

WINTER CLASS SCHEDULE

January 11 - March 31, 2010

Classes held once a week.

Monday Classes:

Beginner Form Class - 9:00 -10:00 am.

Beginner Form Class - 7:30 - 8:30 pm.

Intermediate Form Class - 6:30 - 7:30 pm.

Wednesday Classes:

Beginner Form Class 6:00 - 7:00 pm.

Form Refinement / Partner Work 7:00 - 8:15 pm.

Sword (by permission) 8:15 - 9:00 pm.



Saturday Practice: 11:00 am. - 12:30 pm.

This non-instructional Practice is open to fully enrolled students only. It can be used as a make-up for missed classes or as additional practice. There is no fee

Please wear comfortable, loose fitting clothing and bring a pair of clean, flat soled shoes to change from your street shoes.

Tuition is \$132 for the 12 week session; payable in full at the first class.

Sword class is an additional \$36/month

For further information call 256-0295

All classes are taught at:

Genesee Center for the Arts Building

713 Monroe Avenue

Synergy Studio, 2nd Floor

Parking is available on the street or in the Blessed Sacrament Church parking lot across the street. Please use the Rutgers Street entrance and park in the section closest to Rutgers Street.

Great Lake T'ai chi Ch'uan

Dedicated to the continuous teaching of Professor Cheng's Yang Style Short Form in Rochester since 1981

Class Offerings

Beginner Form Class - New students will be introduced to the fundamental principles of T'ai chi as they progress through the opening postures of the form. In addition, chi gong and other exercises will be used to help students cultivate chi and develop better body integration.

Intermediate Form Class - Students continuing on with their study will receive form correction and refinement as well as the mechanics for the next series of postures.

Form Refinement and Partner Work - Students continue to work with the principles of T'ai chi as they integrate more postures into their form. An introduction to t'ui shou (sensing hands) marks the next step as students work with partners to develop listening energy.

Sword - T'ai chi Ch'uan postures and the listening energy developed in t'ui shou are the foundation to sword study. This class is by permission for more advanced students.

Instructors

Mark Westcott is a senior student of Maggie Newman of New York City. Mark has been studying T'ai Chi for 33 years with Maggie. He has been teaching since 1982 at which time Maggie passed the Rochester school to him. Mark has also studied extensively with Ben Lo, Liu Hsi Heng and Lenzie Williams.

Jean Westcott has been a student of Maggie Newman of New York City since 1998. She has received additional training from Ben Lo, Lenzie Williams and Herman Kauz as well as sword fencing from Ken VanSickle. Jean was certified to teach by Maggie Newman in 2004