



WU'S TAI CHI CHUAN ACADEMY - ANN ARBOR

Class Schedule & Pricing 2023

BEGINNERS: 12 Form and 108 Short Form.

INTERMEDIATES: 108 Standard Form, 54 & 108 Round Forms, 24 Forms/Chi Kung, Push Hands.

COLOR KEY: Online Zoom Class Hybrid Class (Online Zoom & In-Person) In-Person Class

TIME	MON	TUE	WED	THU	SAT
9:00 - 10:30am					54/108 Round Form <i>Instr: Wendy</i>
10:00 - 11:30am		Intrmd & Above: Push Hands Open Training			All Levels, 108 Standard Form <i>Instr: Deirdre</i>
11:00am -12:30pm	Intermediate, 108 Standard Form <i>Instr: Ellen</i>			Intermediate, 108 Standard Form <i>Instr: Paul</i>	
1:00 - 2:00pm	Chair Class <i>Instr: Karen</i>				
2:30pm - 3:30pm					Beginner Level <i>Instr: Paul</i>
6:30 - 8:00pm		24 Forms /Chi Kung <i>Instr: Deirdre</i>	All Levels, 108 Standard Form <i>Instr: Ellen</i>	All Levels, 108 Standard Form <i>Instr: Paul</i>	
7:00 - 8:00pm	Beginner 12 Form <i>Instr: Donetta</i>				

Progression of Training/Prerequisites:

- 12 Form: Beginning form to introduce basic principles and proper alignment in a short sequence.
- 108 Short Form: Movements #1-32 of the Standard Form. Prereq for 24 Forms/Chi Kung and Basic Push Hands.
- 108 Standard Form: Movements #33-108 of the Standard Form. Prereq for 54 Form and other advanced training.
- 54 & 108 Round Forms: Requires thorough knowledge of 108 Standard Form.
- Push Hands Open Training: Requires familiarity with Basic and Forward/Backward Push Hands, and instructor approval.



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Please contact us in advance to join in-person classes (for social distancing.)

Safety Protocols for In-Person Training (Subject to modification based on updated CDC or State guidance.)

- Stay home if not feeling well or experiencing any cold or flu symptoms.
- Show proof of full COVID-19 vaccination, including booster, by/at first class.
- Maintain social distance of at least 8' at all times (exception for Push Hands Open Training.)
- Answer screening questions at the start of each class.
- Wear a KN95 or N95 face mask based on risk level of COVID transmission, or at instructor request.

Payment Options & Class Rates:

# of Classes/Week	Standard Rate	Senior (60+ yrs) & Student Rate
1 class per week	\$45/month	\$40/month
2 or more classes per week	\$70/month	\$60/month

Please send payment prior to the 1st day of the month. To be properly credited, please write your class days/times and the month in the "memo" or "notes" section.

- On [PayPal.com](https://www.paypal.com) send payments to "info@wustyle-annarbor.com".
- Mail checks, payable to "Wu's Tai Chi Chuan Academy-Ann Arbor," to: **111 S. Wallace Blvd, Ypsilanti, MI 48197.**

Updated 3/01/2023