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KUNG FU/ TAI CHI CLUB

Autumn 2009

功夫

UNIVERSITY OF WASHINGTON, DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS

Hung Ga Kuen – is a hard style of Kung Fu. Hung Ga is the Tiger-Crane style. Students undergo arduous training to develop speed, balance, and stamina. The style utilizes powerful blocks, punches, and kicks. Hung Ga is an excellent means of developing a strong, healthy body as well as an effective form of self-defense.

Wu Tai Chi Chuan – Students of this style practice smooth, graceful movements to strengthen, stretch, and relax the muscles while increasing circulation. Tai Chi Chuan is a calming exercise, sometimes referred to as the “flowing meditation,” which relieves stress and promotes health, vitality, and longevity – said to be the national exercise of China. Students practice slow, ballet-like exercises to develop the speed and agility necessary to turn an opponent’s own energy against him.

CLUB DUES

You may join the club for \$45 per quarter (*subject to change*). Uniforms are available for \$40 (*optional*).

CLUB MEMBERSHIP

All currently enrolled UW students (Seattle campus) and faculty/staff IMA members may join the club. Faculty/staff may purchase their IMA Membership at the IMA Member Services Desk during operation hours.

UW extension, branch campus students, students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the Club Sports program.

MEMBERSHIP WAIVER CARD

All participants must complete a membership/waiver card prior to club participation. Membership/waiver cards are available from the club president at practice or at the Programs Office, located on the 3rd floor of the IMA.

CLUB PRACTICES:

Dates: September 30 – December 9

Days: Monday & Wednesday

Times: 7:30 - 9:30 pm

Location: IMA Studio 111

INSURANCE

The Department of Recreational Sports Programs strongly recommends that all Club Sport members have adequate accident/medical insurance coverage. Each Club Sport member is responsible for arranging their own coverage. Brochures for Accidental and Sickness Insurance for registered University of Washington Students are available in the Programs Office, located on the 3rd floor of the IMA.

SPORTS SKILLS CLASS: October 12 – November 23

Beginning Kung Fu: 7:30-8:30pm M/W

Beginning Tai Chi: 7:30-8:30pm M/W

Register in person at the IMA Programs Office. Please visit the IMA Homepage for additional information about Sports Skills Classes.

FOR MORE INFORMATION

Club Representative:

Cihan Ackay: madmax2@uw.edu

Club Email:

uwkungfu@uw.edu

Club Website:

<http://students.washington.edu/uwkungfu>

Club Sports Coordinator:

Katie Beth

206-543-9499

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IMA Homepage:

<http://depts.washington.edu/ima>