



東西方文化學院

EAST WEST INSTITUTE
Lansdale Center for the Performing Arts

2010 Spring Session --- Martial Arts, Fitness classes Starts on Feb 20, 2010

功夫



20% OFF

Kung Fu for Children and Adult

Kung Fu (also known as Wu Shu or Guo Shu) is a broad term used to describe all martial arts in China. Chinese martial arts can be traced to the Xia Dynasty (夏朝) which existed more than 4,000 years ago. Since then and right up until today, Kung Fu has long been a great influence on other martial art styles in Korea and Japan. Kung Fu contains not only techniques such as offensive and defensive kicking, blocking, striking, wrestling, grabbing and seizing, but it also encompasses fighting forms, pressure points, weapons, as well as a complete system of martial arts philosophy and strategies. Kung Fu Practice utilizes open-hand movements, weapons, defense against two or more persons, and sparring techniques to learn to defend one's self.

Learning Kung Fu is to be exposed to the fundamental concepts of oriental martial arts. Students will experience the immense potency and potentiality of Kung Fu. The practice of Kung Fu will help to lay a great foundation, preparing students for further experiences with a wide range of martial art styles and practices.

Class Schedule

www.realtaichikungfu.com (to watch video clips)

- **Kung Fu for Kids** (age 5 – 12): Mon/Wed 4:30-5:10pm; Sat 9:00 – 9:50am
- **Kung Fu for Teens** (age 13 – 17): Mon/Wed 5:10-6:00pm; Sat 10:00 – 10:50am
- **Kung Fu for Adults:** Mon_Wed 6:00-7:00pm; Sat 11:00 - 12:00pm

Instructors: Master Zhang, Xichuan

Prerequisite: No prior knowledge or experience needed.

1. TAI CHI for Fitness

太極



Tai Chi (or Taiji Quan, Tai Chi Chuan) is a martial art that originated in China nearly 500 years ago. It was designed to develop the optimum degree of harmony between body and mind and has always been valued as one of the treasures of Chinese culture. “Tai Chi (太極)” literally translates as “supreme ultimate way.” The concept of Tai Chi appears in both Taoist and Confucian Chinese philosophy where it represents the mother of Yin and Yang. Tai Chi cultivates health benefits and is a unique system of slowly flowing movements and shifts of balance that strengthens the legs while conditioning the tendons and ligaments of the ankles, knees, and hips, thus increasing their range of motion and making them more resilient and less prone to injury. The constant weight shifting creating balance and body awareness and leads to confident ease of movement within the form and in everyday life. New-comers do not have to be in great physical shape to start the study of Tai Chi. People of all ages and conditions can participate.

Class Schedule

- Tai Chi for Fitness (*age 6 and up*): Mon: 7:00-8:00pm; Sat 12:00 – 1:00pm

Instructors: Master Zhang, Xichuan

Prerequisite: No prior knowledge or experience needed.

真太極



2. TAI CHI for Self-defense

Tai Chi (or Taiji Quan) is one of the most powerful and best-known branches of Chinese Martial Arts. Taiji Quan, literally, means “Ultimate Natural Shadow-boxing.” In Chinese philosophy, Tai Chi refers to “the perfect natural way,” a way to deal with everything in the world including martial arts. Many of the great martial artists in history have studied Tai Chi. It is believed to be the most modern and superior self-defense system in China because of its combinations of mental and physical training as well as internal and external practice. The slow, focused and concentrated movements of Tai Chi can be transformed into very powerful postures for defense or attack.

The practice of Tai Chi is also believed to have positive curative effects such as stress reduction, relaxation, and neuromuscular control through deep breathing. The main principle in practice of Tai Chi is to create a serene heart plus a concentrated mind. The original ultimate goal of Tai Chi was to defend one’s self wisely and to prolong one’s life!

Class Schedule

- **Tai Chi for Self-defense** (*age 10 and up*): Mon: 8:00-9:00pm; Sat 1:00 – 2:00pm

Instructors: Master Zhang, Xichuan

Prerequisite: No prior knowledge or experience needed.

防身自卫术



3. SELF-DEFENSE

Self-defense means to use any physical or mental means to protect oneself from being attacked or injured by another person or other people. Learning to recognize and avoid potentially hazardous situations, learning how to outsmart the attacker, and learning to identify the vulnerable targets on the body are important principles of self-defense. This class will teach you how to defend yourself in any situation by both traditional and modern training methods --- such as effective self-defense techniques based on leverage, YIN-YANG, speed, acupuncture points, and the element of surprise, as well as mental self-defense.

Class Schedule

- **Self-defense** (*age 6 and up*): Wed 7:00 – 8:00 pm; Sat 3:00 – 4:30pm

Instructors: Master Zhang, Xichuan

Prerequisite: No prior knowledge or experience needed.

