



# Calvin Chin's Martial Arts Academy, Inc.

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

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					Red Belt 2 stripes & below (Intro allowed)	
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 (Intro allowed)				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 (Intro also allowed on Fridays 6:30-7:30)**

A one-hour class per week over 3-month period for new students (Age 9 and Up) to Kung Fu. The most basic introductory class with a focus on drills (foot work, stances, punches, Kung Fu 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 neuro-muscular motor skills. The class covers warm-up exercises, and liner TCP form. No 108 form

### **Introduction to Tai Chi Paradigm**

**Wednesday 6-7pm (Intro also allowed on Mondays 6:30-7:30)**

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 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 neuro-muscular 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 neuro-muscular 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.