

Grade 6 - Adult : Karate, Taiji / Qigong & Yoga

CHINESE MARTIAL ARTS

Teacher: Master Roger Whidden

Our classes emphasize powerful and graceful self-protection movements for cardio-vascular, strength, & relaxation benefits. The internal arts of Yoga & Qigong are a basis for all of our classes. We balance competitive & cooperative modalities.

Sunday

5:30 – 6:15 pm Spar & Partner Skills
6:15 – 7:00 pm Weapons
7:00 – 8:00 pm Animal & Ball Qigong

Tuesday

9:10-10:40 am Taiji / Qigong
6:30 – 7:30 pm San Cai Yoga
7:30 – 8:15 pm Karate & Taiji

Thursday

9:10-10:40 am Taiji / Qigong
6:30 – 7:30 pm San Cai Yoga
7:30 – 8:15 pm Karate & Taiji

Saturday

9:40 - 11:00 am Taiji / Qigong

necessary books, videos and equipment may be required for each class

TUITION: ALL CLASSES

\$4000/ (5 yrs)
\$1000 / Year
\$400/ Sep–Dec
\$300/ Jan- Mar
\$300/ Apr–June
\$200/ July-Aug
\$120/ Month
Private Lessons - \$60/hr
Group -\$100/ hr
\$12/hr drop in

AM CLASSES ONLY - 10% off, 1X/wk 50% off

No refunds after first class. \$10 fee if tuition is more than 7 days late. Uniform required - \$30. Additional family members are 20% off. **DEMO/TOURNAMENT a Sunday in March 4-6:00.** WRESTLING class on Sundays Oct-March - see Master Roger

Master Roger's Web Wisdom words @ zazenzone or whiddenschool.com
cyberchat @ wsfi@verizon.net or teletalk @ 781-834-7722