

Huaxia South Chinese School 2011-2012

Children and Adult Cultural Courses

Children Cultural Courses

Class Time: 9:30 - 10:20

Course Name: Chinese Knotting / Craft
Teacher: Mei Xie
Time: 9:30 – 10:20
Pre-requirement: None
Student Age Group: 10 yr and above,
What to Teach: Basic Skill of Chinese Knotting
Goal of the Class: Introduce traditional Chinese folk art to students.
Additional Comments: Students are required to bring their own craft tool.

Course Name: Chess 2
Teacher: Gary Shapiro
Time: 9:30 – 10:20
Pre-requirement: None
Student Age Group: Child
What to Teach: Basic/advanced Chess Technical
Goal of the Class: To understand Basis of Chess

Course Name: Youth Tennis 3
Teacher: Xiang Liu
Time: 9:30 – 10:20
Pre-requirement: Interest in Tennis and Sports
Student Age Group: 8 and above
What to Teach: Fundamental tennis skills (forehand, backhand, and serve etc.) and knowledge.
Goal of the Class: Enhance physical strength and flexibility, Learn tennis skills and knowledge, Enjoy sports and teaming with others.
Additional Comments: This class starts at 9:30am and ends at 10:20am. We will use the Marlboro High School tennis courts for classes. In case of rain/snow, we will learn tennis knowledge or watch tennis video in a classroom. We have a head coach and two assistant coaches. (Students are expected to bring their own tennis racquets, but the tennis balls will be provided by

the school.)

Course Name: Creative Art
Teacher: Yunchu Ku
Time: 9:30 – 10:20
Pre-requirement: Anyone is interested in art and multimedia.
Student Age Group: Child
What to Teach: Drawing, crayon, oil pastels, mosaic, multimedia, handmade paper
Goal of the Class: Use different materials to create a personal book, stimulate students' interest and talent.
Additional Comments: Hope students do not miss any class

Course Name: Chinese Calligraphy Instruction I (for Children)
Teacher: Sophia Yuan
Time: 09:30-10:20
Pre-requirement: No
Student Age Group: Child
What to teacher: History of Chinese calligraphy, Basic brush method, introduction and practice of “four script”: standard/regular script, cursice/grass script, official/scribes script, and seal script

Course Name: Performing Art
Teacher: Zhiying Ma
Time: 9:30 – 10:20
Pre-requirement: Anyone is interested in performing art.
Student Age Group: Child
What to Teach: Children drama, Drama sketch, Poem recitation, Tongue twister, Story telling, body language training, and et al.
Goal of the Class: To develop the children potential to perform, to develop the children communication skill and stimulate children’s creativity and imagination in stage performing.
Additional Comments: Hope students can become actors or actresses.

Course Name: Chinese Chess
Teacher: Jeffrey Wang
Time: 9:30 – 10:20
Pre-requirement: Anyone is interested in Chinese chess.
Student Age Group: Child
What to Teach: Use the book “Elementary Students Chinese Chess text book” by Jialiang Xu, published by the People’s Sports. We teach:
1) Basics of Chinese Chess: Chessboard and piece; win, loss and tie, the

use of seven pieces, the value of each piece, and chess terminologies.

- 2) Basis of killing skill
- 3) Basics of opening
- 4) Frequently used tactics and skills
- 5) Analysis of some famous games

Goal of the Class: To develop children's interest in Chinese chess and teach basics of Chinese chess

Additional Comments:

Course Name: Huangmei Opera - Children's class

Teacher: Xiaofang Chen

Time: 9:30– 10:20

Pre-requirement: None

Student Age Group: 10 yrs and above,

What to Teach: Basic singing and dancing skills of Huangmei Opera.

Goal of the Class: Introduce Huangmei Opera to children. Develop children's interest in traditional Chinese folk music and dance.

