

专题讲座

一, 题 目: 如何选择适合于你的贷款

讲解人: Lucy Ma

时 间: 3月16日2008年10:00am-12:00noon

地 点: 剑桥中国文化中心 (781)788-8558
411 Waverley Oaks Rd #2 Suite 214 Waltham MA 02452

二, 题 目: 中国传统功夫和太极

讲解人: Tim Hartmann - Head Instructor

时 间: 3月30日2008年10:00am-12:00noon

地 点: 剑桥中国文化中心 (781)788-8558
411 Waverley Oaks Rd #2 Suite 214 Waltham MA 02452

Wu Dao



武道：中國傳統功夫、太極拳

中國功夫歷史悠久，起源於古代軍隊的統一訓練，其經幾千年的演變，形成上千個門派，以地區、家族而別，適用於不同地勢與形勢。

武道教員將介紹兩種門派的中國傳統功夫：螳螂拳（北方派）、蔡李佛（南方派）。兩派風格不同，但各具所長。武道教員還將示範楊氏太極拳及講述其基本概念與手法。在這次講座上，家長、學生們將有機會參加基本功的練習。

武道簡介 武道是劍橋地區首選的武院。武道專於教授成年、青少年、及少年中國功夫。學員們通過武功訓練，可強身健體強身，理會武功精髓，以得防身自衛。

Wu Dao Presents: Chinese Kung Fu and Tai Chi

Chinese Kung Fu and Tai Chi grew out of military training in ancient China as a means to standardize training for troops. Over 2500 years it has evolved into thousands of styles that differ in regions, terrains, and families.

Wu Dao is pleased to present two traditional Kung Fu styles, Praying Mantis (a Northern style) and Choy Lay Fut (a Southern style). Wu Dao instructors will also demonstrate Yang Style Tai Chi and explain some of the fundamentals concepts and techniques. During the interactive workshop, participants will have an opportunity to practice some of the basic techniques and movements.

About Wu Dao

Wu Dao is the premier Cambridge, MA martial arts school, specializing in training adults, teens, and children in Chinese martial arts. Wu Dao programs help students improve overall health and internalize the art of self-defense. Through physical and mental training, students of Wu Dao gain self-confidence, improve self-discipline, and sharpen mental awareness.