



Institute of Tai Chi Arts

太極研究學社

第廿一屆唐堯風老師太極拳夏令營  
The 21st Master Dr. Tom Tang Tai Chi Summer Camp

9AM-Noon Every Saturday 週六 June 2nd – July 28th, 2018 -excl. July 7th 二零一八年六月二日至七月二十八日, 另七月七日除外

Richard Montgomery High School, 250 Richard Montgomery Drive - Cafeteria, Rockville, MD 20852

時段Time	課程 Courses		老師 Instructors	
9 AM - 10 AM	養生操 Joint Exercise		6/02 - 李式安 Andy Li 6/09 - 吳鐘山 Chung-Shan Wu 6/16 - 楊靜芬 Jane Yang Li 6/23 - 杜秀鴻 Show-Hong Duh 6/30 - 李式安 Andy Li 7/07 - NO CLASS 7/14 - 盧本立 Peter Lu 7/21 - 陳志雄 Heong Tchen 7/28 - 汪淑先 Susan Poh	
10 AM - 11 AM	太極短拳 Tai Chi Short Form	初級英語 Beginner, English	汪淑先 Susan Poh 王少華 Yvonne Koo	
		初級華語 Beginner, Chinese	郭子南 Tzee-Nan Kuo Lo 林照雄 Chao H. Lin	
	太極長拳 Tai Chi Long Form		陳有德 Yuteh Chen 陳志雄 Heong Tchen	
	太極劍 Tai Chi Sword		董昌美 Chang-Mei Hsu 盧本立 Peter Lu	
	太極拳劍總練 Short/Long Forms & Sword		吳鐘山 Chung-Shan Wu 杜秀鴻 Show-Hong Duh	
11 AM - Noon	專題 Special Topics	6/2 基本觀念Basic concepts	6/30 十三勢 - 13 postures	吳鐘山 Chung-Shan Wu
		6/9 基本動作Basic action	7/7 No Class	杜秀鴻 Show-Hong Duh
		6/16 高階動作Advance action	7/14 定步推手fix step push hand	
		6/23 單勢/分段Posture/Section	7/21 活步推手free step push hand	
	6/2 - 7/21	瑜珈Yoga		曹克明 Kerming Tsaur
		推手Push Hand		楊靜芬 Jane Yang Li 吳銘哲 Mitchell Wu
		自由練習Free Exercises		Continuation of 2nd hour classes
7/28	年會聚餐Annual Meeting & buffet lunch		All Teachers, Staffs, Students	

Download Registration Form : [http://itcadc.org/doc/itca\\_2018\\_Summer\\_Camp\\_Registration.pdf](http://itcadc.org/doc/itca_2018_Summer_Camp_Registration.pdf)

Registration Instructions:

1. Complete registration form (one for each member).
2. Specify the 2nd & 3rd class you wish to participate.
3. Pay registration fee (\$40.00 per member). Make check payable to "Institute of Tai Chi Arts".