

FOR CEREBRAL PALSY SPECTRUM DISABILITIES

Traditional Chinese martial arts with 21st century technology

The course of study centers on Chen Family style Tai Chi Chuan as taught by Grandmaster Chen Zhenglei. He is a member of the 19th (**nineteenth**) generation to teach this style. The curriculum, which includes six sets without weapons and ten sets with weapons, leads to a collegiate bachelor's degree as well as a master's degree. We film and grade all classes so that doctors, parents and other professionals can quantitatively assess the impact of changes on diet, sleep, transport and medications.

There are **four** class modes:

/1/ four days per week class begins with a few minutes of Wuji style sitting and standing meditation with special emphasis on breathing. We then do the centuries-old Chen Family style warm-up exercises followed by the short form known as the 18 movement set. Students are surrounded by video projections of the Grandmaster performing each set.



Weapons training begins the first day with double batons (wooden versions above left) which are also known as maces. The steel versions (above right) are too expensive and heavy for beginners.

As the students become proficient in the two short forms training begins in the the signature set of Chen style. Known

world-wide as Lao Jia or Old Frame, this long unarmed form is taught in conjunction with single saber (below left) and single sword (below right) sets.



After Lao Jia and the short weapons Xin Jia or New Frame is taught as are staff and spear. Certificates of accomplishment are separately awarded in each of the eight sets. All eight are required for a bachelor's degree.

The master's degree requires proficiency in Lao Jia #2 (cannon fist), Xiao Jia 108, Xin Jia #2, double saber, double sword, kwan dao (see below) and long staff.



/2/ One day per week the class dresses in traditional semi-formal black cotton outfits (see above) and with consent the films are sent to an outside expert to be graded.

/3/ About once a month or whenever an honored guest visits the class will dress in formal silks, with colors and patterns chosen by the class, and perform as a team in series. It is very likely we will also perform at annual International Tai Chi Day events and at martial arts congresses and tournaments.



/4/ Besides frequent teaching visits from members of the Chen Family we intend to invite guest instructors drawn from experts in Chen style, the six other other styles of tai chi, and even other martial arts.



COSTS – we usually purchase in bulk so actual costs should be less than those mentioned below.

Clothing: we have the usual assortment of unnecessary t-shirts, pants, shirts, hoodies and hats.

The black cotton outfits used once a week generally last

quite a while. They cost about \$40 and shoes are less than \$10. Silks range anywhere from \$50 to \$100 and the shoes typically cost \$35 a pair.

Weapons: are often a very personal choice. Over a career we would expect someone to buy two batons (\$20); double sabers (\$90); double swords (\$90); a staff (\$15-\$40); a spear (\$90) and a kwan dao (\$90). Usually the prices include a scabbard, a carrying case or bag, and tassels and flags.

Tuition: \$ 200.00 per month for unlimited classes. We would strongly prefer the student attend at least 40 hours of classes per month. Tuition includes dues for a martial arts association and for the Chen Family organization, reference videos, and weekly judging fees.

USING A SELF-DETERMINATION PROGRAM THIS SHOULD ALL BE NO (ZERO) COST TO YOU.



Contact us at info@silverwolfwushu.com or leave a comment on the blog: <http://silverwolfwushu.wordpress.com/> or go to www.silverwolfwushu.com and click the Blog link at the lower left on the main page. PLEASE make sure to leave a valid email address where we can send a reply. Ask us about the Internet of Things, six tai chi tools and the nine Qigong routines as well as personalized homework.