CISDSU AFTER SCHOOL PROGRAM

CLASSES:
(OCT 1, 2018 - FEB 1, 2019)

- Chinese Poetry
- Calligraphy
- Folk Dances
- Guzheng
- Tai Chi
- Self-Defense Skills
- Taichi Kung-Fu Fan
- Five-Animal Exercise
- Martial Arts Basics

SIGN UP NOW
SEE CLASS SCHEDULE ON PAGE 2

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CISDSU After School
Six Arts Program Schedule

Dates: October 1, 2018 - February 1, 2019
Time: 4:00-5:15 PM
Location: Six Arts Center (PSFA 130), San Diego State University

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>CLASS</td>
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<td>Five-Animals Exercises</td>
<td>Taichi Kung-Fu Fan</td>
<td>Self-Defense Skills</td>
<td>Tai Chi</td>
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<td>Instructor: Rensong Li</td>
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<td>Chinese Poetry</td>
<td>Chinese Calligraphy</td>
<td>Guzheng (Chinese Instrument)</td>
<td>Chinese Poetry</td>
<td>Chinese Dance</td>
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<td>Instructor: Dan Liu</td>
<td>Instructor: Dan Liu</td>
<td>10 weeks</td>
<td>Instructor: Dan Liu</td>
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*CISDSU reserves the right to change the class schedule.

No classes during the following dates:

- Veterans Day: Monday, November 12, 2018
- Thanksgiving Break: Wednesday-Friday, November 21-23, 2018
- Winter Break: Monday-Friday, December 24-28, 2018
- New Year's Day: Tuesday, January 1, 2019
- Martin Luther King Jr. Day: Monday, January 21, 2019
**Six Arts Classes**

**CHINESE MARTIAL ARTS BASICS**
Students: Grade 3 up - Adults
Tuition fee: $300.00
Class capacity: 12 students
The basic forms and techniques are the most important foundation of Chinese Martial Arts, no matter if you'd simply like to strengthen your body, or to learn about how to protect yourself. This course aims to perfect your basic skills of Chinese Martial Arts. This course is your first step to be skillful at Chinese Martial Arts.
The contents of this course include:
Etiquette; Basic knowledge of Chinese Martial Arts; Body forms; Hand forms; Step forms; Stretch skills; Balance skills; Fist techniques; Palm techniques; Foot works; Leg techniques; Body techniques; Eye techniques; Five-steps boxing; etc

**FIVE-ANIMALS EXERCISE**
Students: Grade 3 up - Adults
Tuition fee: $320.00
Class capacity: 16 students
Five-Animals Exercise is a health-building method developed by the famous Chinese doctor, Hua Tuo, in the eastern Han Dynasty (25-220 AD). By imitating the actions and movements of the 5 animals: tiger, deer, bear, ape, and bird, the unity of form and spirit, the harmony of mind and Qi; and the integration of the internal and external strength will bring one to the harmonious state of balance among the heaven, earth and human being.
The movements of Five-Animals Exercise are gentle and restrained, its extents of physical exercise is suitable for most people. Long-term practice may advance practitioner’s cardiovascular function, respiratory system, and joint agility, as well as psychological condition.
The contents of this course include:
Etiquette; Basic knowledge of well-being Qigong; Adjusting figure; Breathing exercises; Hand forms; Stance forms; Stretching skills; Balancing skills; Beginning form; five-animal style exercises and Closing form.
Six Arts Classes

TAI CHI
Students: Grade 3 up - Adults
Tuition fee: $320.00
Class capacity: 16 students

Tai Chi originated from ancient China. Nowadays, it is practiced as an exercise for health. Tai Chi is an unusual form of Martial Arts whereby people believe in building strength - mental and physical from within; softness is stronger than hardness, moving in a curvy route is better than a straight line, yielding is more efficient than confronting. It is especially different from western sports, such as rugby, where the harder and quicker the better. Tai Chi is a sport that strengthens the body, as well as the mind from within. It has many different styles. Tai Chi concentrates on correct postures and breathing control, Tai Chi’s movements are fluid, graceful and well balanced, promoting a complete harmony of body and mind. Tai Chi provides the mental relaxation and physical fitness so essential in our modern stress-filled lives.