Additional Comments:

Class Time: 11:30 - 12:20

Course name: Chinese Kung Fu

Teacher: Ted Peng

Time: 11:30- 12:20am

Pre-requirement: None

Student age group: Youth

What to Teach:

1. Teach the foundation of traditional Chinese Martial Arts
2. Teach the South Bridge hand
3. Teach Shaolin Luo Han Quan

Goal for the class:

1. After the semester, students will be able to use self-defense to defend.
2. After the semester, students will be able to do front kicks, side kicks, back kicks, cover kicks and jump kicks etc
3. After the semester, students will be able to do the basic South Bridge hand
4. After the semester, students will be able to practice section 1st form of Shaolin Luo Han Quan

Additional comments:

1. Too many absences from class will hinder improvement and growth
2. Certificates can be obtained through tests

Course Name: Chess 1

Teacher: Gary Shapiro

Time: 11:30 – 12:20
Pre-requirement: None
Student Age Group: Child
What to Teach: Basic/advanced Chess Technical
Goal of the Class: To understand Basis of Chess

Course Name: Youth Tennis 1
Teacher: Terry Lau / Guohui Feng
Time: 11:30 – 12:20
Pre-requirement: Interest in Tennis and Sports
Student Age Group: 8 and above
What to Teach: Fundamental tennis skills (forehand, backhand, and serve etc.) and knowledge.
Goal of the Class: Enhance physical strength and flexibility, Learn tennis skills and knowledge, Enjoy sports and teaming with others.
Additional Comments: This class starts at 11:30am and ends at 12:20am. We will use the Marlboro High School tennis courts for classes. In case of rain/snow, we will learn tennis knowledge or watch tennis video in a classroom. We have a head coach and two assistant coaches. (Students are expected to bring their own tennis racquets, but the tennis balls will be provided by the school.)

Course Name: Painting 1
Teacher: Winnie Z. Wang
Time: 11:30 – 12:20
Pre-requirement: None
Student Age Group: Child
What to Teach:

1. Curly wire drawing: This is the first step for kids to learn how to co-ordinate hand and eyes. Loosen up and have fun with non-threatening exercises that sharpens the hand-eye connection, developing observations skills.
2. Pencil Shading: This is the fundamental skill for kids to learn drawing. In this step, kids will learn how to control the movement of their pencils, making sure that every mark they make on the paper towards creating the shading or modeling effect that they want.
3. Graduated and continuous shading: The kids get control of their range of tone during these advanced exercises in graduated tonal drawing.
4. Draw basic structure: Kids will learn how to sketch the structure of an object and get the framework down by looking for the basic shapes that make up an object.
5. Learn to draw what the kids see: Kids will learn how to observe objects accurately and learn how to take "mental notes" about the objects. Then the kids will be taught how to trick their minds out of drawing what they "know" and into what they really see.

Goal of the class: The most important goal of this class is to stimulate kid's creative nature as well as to provide direct links between drawing, geometric shapes and measurements.

Course Name: Painting 2
Teacher: Sophia Yuan
Time: 11:30-12:20
Pre-requirement: No
Student Age Group: 2nd to 4th graders
What to teacher: Basic color introduction, composition (shape, space, lightness and darkness of color), sketch, pastel with crayon painting, acrylic painting, watercolor painting, Chinese painting, clay with painting project, and craft project (including origami)

Course Title: Dancing 1
Teacher: Yong Ma
Time: 11:30 – 12:20
Pre-requisites: None
Student Age Group: 6-8 year old
What to Teach: Body posture training, facial expression training, flexibility training, rhythm training, music training. Basic dancing movement training, and learn one or two Chinese dance per semester.
Goal of the Class: Nurture a love for Chinese dance and music, be able to perform simple Chinese dances of various styles, such as Han, Zang, Thai and etc. and also to participate in New Year event/parade/community performance, etc.

Course name: Dancing 3
Teacher: Jie Zhu
Time: 11:30 – 12:20
Prey-requirement: None
Student age group: 4-6 year old
What to Teach: Body posture training, facial expression training, flexibility training, rhythm training, and music training. Basic dancing movement training, and learn one or two Chinese dance per semester.
Goal for the class: Nurture a love for Chinese dance and music; be able to perform simple Chinese dances of various styles, such as Han, Zang, Thai and etc.. and also to participate in New Year event/parade/community performance, etc.
Additional comments: Parents are encouraged to take the class with their kids.

