

太極拳

基本功

Basic Taiji-Quan

課程內容：

太極拳基本修練方法，為初學者提供入門功法，幫助有一定基礎的愛好者，提升拳藝水平，

日期與時間：

逢星期六

2016年5月14日至7月16日

下午 2:00 - 3:00

共 10 堂 - 粵語

費用： \$75 會員優惠：\$60



活動地點：

多華會 TCCSA

約克區中心 (大都會廣場內)

3636 Steeles Ave. E.,

Unit 221 (Room A),

Markham, ON L3R 1K9

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Basic Taiji-Quan

Course Outline:

This course introduces the basic principles of taiji-quan. Not only is it suitable for beginners, but also beneficial to those who have had some concepts of the art. Through the course, the level of art on playing taiji-quan will be enhanced.

Date & Time:

Every Saturday

May 14 to July 16, 2016

2:00pm – 3:00pm

10 lessons – Cantonese

Fee: \$75 **TCCSA Member : \$60**



Location:

TCCSA – York Centre

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Unit 221 (Room A),
Markham, ON L3R 1K9