

# Contra Costa Chinese School



太極拳



## Yang Style 24 Movement T'ai Chi Ch'uan

Schedule	
<b>Weekly</b>	Saturday afternoon for CCCS Parents
<b>Time</b>	1:15 PM to 2:30 PM
<b>Location</b>	Court Yard area near parking Lot #7
(with the exception of when CCCS has no scheduled classes)	
<b>Program Dates</b>	Ongoing
<b>Cost</b>	Free to all CCCS Parents and Faculty & Staff
<b>Enroll/Contact</b>	Brian Wong, CCCS EP Director - Room LA112
<b>Attire and Accessories</b>	Comfortable work out clothes and footwear; plus, bringing a water bottle and towel are suggested
<b>Instructor</b>	Master James Man Chin
<b>Style</b>	Yang Style 24 Movement T'ai Chi Ch'uan

☯ Martial Art Exercises	☯ Theory & Application
☯ Breathing/Meditation (Chi Gung)	☯ Stances, Power & Speed Training
☯ Exercise for Mind and Body	☯ Martial Art for Self-defense

- ☯ Master James Man Chin has over 35 years of Chinese Martial Arts training
- ☯ Master Chin began his formal training in 1973 at the Shao-Lin/Five Tiger Martial Arts Center in NYC
- ☯ Chinese Martial Arts – Enrichment Program - Instructor since 2000 for CCCS at DVC
- ☯ Appointed in 2004 as the Martial Arts Advisor/Instructor for the Buddha Gate Monastery in Lafayette, CA
- ☯ 2006 Outstanding Teacher of the Year Award from the Association of Northern California Chinese Schools
- ☯ Certified Safety & Security Professional and Past President – American Society of Safety Engineers
- ☯ Northern Shaolin Long Fist, Chinese Swai Jiao Kung Fu, Close Quarter Combat, and Tai Chi Chuan.