



太極拳



# Yang Style 24 Movement T'ai Chi Ch'uan

## SIGN-UP FOR CLASSES

*Starting October 20*

At "I've Been Framed"

*In alliance with the*

Martinez Arts Association

**411 Ferry Street, Suite C,  
Martinez, CA 94553**

## FALL 2010 SCHEDULE

Wednesday 7 PM to 8:30 PM	Saturday 8:30 AM to 10 AM
10/20	10/23
10/27	10/30
11/03	11/06
11/10	11/13
11/17	11/20
11/24	12/04
\$72 per student for any 6 classes as scheduled	
\$12 for each additional class after any 6 classes	

The Fall Program curriculum will include Section 1. **Movements 1 - 5**

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1. Opening Posture of Taijiquan  | 2. Wild Horse Shakes Its Mane     |
| 3. White Crane Spreads Its Wings | 4. Brush Knee 5. Playing the Lute |

☯ Martial Art Exercises	☯ Theory & Application
☯ Breathing/Meditation (Chi Gung)	☯ Stances & Power Training
☯ Exercise for Mind and Body	☯ Martial Art for Self-defense

- ☯ Master James Man Chin has over 35 years of Chinese Martial Arts training
- ☯ Master Chin began his formal training in 1973 at the Shao-Lin/Five Tiger Martial Arts Center in NYC
- ☯ Chinese Martial Arts – Enrichment Program - Instructor since 2000 for CCCS at DVC
- ☯ Appointed in 2004 as the Martial Arts Advisor/Instructor for the Buddha Gate Monastery in Lafayette, CA
- ☯ 2006 Outstanding Teacher of the Year Award from the Association of Northern California Chinese Schools
- ☯ Certified Safety & Security Professional and Past President – American Society of Safety Engineers
- ☯ Northern Shaolin Long Fist, Chinese Swai Jiao Kung Fu, Close Quarter Combat, and Tai Chi Chuan

Master James Man Chin has taught T'ai Chi Ch'uan for the Contra Costa Chinese School at Diablo Valley College, CSU San Jose State University, the Buddha Gate Monastery in Lafayette, and the Chinese Cultural Center of California. Many of Master Chin's martial arts students have won championships at national and international level tournaments. He is ranked internationally as a 7<sup>th</sup> degree Black Belt in Chinese martial arts.

[www.cccofca.com](http://www.cccofca.com)

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