Course Name: Sing and Play
Teacher: Jenny Jia
Time: 11:30 – 12:20
Prey-requirement: None
Age Group: pre-school to 2nd grade
What to teacher: Teach children’s songs and games
Goal for the class: To give Children one hour happy time and let them learn songs, music and games by playing with their friends.

Course Name: Chinese Chess
Teacher: Jeffrey Wang
Time: 11:30 – 12:20
Pre-requirement: Anyone is interested in Chinese chess.
Student Age Group: Child
What to Teach: Use the book “Elementary Students Chinese Chess text book” by Jialiang Xu, published by the People’s Sports. We teach:
1) Basics of Chinese Chess: Chessboard and piece; win, loss and tie, the use of seven pieces, the value of each piece, and chess terminologies.
2) Basis of killing skill
3) Basics of opening
4) Frequently used tactics and skills
5) Analysis of some famous games
Goal of the Class: To develop children’s interest in Chinese chess and teach basics of Chinese chess
Additional Comments:

Adult Cultural Courses

Class Time 9:30 - 10:20

Course name: Tai Chi Quan
Teacher: Ted Peng
Time: 9:30- 10:30am
Pre-requirement: None
Student age group: Adult
What to Teach: 1. 1st level Tai Chi Test 8 Form for Chinese Martial Arts Association
2. 2nd level Tai Chi Test 16 Form for Chinese Martial Arts Association
3. 3rd level Tai Chi Test 24 Form for Chinese Martial Arts Association

4. 4th level Tai Chi Test 32 Form for Chinese Martial Arts Association
5. Qi Kung exercises

Goal for the class:

1. After the semester, students will be able to practice the 3rd & 4th level Tai Chi Quan form by themselves
2. Tai Chi is beneficial because it can not only improve health but also improve your immune system and your overall body

Additional comments:

1. Too many absences from class will hinder improvement and growth
2. Certificates can be obtained through tests

Course name: International Ballroom Dance

Teacher: Julia Nabatov

Time: 09:30 – 10:20

Pre-requirement: None

Student age group: Adult

What to Teach: Group Lessons are designed to introduce you to Latin dances such Cha Cha, Samba, Rumba, Salsa and more

Goal for the class: This class will give you flexibility and confidence to dance well, in any situation

Additional comments: May make adjustment based on the student's requirement.

Course Name: Yoga 1

Time: 9:30 – 10:20

Teacher: Luyuan Fang

Pre-requirement: None

Student Age Group: Adult

What to Teach: Yoga gesture, breath and meditation, Yoga dance, Yoga belly dance

Goal of the Class: Yoga is similar to dance. This class combines motion and still, and makes Yoga an enjoyment exercise. It combines “the softness of Yoga” and “the beauty of dance” to create a gymnastic dance, so that students can dance freely when they exercise Yoga.

Additional Comments: When there are some school events, the rehearsal may be performed during class time.

Yoga dance combines Indian dance together with Yoga. You can relax yourself during the exercise in the Indian music and under the guidance of the teacher. It can also help you lose weight, make your body agile, and control your stress.

Course name: Tai Chi San Shou

Teacher: Ted Peng

Period: 10:30- 11:30am

Pre-requirement: None

Student age group: Adult

What you teach: This class will teach the foundations of Tai Chi San Shou and a special Tai Chi technique called Lian Zhansui (used to achieve higher internal Chuan skills). The class will be taught by Master Ted Peng, who is certified in Tai Chi level 7 and level 9, an international coach, as well as a referee.

Goal for the class: 1. Students will be able to practice the foundations of Tai Chi San Shou individually.
2. Students will be able to practice the primary Tai Chi San Shou sparring exercise called Internal Chuan Arts.

Additional comments: Too many absences from class will hinder improvement and growth.

