



**ADULT CHEN STYLE TAI CHI**  
**SHU REN INTERNATIONAL SCHOOL**  
1333 University Avenue, Berkeley, CA 94702  
[www.ShuRenInternationalSchool.com](http://www.ShuRenInternationalSchool.com)  
(510) 981-0320

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### **Adult Chen Style Tai Ji (Tai Chi) (陈氏太极)**

**Instructor:** Ya-Zhi He

**Time/Day:** Thursday, 3:30pm – 4:30pm (September 10)

**Age:** Adults

**Class Fee:** \$20/hour, \$220 per session (11 classes) with \$25 Registration Fee

**Required attire:** Comfortable T-shirt, pants and shoes (such as sweat pants and sneakers)

The Chen Style Tai Ji is the oldest and parent form of the five main Tai Ji Quan styles. Chen Style Tai Chi Chuan combines many principles of movement with the development and cultivation of internal structure and energy. Chen Style uses hard, soft, fast and slow movements for offensive and defensive fight application. At the same time it is a method for the development of good health, preventing sickness, reducing stress and a way for meditation, quietness and relaxation. It is an introductory level class for any adult who is interested in Tai Ji.

Teacher He has been practicing and teaching Tai Chi for more than twenty years. She is a certified Tai Chi instructor from the Chinese Wu Shu Association (中国武术协会). Before came to the U.S., she was invited to teach in many universities around China. She taught Shu Ren after-school class in 2008-09 school year and will work as the Teacher Assistant in our pre-K class in 2009-10 school year. In the past three years, she has also been teaching Chinese Chinese, calligraphy, Chinese painting, singing, and Chen Style Tai Chi at CCEA New Sprouts Chinese School in Oakland.

Please see Shu Ren after-school calendar for days of the class.

Please email Ping ([ping.xie@shureninternationalschool.com](mailto:ping.xie@shureninternationalschool.com)) to sign-up and specify whether you would need additional child care during the class.

# Shu Ren International School

## After-school Program Calendar (2009-2010)

Fall Session Days

No Class Days

Winter Session Days

Spring Sessions Days

| September |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| Su        | M  | Tu | W  | Th | F  | Sa |
|           |    | 1  | 2  | 3  | 4  | 5  |
| 6         | 7  | 8  | 9  | 10 | 11 | 12 |
| 13        | 14 | 15 | 16 | 17 | 18 | 19 |
| 20        | 21 | 22 | 23 | 24 | 25 | 26 |
| 27        | 28 | 29 | 30 |    |    |    |

| October |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
| Su      | M  | Tu | W  | Th | F  | Sa |
|         |    |    |    | 1  | 2  | 3  |
| 4       | 5  | 6  | 7  | 8  | 9  | 10 |
| 11      | 12 | 13 | 14 | 15 | 16 | 17 |
| 18      | 19 | 20 | 21 | 22 | 23 | 24 |
| 25      | 26 | 27 | 28 | 29 | 30 | 31 |

| November |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| Su       | M  | Tu | W  | Th | F  | Sa |
| 1        | 2  | 3  | 4  | 5  | 6  | 7  |
| 8        | 9  | 10 | 11 | 12 | 13 | 14 |
| 15       | 16 | 17 | 18 | 19 | 20 | 21 |
| 22       | 23 | 24 | 25 | 26 | 27 | 28 |
| 29       | 30 |    |    |    |    |    |

| December |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| Su       | M  | Tu | W  | Th | F  | Sa |
|          |    | 1  | 2  | 3  | 4  | 5  |
| 6        | 7  | 8  | 9  | 10 | 11 | 12 |
| 13       | 14 | 15 | 16 | 17 | 18 | 19 |
| 20       | 21 | 22 | 23 | 24 | 25 | 26 |
| 27       | 28 | 29 | 30 | 31 |    |    |

| January |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
| Su      | M  | Tu | W  | Th | F  | Sa |
|         |    |    |    |    | 1  | 2  |
| 3       | 4  | 5  | 6  | 7  | 8  | 9  |
| 10      | 11 | 12 | 13 | 14 | 15 | 16 |
| 17      | 18 | 19 | 20 | 21 | 22 | 23 |
| 24      | 25 | 26 | 27 | 28 | 29 | 30 |
| 31      |    |    |    |    |    |    |

| February |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| Su       | M  | Tu | W  | Th | F  | Sa |
|          | 1  | 2  | 3  | 4  | 5  | 6  |
| 7        | 8  | 9  | 10 | 11 | 12 | 13 |
| 14       | 15 | 16 | 17 | 18 | 19 | 20 |
| 21       | 22 | 23 | 24 | 25 | 26 | 27 |
| 28       |    |    |    |    |    |    |

| March |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|
| Su    | M  | Tu | W  | Th | F  | Sa |
|       | 1  | 2  | 3  | 4  | 5  | 6  |
| 7     | 8  | 9  | 10 | 11 | 12 | 13 |
| 14    | 15 | 16 | 17 | 18 | 19 | 20 |
| 21    | 22 | 23 | 24 | 25 | 26 | 27 |
| 28    | 29 | 30 | 31 |    |    |    |

| April |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|
| Su    | M  | Tu | W  | Th | F  | Sa |
|       |    |    |    | 1  | 2  | 3  |
| 4     | 5  | 6  | 7  | 8  | 9  | 10 |
| 11    | 12 | 13 | 14 | 15 | 16 | 17 |
| 18    | 19 | 20 | 21 | 22 | 23 | 24 |
| 25    | 26 | 27 | 28 | 29 | 30 |    |

| May |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|
| Su  | M  | Tu | W  | Th | F  | Sa |
|     |    |    |    |    |    | 1  |
| 2   | 3  | 4  | 5  | 6  | 7  | 8  |
| 9   | 10 | 11 | 12 | 13 | 14 | 15 |
| 16  | 17 | 18 | 19 | 20 | 21 | 22 |
| 23  | 24 | 25 | 26 | 27 | 28 | 29 |
| 30  | 31 |    |    |    |    |    |

| June |    |    |    |    |    |    |
|------|----|----|----|----|----|----|
| Su   | M  | Tu | W  | Th | F  | Sa |
|      |    | 1  | 2  | 3  | 4  | 5  |
| 6    | 7  | 8  | 9  | 10 | 11 | 12 |
| 13   | 14 | 15 | 16 | 17 | 18 | 19 |
| 20   | 21 | 22 | 23 | 24 | 25 | 26 |
| 27   | 28 | 29 | 30 |    |    |    |

### Number of days with classes by each day of the week:

Fall: M - 09; Tu - 12; W - 11; Th - 12; F - 08

Winter: M - 11; Tu - 12; W - 12; Th - 12; F - 07

Spring: M - 11; Tu - 12; W - 12; Th - 12; F - 08

Total = 52 Days

Total = 54 Days

Total = 55 Days