

## SDHXCS Enrichment Classes (才艺课)

|  |  |                |                                   |   |
|--|--|----------------|-----------------------------------|---|
| <b>Subject (科目):</b>   | Sports   |                |                                   |   |
| <b>Course Name (课程名称):</b>                                   | <b>Kung Fu – Beginner &amp; Intermediate (华夏功夫)</b>  |                |                                   |   |
| <b>Teacher Name (教师姓名)</b>                                   | Wu, Qiuhua   | <b>Phone</b>   | (916) 607-1698                    |   |
|  |  | <b>email</b>   | xenaqwu@yahoo.com                 |   |
| <b>Teacher's Background (教师简介):</b>                          | <p>Sifu Xena Wu Qiuhua has over 40 years of coaching experience in martial arts training. She is a gold medalist of numerous martial arts championships. She holds the title of Martial Arts Hero, the highest martial arts award in China. She has coached professional teams from all around the world and she is now residing in San Diego.</p> <p>吴秋花师傅拥有四十多年的武术教练经验。曾是众多的武术锦标赛金牌得主，并获得中国武术最高荣誉——武术英雄称号。她曾执教过来自世界各地的职业队。目前居住于圣地亚哥。</p>   |                |                                   |   |
| <b>Course introduction (课程简述):</b>                           | <p>Our curriculum emphasizes a comprehensive and rigorous approach to foundational martial arts techniques while instilling in our students the significance of cultivating a positive mindset and fostering a spirit of camaraderie in each lesson.</p> <p>我们的课程专注于基础技能的扎实和彻底的培训，并教导学生逐渐培养积极的心态和团队精神的重要性。</p>   |                |                                   |   |
| <b>Course Objectives (课程目标):</b>                             | <p>The primary goal of this class is to promote and foster Chinese Martial Arts and Chinese culture through the instruction of Wushu embodies a rich and profound understanding of Chinese heritage. Our students are expected to cultivate increased confidence, self-discipline, and unwavering concentration, which will be evident both within the martial arts practice and in their everyday lives.</p> <p>华夏功夫课的目标是通过教授中国武术，传播推广中华传统文化。中国武术为中华文化的传承提供了广泛而深刻的见解。我们希望能帮助学生在习武和日常生活中增强自信心，自律以及专注力。</p> |                |                                   |   |
| <b>Pre-requisite/Student Ages (先决要求/学生年龄要求):</b>             | Ages 5 and up. 5 岁以上   |                |                                   |   |
| <b>Student Evaluation / Presentation (评分方法 (演出、比赛、展示等)):</b> | End of course Kungfu tournaments, trophies for most accomplished. 期末评估，评选奖杯得主。   |                |                                   |   |
| <b>Class Size (最多招生人数限制):</b>                                | <b>Min: 5 Max: 20</b>  |                |                                   |   |
| <b>Course Fee (报名费 / 学费):</b>                                | <b>Registration &amp; material fee</b>   | \$400 per year | <b>Course Time &amp; Location</b> | Sundays<br>11:30Am – 12:30Pm<br>H – Lobby |

