

ON CAMPUS CLASSES

Tai Chi



Tai Chi is a Chinese martial art practiced for both its health benefits and defence training which has its roots in Taoism. It combines profound principles, theories and martial art techniques. It is the cultivation of one's internal energy, mind and the physical body that make it so unique and challenging.

A ten-week course provides you an opportunity to practice Tai Chi with a teacher.

Next course:	Classes Not Currently Available	Cost: £30 Register:
Beginner:	No experience required- <u>The course will teach the first 8 forms</u>	
Beginner 2	For those who have done one term of classes before <u>Having completed 8 forms, students will learn up to 24 forms</u>	
Intermediate:	For those who have done both Beginner classes before- <u>Having completed 24 forms, students will learn up to 42 forms</u>	

Wushu (Kongfu)



Wushu, or Kongfu, was a system of codified practices and traditions of training for combat. Today, it is done for various reasons including combat skills, fitness, self-defence, sport, self-cultivation (meditation), mental discipline, character development and building self-confidence. We will teach Chang Quan (Long Fist style, which is one of Kongfu styles and has a long history particularly in North China. It is characterized by its hand and leg attacks for a long distance and fully extended movements and considered to contain a good balance of hand and foot techniques.

Next course:	Classes Not Currently Available
Beginner:	<u>No experience required</u>
Intermediate:	<u>For those who have done one term of classes before</u>
Cost:	£30
Register:	

Chinese Painting & Calligraphy Course



[Photo by Niketh Vellanki on Unsplash]

Chinese Calligraphy is likely one of the most recognisable aspects of Chinese artistic culture, and Chinese painting, being traditionally oil based, has its own fascinating distinctiveness.

Starts:	To Be Confirmed- awaiting potential teacher
Level:	All Are Welcome to Attend. There will be no classes for different levels of ability.
Where:	
When:	We are awaiting the arrival of a new teaching assistant who may be able to run this class- please contact us if you would be interested in attending
Cost:	£40
Register:	