

# Seattle Shaolin Kungfu Academy Class Schedule 西雅图少林功夫学院课程表

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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00– 11:00	Private Lesson * 私人课 *	Private Lesson * 私人课 *	Private Lesson * 私人课 *	Private Lesson * 私人课 *	Adult Wellness 养生功/气功/太极	Adult Wellness 养生功/气功/太极
11:10– 12:00					All Age All Belt Levels 全部级别功夫	Age 8 - 15 Kung Fu Teen 少年功夫
1:00 – 1:50					Age 8 - 15 All Belt Levels 全部级别少年功夫	Adult Kung Fu / Orange Belt & up 成人功夫 / 橘带以上
2:00 – 2:50					Age 3 - 7 Beginner & White 初级儿童功夫	Age 3 – 7 Beginner & White 初级儿童功夫
3:00 – 3:50	Private Lesson * 私人课 *	Private Lesson * 私人课 *	Private Lesson * 私人课 *	Private Lesson * 私人课 *	Age 3 - 7 Beginner & White 初级儿童功夫	Age 3 - 5 Beginner & Family 启蒙儿童功夫
4:10 – 5:00	Age 8 - 15 Kung Fu Teen 少年功夫	Age 3 - 7 Beginner & White 初级儿童功夫	Age 8 - 15 Kung Fu Teen 少年功夫	Age 3 - 7 Beginner & White 初级儿童功夫	Demo Team 校队 4:00 – 5:00	Belt Test 段位考试 4:00 - 5:30 last Sunday monthly
5:00 – 5:50	Age 3 - 7 Beginner & White 初级儿童功夫	Age 8 - 15 Kung Fu Teen 少年功夫	Age 3 - 7 Beginner & White 初级儿童功夫	Age 8 - 15 Kung Fu Teen 少年功夫	BIRTHDAY PARTY	BIRTHDAY PARTY
6:00– 6:50	Age 8 - 15 Kung Fu Teen 少年功夫	Demo Team 校队 6:00 – 7:00	Age 8 - 15 Kung Fu Teen 少年功夫	Brown Belt & Up 棕带以上		
7:00– 8:00	Adult Kung Fu 成人功夫	Adult Wellness 养生功/气功/太极	Adult Kung Fu 成人功夫	Demo Team 校队 6:50 – 8:10		
8:00– 9:00	Private Lesson * 私人课 *	Private Lesson 私人课	Demo Team 成人校队			

## Curriculum

**Kung Fu Class:** Traditional Style Shaolin Forms, Weaponry. 儿童及成人功夫：少林传统拳法, 少林十八般兵器. 少林象形拳. 龙, 蛇, 虎, 鹤, 豹。

**Combative Class:** Grappling, Self Defense, Sparring, Kick Boxing Techniques 实战课：擒拿格斗, 女子防身术, 散打, 搏击

**Wellness Class:** Ba Duan Jin, Yi Jin Jing, Taichi Qigong, Meridian Exercises 养身功：八段锦, 易筋经, 太极, 气功, 长寿气功

\*\*\* NOTE: schedule subject to change

\* By Appointment only

\*\* Length of test depends on number of participants

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