



Institute of Tai Chi Arts

太極研究學社

華府分社 Hwa-Fu Chapter

2017 秋季課程 Fall Schedule (Sep. 10, 2017 - Jan. 14, 2018)

Location: Thomas S. Wootton HS, Cafeteria, Rockville, MD

<http://www.itcadc.org/chapter.htm>

Facebook: [www.facebook.com/itcadc](http://www.facebook.com/itcadc)

Twitter: <https://twitter.com/HwaFuTaiChi>

1:30 pm - 2:30 pm	養生操 Joint/Warm-Up Exercise
2:30 pm - 3:30 pm	<b>Short Form Beginner:</b> Chang Mei Hsu 董昌美
	<b>Short Form Mid-Level:</b> Albert Chang 張一江
	<b>Short Form Beginner (English):</b> Susan Poh 汪淑先 & Jane Yang 楊靜芬
	<b>Push Hands:</b> Mitchell Wu 吳銘哲
	<b>Short Form Advanced:</b> Peter Lu 盧本立 & Yuxin Jiang 蔣予新
	<b>Long Form:</b> Heong Tchen 陳志雄
	<b>Tai Chi Sword:</b> Chao Lin 林照雄

養生操日程 Joint/Warm-Up Exercise Schedule

Week	Date	Remarks & Location	Instructor for Warm-Up
1	September 10, 2017	Cafeteria *** Fall Semester Begins	Jane Yang 楊靜芬
2	September 17, 2017	Cafeteria	Yuxin Jiang 蔣予新
3	September 24, 2017	Cafeteria	Heong Tchen 陳志雄
4	October 1, 2017	Cafeteria	Susan Poh 汪淑先
5	October 8, 2017	Cafeteria	Peter Lu 盧本立
	October 15, 2017	<b>Chinese School Event</b>	<b>No Class</b>
6	October 22, 2017	Cafeteria	Yuxin Jiang 蔣予新
7	October 29, 2017	Cafeteria	Susan Poh 汪淑先
8	November 5, 2017	Cafeteria	Heong Tchen 陳志雄
9	November 12, 2017	Cafeteria	Peter Lu 盧本立
10	November 19, 2017	Cafeteria	Jane Yang 楊靜芬
	November 26, 2017	<b>Holiday, Thanksgiving</b>	<b>No Class</b>
11	December 3, 2017	Cafeteria	Jane Yang 楊靜芬
12	December 10, 2017	Cafeteria	Heong Tchen 陳志雄
13	December 17, 2017	Cafeteria	Susan Poh 汪淑先
	December 24, 2017	<b>Holiday, Christmas</b>	<b>No Class</b>
	December 31, 2017	<b>Holiday, New Year</b>	<b>No Class</b>
14	January 7, 2018	Cafeteria	Peter Lu 盧本立
15	January 14, 2018	Last Day of Fall Semester	Jane Yang 楊靜芬