



# SHAOLIN KUNG FU & TAI CHI

50 Mt. Bethel Rd., Warren, NJ 07059 • Tel: (908) 988-0779

www.njShaolin.com

## Every week is a different subject of Chinese culture

- - Learn a foreign language - Chinese (Confucianism Classic) Introduction to arts & crafts & Crayon drawing.
- - Chinese meticulous painting & Calligraphy(handwriting) & Chinese painting- Free sketch painting

## Benefits of kungfu camp:

Improves concentration and focus - Enhances confidence & self-awareness.- Increase energy, strength and lose weight - Play games and Chinese go(wei qi) Chinese YOYO - Great environment.- Bring your own school book improve the knowledge for the after care.

## 每周不同的中国传统文化主题

中文-儒家经典、国画、书法、工笔画、线描、蜡笔画、手工、专业标准的中文教程- 经验丰富的专业老师。

功夫夏令营的好处: - 提高集中力, 突出重点增强自信和自我意识锻炼意志增加体能和减肥。扯铃 YOYO -还有游戏、围棋、跳绳、毽子 自带家庭作业给予辅导等课外活动。

## Full Day 8:30am - 4:30pm Half Day 8:30am -12:00pm 12:30 - 4:30pm

Time	Mon	Tue	Wed	Thu	Fir
8:30-9:00am	Drop off	Drop off	Drop off	Drop off	Drop off
9:00-9:15am	Meditation	Meditation	Meditation	Meditation	Meditation
9:15-10:25am	Kung Fu	Kung Fu	Kung Fu	Kung Fu	Kung Fu
10:25-10:40am	Break	Break	Break	Break	Break
10:40-11:50am	Kung Fu	Chinese Culture	Kung Fu	Chinese Culture	Kung Fu
<b>11:50-1:40pm Lunch Break Free Activity</b> <b>Every week is a different subject of Chinese culture</b>					
1:40-2:50pm	Kung Fu	Kung Fu	Kung Fu	Kung Fu	Chinese Culture
2:50-3:00pm	Break	Break	Break	Break	<b>Chinese yo-yo Games</b>
3:00-4:10pm	Chinese Culture	Kung Fu	Chinese Culture	Kung Fu	
4:10-4:30pm	Game Time	Game Time	Game Time	Game Time	