



陈式心意

混元太极拳

健康长寿 拳功一体 体用结合 防身自卫 自强自信

课程表

Taichi New Class 太极拳新班	Enhanced Class 太极拳中级班	Taichi Weapon Techniques 太极拳器械
- 24 form set --30hrs. 混元24式太极拳 - Tai Chi Chuan Foundational Exercise 太极拳基本功	--48 form set 48式 混元太极拳 --taichi quan kicks and flexibilities drills 太极拳腿法	--the review and improvement in 38 taichi broad sword 38式太极刀复习和提高 --the technique and application in taichi broad sword 太极刀基本技术和技法
7:30pm – 9:00pm On Tuesday from Sep. 16, 2014 Xin Tiandi Culture Center Unit 215, 3085 Hurontario Str. Mississauga ON	6:00pm to 8:00pm on Friday from Sep. 19, 2014 to June 12, 2015 Huntington Ridge Public School 345 Huntington Ridge Dr. Mississauga (#Hwy10 and Eglinton Ave. West)	
\$150/person \$260/family \$120 over 65 and students	\$200/person \$360/family \$180 over 65 and student	

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