



Calvin Chin's Martial Arts Academy, Inc.

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

Winter Program

December 1, 2011 - February 29, 2012

School Closed: December 24; other winter closings, if any, TBA

Tuesday

Open Workout: 6:00 – 9:00pm

9:30-10:30am	Adult	Tai Chi – Intro & up
10:30-11:30am	Adult	Tai Chi Weapon – Intermediate & up * **
5:00-6:00pm	Youth	Lion Dance & Fundamental Drills – Blue & up * **
6:00-7:00pm	Youth	Kung Fu – Intro & All Ranks
6:00-7:00pm	Adult	Conditioning – Informal, depends on instructor availability
7:00-8:00pm	Adult	Tai Chi – Intro & up
7:00-8:00pm	Adult	Tai Chi Push Hands – Fundamentals & Freestyle Intermediate & up * **
8:00-9:00pm	Adult	Kung Fu – Intro & All Ranks

Wednesday

Open Workout: 5:00 – 7:00pm

5:00-6:00pm	Youth	Kung Fu – Red & up
6:00-7:00pm	Youth	Tai Chi/Kung Fu Weapon – Intermediate & up * **
7:00-8:00pm	Youth	Competition Form Tai Chi – Yellow & up * ** (Continuation of 42-Movement and Intro to Chen Style)

Thursday

Open Workout: 5:30 – 8:30pm

9:30-10:30am	Adult	Tai Chi – Intro & up
5:30-6:30pm	Youth	Kung Fu – Intro & Red
5:30-6:30pm	Youth	Sparring – Blue & up **
6:30-7:30pm	Adult	Tai Chi – Intro & up
7:30-8:30pm	Adult	Kung Fu – Intro & All Ranks
8:30-9:30pm	Adult	Kung Fu – Brown & up *

Friday

No Open Workout

5:00-6:00pm	Youth	Kung Fu – Yellow & up
6:00-7:00pm	Youth	Performance Team – Invitational * **
7:00-8:00pm	Youth	Dance Workshop – with Instructor's approval **

Saturday

No Open Workout

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 & All Ranks
12:30-1:30pm	Youth	Kung Fu Weapon – Yellow & up * **
1:30-2:30pm	Teen	Sparring – Blue & up **

* No formal warm-up during class

** Please see reverse side for monthly fees. Most of these classes require enrollment in traditional core classes.

Check website, voice mail or school postings for schedule updates and other closings.

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 class.

Competition Form Tai Chi

Instructor: Calvin Chin

Continuing 42-Movement Combination, and introduction to 56-Movement Chen Tai Chi.

Cost per month: Core members must be paying *Unlimited, 2 Programs or Family*

Prerequisite: Completed traditional Wu long form.

Conditioning

Coach: Irene Yao

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

Prerequisite: Due to the vigorous physical nature of the exercises, participants must be in excellent physical condition to enroll.

What to bring: towel

Dance Workshop

Outside Instructors: Alison Wong, Yvonne Wong

Cost per quarter: \$120 per quarter for both non-core and core members. Enrollment for this class is not ongoing, meaning if a new routine has been started, students MAY not be able to join in the middle. Please inquire with CCMAA if interested.

Prerequisite: By invitation and assessment by instructors.

What to bring: Ballet shoes. Any other costumes and apparatus used in dance will be purchased by CCMAA as a group for uniformity, and then paid for by the student.

Kung Fu Weapon

Instructor: Calvin Chin

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

Prerequisite: Yellow & up

Lion Dance & Fundamental Drills

Instructor: Calvin Chin

Cost per month: Charged as an additional class for members enrolled in minimum of two core classes, paying for three classes or more.

Prerequisite: Blue & up

Performance Team

Coaches: TBA

Cost per month: By invitation. Core members must be paying *Unlimited, 2 Programs or Family*

Prerequisite: By invitation. Compete in at least two tournaments and be available for public performances upon request.

Sparring

Instructor: Tasos Kalaitzidis

Cost per month: For adults: \$90 per month plus registration (no fee for continuing) for non-core members. Core members must be enrolled in a minimum of two kung fu classes, paying for three classes or more.

For teens and youth: Charged as an additional class for members enrolled in core kung fu classes.

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 Push Hands (Fundamentals & Freestyle)

Instructors: Calvin Chin, Lucien Zoll, Tasos Kalaitzidis

Cost per month: Core members must be enrolled in a minimum of two core classes, paying for three classes or more.

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, paying for three classes or more.

Prerequisite: Completed traditional Wu long form.