

New Classes for Fall Semester 2016

1. Beginning Tai Chi (Yang Style) 24式杨氏太极初级班 (Saturday 1:30PM - 2:30PM)

帮助人们了解练习太极拳的益处，对预防和缓解很多的疾病能起到非常好的效果；用有别于普及太极拳的教法，注重动作的规范和细节，强调心、意、气在练习太极拳中重要性；引导学生不求学多，确保将每一个动作做规范、正确；通过专业和科学的授课，培养和发掘出更多的人才，让太极拳课成为现代中文学校最具有特色的课之一。

Instructor: Arthur Du, 自幼随父学习太极拳，师从多位名师，是杨氏太极拳的第六代传人，陈氏太极拳第十二代传人，多次获得国际及国内太极拳比赛冠军。是原江苏省的太极拳教练、江苏省抗衰老学会武术研究专业委员会的主任助理、中医高级保健师、中式营养烹饪国家高级技师。

他有着丰富、独特的教学太极拳的方法，根据太极阴阳五行和中医保健的原理，在针对人体如何抗衰老、防病、帮助人们提供健康水平方面有着多年、丰富的经验。

他来美国后，在哥伦比亚市教太极拳四年，收到了当地师生们的一致高度好评！今年他移居到圣路易斯，希望也能帮助到更多的太极拳爱好者！

他的教学特点：使人真正感受到太极拳不是简单的运动，而是一种动中求静的气功，移动的瑜伽，天人合一的冥想!!!

2. Advance Tai Chi (Yang Style) 24式杨氏太极提高班 (Saturday 2:40PM - 3:40PM)

针对已有练习太极拳经验的人招生（特别是对以往练习过24式太极拳的人）；根据太极拳的十项基本原则，用传统的训练方法来帮助已经练习过太极拳的人复习，纠正和提高；解决练太极拳容易出现的问题。例如：低头弯腰，提肩抬肘，憋气挺胯等等；要求学生不能只追求外表的动作漂亮、做肢体的舞蹈或体操运动，关键要做到用意导气，以气引力。力起于脚，始于腰，行于肢，发于梢；每一个学生通过学习，都能在一定的程度上得到提高，为真正练好太极拳打下基础。

Instructor: Arthur Du

3. 模特儿形体仪态班 (Saturday 2:00PM-3:00PM)

培养良好的身体姿态，塑造优美体态。学生男女不限，年龄在14岁以上。课程包括模特概况；模特儿基本步法；模特儿姿势；舞台表演 (SHOW ON STAGE)；音乐节奏及化妆法等。

Instructor: Kai Man Ada YIM, highly experienced international model, 国际资深模特儿。 来自中国香港，拥有十余年形体美容教学经验，参加数次香港小姐佳丽的培训。
· 详细信息请参阅其工作网站: www.adamodelt.com

4. 形象包装设计班 (Saturday 3:30PM-4:30PM)

包装个人形象，提升个人自信。学生男女不限，年龄在14岁以上。课程包括色彩分析，服装款式，首饰与配件，衣橱管理与保养，礼仪举止，以及发型与美容等。

Instructor: Kai Man Ada YIM

5. Go ChessI 围棋初级 (Sunday 11:50AM-12:35PM)

Go ChessII 围棋高级 (Sunday 12:40PM-1:25PM)

This class is for both parents and students. We will focus on the basic concept about Chinese GO. We will also cover tips and tricks for different winning scenarios. We will practice GO games with smaller GO board during the class, and play over internet

Instructor: Leo Liu

6. Chinese Hip Hop 中国风街舞 Hip Hop (Sunday 2:25PM-3:15PM)

Chinese Hip Hop 少儿中国风 Hip Hop (Sunday 3:20PM-4:05PM)

Lading Dance (Adult) 成人中国风拉丁舞 (Sunday 4:10PM-4:55PM)

Instructor: 吴雅敏

7. Line Drawing (Saturday 1:30PM -3:15PM)

Use the humble pencil and paper to learn the foundations of drawing! I will be teaching methodologies pertaining to line as visual language. No shading involved! Students will use shapes and lines to describe form and to compose images.
Materials needed: pencil and cheap paper.

Instructor: Alice Tse

8, Tonal Drawing (Saturday 3:20PM – 4:55PM)

Using graphite, learn how to describe form with shades of light and dark. A step up from basic line drawing. Tone is complicated and requires study of edges, light and texture to convey more information in an image. Uses methods of additive and subtractive drawing processes. Materials needed: Charcoal sticks, kneaded erasers, pencils, and heavier drawing paper. **Instructor: Alice Tse, is a Bachelor of Fine Arts with a major in Illustration from the Maryland Institute College of Art. She has exhibited in galleries in Baltimore and Minneapolis both as a student and a professional.**

9, Database Management 数据库管理 (Saturday 2:25PM – 3:15PM)

This course introduces SQL and database design with Mysql database management system, the world's most popular open source database management system. Topics include: Inserting, modifying, deleting, and querying records in a database; Creating relations with integrity constraints, Indexing relations, and data partitions; Relational algebra and Mysql functions; Mysql administrations; ER diagram and database translation; Mysql in amazon cloud.

Instructor: Ruinan Zhang

10, JAVA Programming JAVA 编程 (Saturday 1:30PM – 2:20PM)

This course is intended for high school students with no or little programming experience. It introduces the fundamentals of Java, one of today's most popular programming languages, and basics of web application (e.g. websites, webmail, online retail sale, instant messaging) development with Java related technologies. Students will use a powerful integrated development environment tool to learn to design, write, compile, and run basic Java applications that incorporate fundamental programming concepts and accepted programming techniques. The main topics students will learn includes: Declaring and using variables of different data types to store information in programs; Using control structures, such as if statements and loops, to control the flow of applications; Understanding object oriented programming with creating and using classes, objects, inheritance and interface; Reading and writing to files; Javaserplet, JSP, and Tomcat server..

Instructor: Ruinan Zhang

11, 时尚、形体班(Fashion Sculpture Class) (Sunday Session 4)

通过优美而富有动感的音乐贯穿始终，配以相应的舞蹈动作进行兴趣盎然，毫无枯燥的综合性地训练。使女性的形体之美在各个时尚榜都有体现，无论是田园的还是现代风格，形体之美的时尚趋势就会实现。本班宗旨是健康、时尚，增强自信，增进友谊，提升形象和气质

Instructor: 高丽群

12, Chinese Waist Drum 儿童腰鼓 (Sunday Session 3 and 7)

Instructor: 华燕 (Morning Session), 顾宇谨 (Afternoon Session)

13, 少年传统手工 (Sunday Session 7)

成人传统手工 (Sunday Session 8)

成人手工课主要以手工编织为主：手工钩针钩法的基础教程(基础针的短针钩法, 基础针的长针钩法); 教授杯垫, 杯套, 手工包, 衣服等等钩法; 手工毛衣针针法的基础教程; 教授围巾, 帽子, 手套, 袜子等等的编制方法

Instructor: 冯莉

14, Creative Arts&Crafts (age7-10) 少儿创意手工 (Sunday Session 3)

Youth Arts and Crafts 少儿创意手工 II (Sunday Session 4)

Instructor: 王阿莲