This course focuses on Tai Chi Yin-yang balance conception. The contents of this course include Basic knowledge of Tai Chi, breathing exercise, hand forms, step forms, body forms, studying methods to coordinate mind, breathing and movements together, learning basic movements of Yang style Tai Chi, such as ten forms Tai Chi and Sixteen forms Tai Chi for beginners, twenty-four forms Tai Chi for those who have learned. This course is suitable for almost anyone for health improvement.
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TAI CHI KUNG-FU FAN
Students: Grade 3 up - Adults
Tuition fee: $320.00
Class capacity: 16 students

Tai Chi Kung Fu Fan is a new style of Martial Arts, which incorporates the essence of traditional Chinese martial arts with movements of Tai Chi in various styles, Southern style boxing and Beijing Opera dance movements together. In brief, it combines the movements of fan waiving with the Tai Chi technique. It is a fun and popular Tai Chi fitness project, which is easy to learn and practice.

The contents of this course include 52 movements divided into 6 sections. Each section includes 8 movements. In addition, there are commencement form, closing form and 2 conjoined movements.

SELF-DEFENSE SKILLS
Students: Grade 5 up - Adults
Tuition fee: $320.00
Class capacity: 12 students

Building up a healthy physique, improving one's health and achieving self-defense capability are the essential attributes of martial arts. This course teaches one to acquire defense skills of Chinese Martial arts and Chinese Kick-boxing (Sanda). The main focus of this course is to improve students' comprehensive ability of actual combat skills and self-defense through a combination of theory and practice. Also, the course aims to cultivate students' interest to strengthen their physical quality and willpower.

The contents of this course include: Etiquette; Basic knowledge of self-defense; guard position; Footwork; Hand skills; Leg skills; Tumbling skills; Wrestling skills; Protecting skills when encountering attack. Physical quality training such as speed, strength, reaction capacity, etc;
**CHINESE POETRY**
Students: Grade 3 up - Adults  
Tuition fee: $350.00  
Class capacity: 16 students  
Chinese poetry is poetry written, spoken, or chanted in the Chinese language. Students will learn the beauty of Chinese literature through reciting Chinese poems, verses and sonnets.  
The contents of this course include: Ancient poetry appreciation, Classical poetry recitation, performance etc.

**GUZHENG**
**Class schedule: 10 weeks**
Students: Grade 3 up - Adults  
Tuition fee: $400.00  
Class capacity: 10 students  
(Students bring your own Guzheng)  
Guzheng is a traditional Chinese musical instrument. It belongs to the zither family of string instruments. It is widely popular and has been in use for more than two thousand years.  
The contents of this course include: Students will learn Guzheng playing techniques and fingering, Chinese traditional music, and Chinese music theory.
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**Six Arts Classes**

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**CHINESE CALLIGRAPHY**

Students: Grade 3 up - Adults  
Tuition fee: $400.00  
(including tuition and materials)  
Class capacity: 15 students

Chinese calligraphy is a form of aesthetically pleasing writing (calligraphy), or, the artistic expression of written language in a tangible form. This type of expression has been widely practiced in China for centuries, and has been generally held in high esteem in the Chinese cultural sphere. The ink brush, ink, paper, and ink stone are the 4 essential implements of Chinese calligraphy. They are known together as the Four Treasures of the Study.

The contents of this course include: Learn to write correctly by sequence of strokes, and the proper posture to hold a writing brush.

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**FOLK DANCES**

Students: Grade 3 up - Adults  
Tuition fee: $350.00  
Class capacity: 12 students

Folk Dances in China are considered a highly varied art form, with many modern and traditional dance genres. The dances cover a wide range, from folk dances to performances in opera and ballet, and may be used in public celebrations, rituals and ceremonies. There are 56 officially recognized ethnic groups in China, each ethnic minority group in China also has its own folk dances.

The contents of this course include: appreciation of history and culture essence of Chinese ethnic dance, various national dances.