

# 太極

# KUNG FU/WU SHU/ TAI CHI CLUB

# 功夫

UNIVERSITY OF WASHINGTON, DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS

**Hung Gar Kung Fu** – Founded by Shaolin martial artist Hung Hei-Kwun, Hung Gar (or Hung Ga Kuen) is a traditional style of martial arts from Southern China. Hung Gar is based on the movements of the five animals: Tiger, Crane, Snake, Leopard and Dragon with particular emphasis on Tiger and Crane techniques. Hung Gar is a hard and powerful style of Kung Fu that utilizes powerful blocks, punches and kicks. Through learning Hung Gar you will improve your strength and hand eye coordination along with your sense of balance and self-confidence.

**Shaolin Wu Shu & Tai Chi** – Make your body stronger and healthier by learning Shaolin Wu Shu or Tai Chi from Master Jin Le, an authentic 34<sup>th</sup> generation Shaolin disciple from the Shaolin Temple in Henan, China. In this class you will gain agility, strength, better balance and develop mental discipline. While also learning the basics of stretching, punching, kicking, blocking and tumbling. These classes will build your self-confidence while enhancing your hand eye coordination, physical fitness and mental discipline.

## CLUB DUES

You may join the club for \$50 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 3<sup>rd</sup> floor of the IMA.

## CLUB PRACTICES:

**Dates:** Fall/Winter/Spring Quarters

**Days:** Monday & Wednesday

**Times:** Kung Fu: 7:30 – 9:30 pm  
Wu Shu/Tai Chi: 7 – 9 pm

**Location:** IMA Studio 111/Mat Room A

## 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. For information on the University of Washington's Student Health Insurance Plans: <http://depts.washington.edu/ovpsl/insurance/index.shtml>.

## SPORTS SKILLS CLASS Price: \$35.00

**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 at the beginning of each quarter. Please visit the IMA Website for additional information about Sports Skills Classes.

## FOR MORE INFORMATION

Club Representative:

Cihan Akcay: [akcay.cihan@gmail.com](mailto:akcay.cihan@gmail.com)

Club Instructor:

Matt Haave

Club Email:

[uwkungfu@uw.edu](mailto:uwkungfu@uw.edu)

Club Website:

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

Club Sports Coordinator:

Chris Delaune

206-543-9499

[delaine@uw.edu](mailto:delaine@uw.edu)

IMA Homepage:

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