气功

4. Qi Gong

Chinese *Qi Gong* has a history of more than five thousand years. It is the cultivation of vital internal energy by the regulation of body posture, mind concentration, harmonized breathing, self massage and movements of the limbs. *Qi Gong* means resistance to disease, adaptability to the external environment and ability to overcome internal troubles and remains health. *Qi Gong* is generally classified as Taoist, Buddhist, Confucian, medical and Martial Art *Qi Gong*. This course will present you the basic breathing principle and a combined fitness *Qi Gong* form of different styles as well as a martial art *Qi Gong* ---Iron Fist!

Class Schedule

Qi Gong (*age 6 and up*): **Wed 8:00 – 9:00 pm; Sat 4:00 – 5:00 pm**

Instructors: Master Zhang, Xichuan

Prerequisite: No prior knowledge or experience needed.

5. ESL English --- Listening and Speaking



Is English your second language? Do you want to improve your command of spoken English?

Then join us for the East West Institute's English as a Second Language Program and learn your second language in the same way you learned your first language---naturally, in a small group environment. In this program you will be exposed to a conversational method that will immerse you in English in a way that will sharpen your listening skills, improve your pronunciation, and expand your command of spoken English vocabulary and expressions. In each class you will have multiple opportunities to practice spoken English through fun and stimulating exercises. In this class we will simulate real life experiences in the English speaking community and teach you the words and phrases that you will need to navigate your way through most of life's situations.

In addition to sharpening your listening skills and expanding your speaking skills, you will also be introduced to insights into understanding American culture. You will be exposed to vital information about American family practices, institutions, holidays, and history. The course will culminate with a field trip to an American cultural location (to be determined from a list of choices offered by the instructor). The course is taught by a native English speaker with a doctoral degree in education who has been a highly effective instructor at all levels of education from preschool to the university level.

So, come join our intimate group and learn English faster and remember it better than you have ever learned and remembered it before!

Class Schedule

- English (**Listening /Speaking**): Sat 9:00 – 12:00pm
- English (**Reading**): Tue 10:00 – 12:00pm
- English (**Test Preparation**): Thu 10:00 – 12:00pm

Instructors: Dr. Ronald Miros

Prerequisite: No prior knowledge or experience needed.

6. English as a Second Language (One-on-One or semi-private)



Program Description

This program provides individual and small group instruction in English as a Second Language. The content of the courses is customized for each individual group of students.

This is an excellent program for groups of employees that may require additional English instruction in a particular area or instruction for Citizenship.

Class Times

Class times will be agreed upon between students and instructors.

Tuition varies based upon the # of hours of instruction and the # of students in the group.

PLEASE CALL THE SCHOOL TO DISCUSS YOUR INDIVIDUAL NEEDS.

7. Mandarin Chinese --- Listening, Speaking, Reading and Writing

汉语



Course Description:

This course is designed for students who do not have any or very little previous Mandarin Chinese background. It is conducted in a conversation-oriented setting. We will practice, discuss, and exchange information together in a simulated and interactive Chinese speaking environment. Students will acquire the basic communicative skills which are essential in contemporary Chinese speaking communities.

Objectives:

After the completion of this course, the student will:

1. master basic Chinese phonetic symbols and intonations.
2. learn nearly 300 basic characters and their relevant usages.
3. understand and respond to topics about basic survival needs, minimum courtesy and travel requirements in Mandarin Chinese.
4. read simple connected materials for basic survival and social needs.
5. be able to write simple fixed expressions and memorized materials.
6. demonstrate knowledge on Chinese customs and culture.

Class Schedule

Chinese Beginner (**Listening /Speaking**):

Tue / Thu 7:00 – 9:00pm; Sat 9:00 – 12:00pm

- Chinese Intermediate (**Reading**):
Mon – Wed 7:00 – 9:00pm; Thu 3:30 – 5:30pm
- Chinese Advanced (**Reading and Writing**): **Mon – Sun**

Native Chinese Instructors: Weiwen Zheng; Xichuan Zhang; Yi Liu

Prerequisite: No prior knowledge or experience needed.

- 1) Chinese Beginner --- Listening and speaking
- 2) Chinese Beginner --- Intermediate
- 3) Chinese Beginner --- Advanced
- 4) Chinese Intermediate --- Reading
- 5) Chinese Advanced level – Writing

Instructors:	Master Matt Zhang	Native born Chinese from Xi'an, China Grandmaster of Zhang Style Tai Chi Gong Honorary Shaolin Monk of the Shaolin Temple China Certified National 1st-class Judge of Martial Arts Director of the East West Institute Language curriculum developer Language specialist of Chinese and English
	Dr. Ronald Miros	Doctor of Education, Temple University 39 years of experience in education Language curriculum developer Specialist in effective classroom instruction Certificated in PA as a Supervisor of Special Education Former Educational Consultant and Teacher Trainer for the State of PA Current ESL instructor, Chester County Volunteer English Program Adjunct Professor, Widener University

To register online: www.lansdale.org

To register by phone: **215-361-1296**

Class Location: 311 W. Main Street, Lansdale, PA 19446 USA

20% OFF if registered by Feb 18, 2010