Course Name: Chinese Calligraphy Instruction II (for adults)
Teacher: Sophia Yuan
Time: 10:30-11:20
Pre-requirement: No
Student Age Group: Adult
What to teacher: History of Chinese calligraphy, Basic brush method, introduction and practice of “four script”: standard/regular script, cursice/grass script, official/scribes script, and seal script

Course Name: Yoga 2
Time: 10:30 – 11:20
Teacher: Luyuan Fang
Pre-requirement: None
Student Age Group: Adult
What to Teach: Yoga gesture, breath and meditation, Yoga dance, Yoga belly dance
Goal of the Class: Yoga is similar to dance. This class combines motion and still, and makes Yoga an enjoyment exercise. It combines “the softness of Yoga” and “the beauty of dance” to create a gymnastic dance, so that students can dance freely when they exercise Yoga.

Additional Comments: When there are some school events, the rehearsal may be performed during class time.
Yoga dance combines Indian dance together with Yoga. You can relax yourself during the exercise in the Indian music and under the guidance of the teacher. It can also help you lose weight, make your body agile, and control your stress.

Course name: Latin Dance
Teacher: Julia Nabatov
Time: 10:30 – 11:20
Pre-requirement: None

Student age group: Adult
What you teach: Group Lessons are designed to introduce you to Latin dances such as Cha Cha, Samba, Rumba, Salsa and more
Goal for the class: This class will give you flexibility and confidence to dance well, in any situation
Additional comments: May make adjustment based on the student's requirement.

Course Name: Gym Dance
Time: 10:30 – 11:20
Teacher: Ying Tao
Pre-requirement: None
Student Age Group: Adult
What Do You Teach: Boxing dance, Indian belly dance, Zumba, etc.
Goal of the Class:
Additional Comments: Boxing dance is a gymnastic dance that combines boxing, Kongfu, karate, and some gymnastic dances. After improvement, the boxing dance gets rid of the violence nature and emphasizes its gymnastic functions. For female exercisers, the boxing dance not only is an effective gymnastic dance for weight control, but also provides an effective defense skill
Zumba combines the dance skills and rhythms of various Latin dances, especially Samba. It emphasizes quick movement of bodies. Although it is the combination of many dances, people who do not have any dance experiences can learn and enjoy it quickly. It has no special requirement on the quality of your steps, and the most important thing is enjoying and having fun.
Indian belly dance is a sexy and romantic gymnastic dance. It combines the beauty of Yoga and romanticism of Belly dance.

Course Name: Chinese Dance
Time: 10:30 – 11:20
Teacher: Yong Ma
Pre-requirement: None
Student Age Group: Adult
What to Teach: To teach Chinese adult dances, in combination with the basic dance skill training.
Goal of the Class: To let the student learn various types of Chinese folk dances and basic dance skills.
Additional Comments:

Course Name: Chinese waist drum and Red ribbon dance 1
Teacher: Zhiying Ma
Time: 10:30 – 11:20

Pre-requirement: None
Student Age Group: Adult
What to Teach: Basic movement
Goal of the Class: Introduce traditional Chinese waist drum dance. This class will provide more opportunities to participate in school/community event performances, such as, New Year event/parade, etc.

Course Name: Huangmei Opera - Adult class
Teacher: Xiaofang Chen
Time: 10:30 – 11:20
Pre-requirement: none.
Student Age Group: adults, no age limit.
What to Teach: teach the most popular Huangmei songs and dances such as those from the famous movies [Goddess Marriage] and [Flowers Raining from Heaven], etc.
Goal of the Class: Gather Huangmei fans and friends together to enjoy themselves and entertain others.
Additional Comments: Will have opportunity to perform at various community events.

Class Time 11:30 - 12:20

Course Name: Chinese waist drum and Red ribbon dance 2
Teacher: Zhiying Ma
Time: 11:30 – 12:20
Pre-requirement: None
Student Age Group: Adult
What to Teach: Basic movement
Goal of the Class: Introduce traditional Chinese waist drum dance. This class will provide more opportunities to participate in school/community event performances, such as, New Year event/parade, etc.

Course Name: Qipao Performing Art
Teacher: Xiaofang Chen (Famous Huangmei Opera Actress)
Time: 11:30—12:20
Pre-requirement: no
Age Group: Female adult
What to Teach: Multiple performing arts
Goal of the Class: By teaching body dances with traditional Chinese dress-Qipao, ballet, modern and classical dances and Karaoke, the class is to teach ladies on how to show their beauty and improve their body agility.

