



Alex Tang

WuShu

(Chinese Martial Arts / Kung Fu)

武術

Registration / Info Call:
Forest City Sports Centre
519-702-1384
forestcitysportscentre@gmail.com

人人武术 • 强身健体 • 保安自衛 • 宏揚傳統

Wushu 武术 : All ages are welcome

- Chang Quan 长拳(Long Fist)
- Gun Shu 棍术(Staff)
- Dao Shu 刀术(Broad Sword)
- Tai Ji Quan 太极拳 (Yang Style)



• Yong Chun Quan 咏春拳 : Min. 14 yrs of age

- Beginner Routine - Xiao Lian Tou 小唸头
- Intermediate Routine - Seeking Bridge 尋桥
- Advanced Routine - Biao Zhi 彪指

Thursday (North Gym)

5pm - 6pm	6pm - 7pm
Beginner Wushu	Beginner Wushu
Advanced Wushu	Intermediate Wushu
Taiji Quan	Weapons
	7pm - 8pm
	Yong Chun Quan

Saturday (Central Gym)

1pm - 2pm
Beginner Wushu
Advanced Wushu
2pm - 3pm
Beginner Wushu
Intermediate Wushu
Weapons



Fees: \$80 per session (family rate available)

Session 1: Sept 10 - Oct 31

Session 2: Nov 5 - Jan 2 (Dec 24 & 26 no class)

Session 3: Jan 7 - Feb 27

Session 4: March 3 - April 28 (March 24 & 26 no class)

Session 5: May 5 - June 25

Summer Program & Camp : To be announced

North Location: 1537 Adelaide St. N at Fanshawe Park Rd. (St. Jude Church basement)

Central Location: 580 Quebec St. (Power Cheer Gym)

West Location: To be announced