

紐約太極氣功中心

New York State
Tai Chi & Chi Kung
Center, Inc.

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Our goal is teach the traditional and unaltered forms of Traditional Chinese Martial Arts. We help people to achieve good health and longevity through these intact, proper, and correct forms as handed down through many centuries.

Warning:

Any classes, private lessons, movies, discussions, and lectures in our classrooms are not intended as a substitute for medical advice or treatments, but as a supplement to one's lifestyle to improve one's health and longevity.

Class Schedule of March 2020

Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:45 - 3:45pm + Traditional Yang Style Tai Chi Chuan New class for beginners		2:45 - 3:45pm+ Traditional Yang Style Tai Chi Chuan (Part 3)		1:45 - 2:45pm + Traditional Yang Style Tai Chi Chuan (part 3) ^	Appointments Only
6:25 - 7:25pm+ Traditional Chen Style Tai Chi Chuan *** ^^ (Sin Jra)	5:45 - 6:45pm + Traditional Yang Style Tai Chi Chuan ^ New Class for beginners	5:45 - 6:45pm + Traditional Chen Style Tai Chi Chuan (sin Jra) ^^	5pm - 5:50pm +++ Traditional Yang Style Tai Chi Applications CLOSED FOR REGISTRATION	5:30 - 6:15pm +++ Wing Chun ^^	
7:30 - 8pm +++ Tai Chi Push Hands **** ^^^ closed for registration		6:50 - 7:50pm + Shaolin Chi Kung ^	6PM - 7PM + Traditional Yang Style Tai Chi Chuan ^ Part 2	6:20 - 7:05pm +++ Shaolin Kung fu ^^^	Legend ^ means this class uses gentle, slow, peaceful and relaxing movements in its forms for healing. ^^ means this class combined gentle, slow, fast, and vigorous movements into one routine of its form as Internal Kung Fu practice. ^^^ means this class uses fast, vigorous, and powerful movements in its forms for Kung Fu (martial arts) practice. **means this class has closed registration.
All classes require pre-registration in advance.					
		Schedule subject to change		ATTENTION: All classes require at least 24 hours of preregistration. Registration is required in person. Registration fee will be waived if payment is made with check. Walk in registrations are not allowed, unless there is a free spot in the class, in which case a \$4.00 walk in registration fee will be added onto the tuition.	***Switch tickets will not be issued for absences from this class **full time student and senior citizen discounts are not offered for this class **** switch class tickets cannot be used to attend this class + class has 5 minute break ++ class has 10 minutes break +++ class has no break intervals Students may take breaks anytime at their own discretion.

Please consult your physician first before starting any exercise.

Please check our 'tuition/policy' first before registration of any of our classes/lessons

Attention: Please stay home, instead of attending class, if you are experiencing symptoms of acute illness. This rule is to protect your fellow classmates by mitigating the spread of potential illness. Such symptoms include, but are not limited to, coughing, sneezing, runny nose, and fever. Our policy does not allow sick students to attend class.

Please note: this rule does not apply to those with chronic illness that is not contagious. A make-up class ticket will be issued if a class is missed because of illness.

Thank you for being considerate of your classmates.