dance

Saturday 12:30m-1:30pm

Sparring / Exercise Drills & Pad Work

Saturday 12:30-1:30pm

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.

Senior Tai Chi Paradigm (STCP) for 55 years old & up

Monday 6:30am-7:30pm; Tuesday, 12:30-1:30 pm; Wednesday & Friday 11-12pm; Saturday 12:30-1:30 pm

Tai Chi Paradigm is a training system developed by Master Chin to maintain, improve, and prevent age-related degeneration of neuromuscular motor skills. The class covers warm-up exercises, and liner TCP form. No 108 form

Introduction to Tai Chi Paradigm

Wednesday 6-7pm

Tai Chi Paradigm is a training system developed by Master Chin to maintain, improve, and prevent age-related degeneration of neuromuscular motor skills. The class covers warm-up exercises, and introduction to the 37-movement short form.

Tai Chi Paradigm (TCP) /108 Long Form

Monday 6:30-7:30pm; Tuesday 9:30-11am; Wednesday 6-7pm; Thursday 9-10:30am; Saturday 9:30-11am

Tai Chi Paradigm is a training system developed by Master Chin to maintain, improve, and prevent age-related degeneration of neuromuscular motor skills. The class covers warm-up exercises, the 37-movement short form and the 108-movement long form.

Tai Chi Paradigm (TCP) Introduction / completed the form

Thursday 10:45-11:45

Tai Chi Paradigm is a training system developed by Master Chin to maintain, improve, and prevent age-related degeneration of neuromuscular motor skills. The class covers warm-up exercises, and is for novice students that have finish the 37-movement TCP short form.

Tai Chi Weapon

Tuesday 11am-12pm and Thursday 6-6:30pm

Prerequisite: Students must either A) have been a student of Tai Chi at CCMMA for 5 years, or B) have completed the Tai Chi Paradigm and Wu 108 movement long form.

Yet Hei Morn (Mu Dong Yat Hei Ngm Hahng Morn)

Wednesday 7-7:30pm

Mu Dong Yat Hei Morn is the third system taught at CCMMA. Yat Hei Morn is a sister system to Xing Yi and along with Tai Chi and Lam Family Hung Kuen makes up the Fu Hok Tai Hei Morn system founded by Grand Master Kwong Tit-Fu.

Prerequisite: Brown Belts with 3 stripes or with permission of the instructor.