

## SDHXCS Enrichment Classes (才艺课)

<b>Subject (科目):</b>	<b>Sports</b>		
<b>Course Name (课程名称):</b>	<b>Adult Martial Arts Dance (成人武术舞蹈)</b> <a href="#">公众号链接</a>		
<b>Teacher Name (教师姓名)</b>	Chen, Fengping (陈凤萍)	<b>Phone</b>	(858) 281-1350
		<b>email</b>	1043742069@qq.com
<b>Teacher's Background (教师简介):</b>	<p>Graduated from Beijing Sport University majored in Chinese martial arts athlete, Fengping Laoshi is a Wu Ying-level athlete. She won the national martial arts competition many times and has participated many international events representing the Chinese martial arts group. She has participated in martial arts exchange activities and served as referees and performances for domestic and foreign martial arts competitions.</p> <p>陈凤萍老师，毕业于北京体育大学运动系教练专业，中国著名武术运动员、武英级运动健将。她多次获得全国武术比赛冠军，多次代表中国武术专家组和代表团在世界各地推广中国武术、参加武术交流活动、担任国内外武术大赛裁判和演出活动。</p>		
<b>Course introduction (课程简述):</b>	<p>1. Basic skills, self-defense techniques, anti-fall techniques, strength and coordination exercises for martial arts.</p> <p>2. National dance (Tibetan dance and Mongolian dance) basic exercises and dance programs.</p> <p>3. The physical and mental adjustment of martial arts and dance combination of toughness and softness.</p> <p>1、武术的基本功、防身术、防摔技巧、力量和协调性练习。</p> <p>2、民族舞（藏族舞和蒙古族舞）基本功练习和舞蹈节目。</p> <p>3、武术与舞蹈刚韧与柔美转换结合的身心调整。</p>		
<b>Course Objectives (课程目标):</b>	<p>This class is a combination of Kung-fu and Chinese traditional dance, which will help body shape and improve body flexibility and coordination.</p> <p>以武术的刚韧与舞蹈的柔美相融合的练习形式，帮助成年女性身体塑型、提升身体灵活性、协调性，并达到锻炼的效果。</p>		
<b>Pre-requisite/Student</b>			

<b>Ages</b> (先决要求/学生年龄要求):	For HX Parents 成人，华夏家长。（非华夏家长加收 \$100 ）			
<b>Student Evaluation / Presentation</b> (评分方法 (演出、比赛、展示等)):	Will participate in recitals organized by the schools and local organizations. 将参加由学校 and 当地组织组织的表演。			
<b>Class Size</b> (最多招生人数限制):	20 Members (Sundays at 2:00pm – 3:00pm )			
<b>Course Fee</b> (报名费 / 学费):	<b>Registration &amp; material fee</b>	\$300 per year for HX Parents	<b>Special course fee</b>	