

少林太極文化中心
Shaolin Tai Chi Cultural Center
9310 S. Eastern Ave, #123, Las Vegas NV 89123 • (702) 570 – 5120

中國書法與太極入門

Introduction to Chinese Calligraphy and Tai Chi

八週 \$ 200 (Calligraphy ONLY) 書法
8 weeks \$ 320 (Calligraphy + Tai Chi) 書法 + 太極

学费包括\$40 的书法材料费

Tuition includes \$40 material fees for Calligraphy

星期四 Thu	Mar 05 3 月 5 號	Mar 12 3 月 12 號	Mar 19 3 月 19 號	Mar 26 3 月 26 號	Apr 02 4 月 2 號	Apr 09 4 月 9 號	Apr 16 4 月 16 號	Apr 23 4 月 23 號
書法 + 太極 Calligraphy + Tai Chi	8:30AM—10:45AM							
書法 Calligraphy only	9:45AM—10:45AM							

中國書法是自古以來被高度重視的一門視覺藝術。它雖富有藝術表達能力，但它也是一門“控制”的藝術。書法從入筆、收筆、筆劃和筆順都不能隨意更改去寫：每一個字的筆順每次書寫時都要確保照著既定的筆順去完成。書法和太極有許多共同之處：每個人都必須學會和熟悉編排的動作後，才可以在一定的範圍內表達個人的風格。它們看似輕柔緩慢，其實柔中帶勁！它們也可以被稱為移動的冥想。書法和太極緩慢而優美的動作可以將人帶入一個放鬆的冥想境界，解除內心的緊迫感。

Chinese calligraphy is a form of visual art that is highly regarded since ancient time. Chinese calligraphy is expressive, but it is also an art of control. One does not write characters in haphazard fashion: an established stroke order ensures that a character is written exactly the same way each time. The calligrapher and the Tai Chi practitioner have much in common: each must learn the choreographed movements before each may break free within certain boundaries to express personal vitality. Chinese calligraphy and Tai Chi may seem gentle and slow, but they are loaded with energy! Both can also be referred to as moving meditation. The slow, graceful movements can be used as a meditation to provide relaxed focus, and a deep sense of relaxation that helps release inner tensions.

