

南澤西中文學校2010年秋季選修文化班
Chinese School of South Jersey 2-4PM Culture Classes, Fall 2010

代號 Code	班別 Class	教師 Instructor	時間 Time	地點 Room	學費 Fee	課程簡介 Class Description
CGY	中華書法成人班 (初中級) Chinese Calligraphy	Mr. Tong	2:00 – 2:50	C13	\$80	教授書寫姿勢、執筆，漢字的基本筆劃，漢字基本筆劃的技法，漢字的章法，以歐陽詢書法教材為主要藍本進行練習，並介紹顏真卿，柳公權，趙孟等其他字體。課程可使學生提高書寫技法，能完成簡單的書寫作品。This course will emphasize on writing posture, brush holding techniques, basic strokes of Chinese characters, and using Ouyang Xun calligraphy manual script as the main style to practice writing the characters. Yen Chen-ching, Liu Gongquan, Zhao Meng, and other styles will also be introduced. Course will allow the students to improve their writing techniques in order to complete simple written work.
CSC	篆刻成人班 (初級) Seal Carving	Mr. Tong	3:00 – 3:50	C13	\$80	針對有一定書法基礎的成年人，講授篆刻的歷史知識，名家作品賞析，學習掌握基本的篆刻的工具及石料，常用石料介紹，篆刻的過程，刀法介紹，篆刻章法介紹。以篆刻五十講為教材，課程結束後，學生可完成單字和多字的構圖及篆刻。This course is for students who have basic calligraphy skills. The teaching carving history, appreciation of famous works, learning to master the basic carving tools and stone, popular stone carving material, stone carving process, carving tricks and techniques introduction.
CKT	編織，檯布班 (初，中級) Knitting	Mrs. Tong	2:00 – 2:50	C9	\$80	此課程為對編制和鉤針有興趣的朋友開辦。教師將輔導同學一同完成各式各樣的編制和鉤針作品，例如檯布，圍巾，披肩等等。同學也可以提供其他素材和構想，班上同學在老師的幫助下一起來設計完成。學期結束後可以有一個小展覽。Teachers will guide the students with a wide range of crochet work, such as table cloth, scarf, and shawl. Students can also share other materials and ideas. After the semester there will be a small exhibition.
CYG	瑜伽 Yoga	Alene Brennan	2:00 – 3:00	圖書館 Library	\$80	瑜伽 Yoga
CTC	太極 Tai-Chi	洪榮 Rong Kruckner	2:00 – 3:00	體育館 GYM	\$80	太極拳是一種古老的健身與技擊並重的拳術。學員從短套路8式、16式、24式、32式、42式、48式逐步升級學習太極拳、太極劍。Tai Chi is a traditional Chinese form of martial arts many centuries old. The students will learn short form (8, 16, 24, 32, 42, 48 forms), and boxing and sword.
CPP	乒乓 Ping-Pong	n/a	2:00 – 3:50	餐廳 Cafeteria	\$20	乒乓球對打。需自備球拍、球。 Ping pong drill/play. Bring own racket and balls.
CBA	籃球 Basketball	n/a	2:00 – 3:50	體育館 GYM	\$20	籃球比賽 Basketball drill.
CCP	國畫班 Chinese Painting	江拓舟	3:00 – 3:50	C7	\$80	以芥子園畫譜為基本教材，結合個別學生的特點及興趣，適當給予自由發揮。需自備毛筆、墨水、宣紙、墊子。This class uses classic model paintings as the basic teaching material, and integrates with student's characteristic and interest. Need to bring own Chinese brush, rice paper, ink, mat, water color.

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CMB	木蘭拳、中國功夫扇 Mulan Boxing, Chinese Kung Fu Fan	洪榮 Rong Kruckner	3:00 – 4:30	體育館 GYM	\$120	木蘭拳是將太極拳、氣功、武術技擊、體操結合在一起的一套女性的武術拳種。中國功夫太極扇結合扇子的揮舞和太極拳的運動，并揉合了太極拳和長拳、八卦等動作。需購買扇子(\$12)。 Mulan Boxing is a combination of Tai Chi, Qi Gong, and gymnastics. It is a slow motion exercise developed for women. Gongfu Fan is another variation of Taichi. It combines the movements and techniques of Taichi Sword and Knife with the speed, power, and dexterity of Long Quan and Ba Gua. The instructor may purchase fans on behalf of students.
CFL	花藝設計Flower Arrangement	黃清蘭	2:00 – 3:50	C8	\$90	西洋花藝設計,有基本型教起,漸漸深入介紹如何使用顏色,花型,及家居擺設,每一堂課會有一盆花帶回家。必須帶自己的剪刀和花盆。材料費每次\$10 - \$15. This course offers basic introduction to flowers and floral arrangement. Techniques for fresh and silk flower care and handling will be covered. Several different styles of arrangement will be introduced. A flower set will be finished for taking home by the end of every class. Need to bring own scissors and vase. Materials fee: \$10 - \$15 for flower materials every class (pay to the instructor).

註：每班招生至少6人才開班; 師資或學生人數不足將不開班。

P.S. Class will be cancel if there are an insufficient number of students.