

纽约太极拳功中心

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 May 2016

Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2:45 - 3:45pm + ^ Traditional Yang Style Tai Chi Chuan (Part One) New Class for Beginners	2:30-3:30PM + ^ Shaolin Chi Kung (New class for beginners)	1:30 - 2:30pm + ^Traditional Yang Style Tai Chi Chuan (part 2)	10:45 - 11:45AM+ ^^ Traditional Chen Style Tai Chi Chuan New class for beginners Starts 5/28
5:15 - 6:15pm + ^Dai Yan Chi Kung	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)	5:30 pm - 6:30 pm + ^ Traditional Yang Style Tai Chi Chuan (part 1) New class for beginners	2:40 - 3:40 pm +++ Chinese Calligraphy Starts 5/27	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.
6:20 - 7:20pm+ ^^^ Traditional Chen Style Tai Chi Chuan *** (Sin Jra)					***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.
7:25 - 7:55pm +++ ^^^ Tai Chi Push Hands ****		6:50 - 7:50pm + ^ Shaolin Chi Kung	6:40PM - 7:40PM + ^^Traditional Chen Style Tai Chi Chuan 2nd Routine	5:30 - 6:15pm +++ ^^ Wing Chun	
	7 - 8pm + ^^ Traditional Chen Style Tai Chi Chuan 2nd Routine	Center Hours: Monday 2:45pm - 8pm Tuesday 2pm - 8pm Wednesday 2:30pm - 8pm Thursday 2:15pm-8pm Friday 1:15pm - 7pm Sat Appointments only Sunday Closed Schedule subject to change		6:15 - 7pm +++ ^^^ Shaolin Kung fu	ATTENTION: All classes require at least 24 hours of preregistration. Registration is either by phone or in person. Credit cards or debit cards are accepted. 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.

Please consult your physician first before starting any exercise.

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