

class schedule



october 2018

Beginners

Intermediate

Advanced

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
7	8 Thanksgiving No classes	9 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	10 7:00-9:00pm YANG & CHEN Traditional & Weapons forms	11	12	13
14	15 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	16 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	17 7:00-9:00pm YANG & CHEN Traditional & Weapons forms	18	19	20
21	22 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	23 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	24 7:00-9:00pm YANG & CHEN Traditional & Weapons forms	25	26	27
28	29 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	30 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	31 Hallowe'en 7:00-9:00pm YANG & CHEN Traditional & Weapons forms	1	2	3

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太极拳

year of
earth
dog



I am alert
Worldwide violence is
why I'm here
To listen to complaints
and dismiss your fears
To guide you to a more
peaceful time
To protect what's pure
and eliminate crime
My vision fixed on
cowardice acts
My intent to stop bullies
in their tracks
I stand for honor,
justice and fair play
And will stop at nothing
to save the day
I AM THE DOG.

class schedule



november 2018

Beginners

Intermediate

Advanced

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	6 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	7 7:00-9:00pm YANG & CHEN Traditional & Weapons forms	8	9	10
11 Remembrance Day	12 Remembrance Day (observed) No classes	13 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	14 7:00-9:00pm YANG & CHEN Traditional & Weapons forms	15	16	17
18	19 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	20 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	21 7:00-9:00pm YANG & CHEN Traditional & Weapons forms	22	23	24
25	26 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	27 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	28 7:00-9:00pm YANG & CHEN Traditional & Weapons forms	29	30	1

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december 2018

Beginners

Intermediate

Advanced

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	4 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	5 7:00-9:00pm YANG & CHEN Traditional & Weapons forms	6	7	8
9	10 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	11 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	12 7:00-9:00pm YANG & CHEN Traditional & Weapons forms	13 14 Happy Holidays! See you in January!		15
16	17	18	19	20	21	22
23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28	29
30	31 New Year's Eve	1	2	3	4	5



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january 2019

Beginners

Intermediate

Advanced

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1 New Year's Day	2	3	4	5
6	7	8	9  7:00pm OPEN HOUSE MH Cultural Centre <i>Everyone welcome</i>	10	11	12
13	14 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	15 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	16 7:00-9:00pm YANG & CHEN Traditional & Weapons forms	17	18	19
20	21 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	22 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	23 7:00-9:00pm YANG & CHEN Traditional & Weapons forms	24	25	26
27	28 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	29 7:00-8:00pm YANG (SHORT) 8:00-9:00pm CHEN (SHORT)	30 7:00-9:00pm YANG & CHEN Traditional & Weapons forms	31	1	2

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february 2019



Beginners

Intermediate

Advanced

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4	5	6	7	8	9
	7:00-8:00pm YANG (SHORT)	7:00-8:00pm YANG (SHORT)	7:00-9:00pm YANG & CHEN Traditional & Weapons forms			
	8:00-9:00pm CHEN (SHORT)	8:00-9:00pm CHEN (SHORT)				
10	11	12	13	14	15	16
	Family Day No classes	7:00-8:00pm YANG (SHORT)	7:00-9:00pm YANG & CHEN Traditional & Weapons forms	6:00-9:00pm Chinese New Year Celebration Hat Restaurant Members only	 Chinese New Year	
		8:00-9:00pm CHEN (SHORT)				
17	18	19	20	21	22	23
	7:00-8:00pm YANG (SHORT)	7:00-8:00pm YANG (SHORT)	7:00-9:00pm YANG & CHEN Traditional & Weapons forms			
	8:00-9:00pm CHEN (SHORT)	8:00-9:00pm CHEN (SHORT)				
24	25	26	27	28	1	2
	7:00-8:00pm YANG (SHORT)	7:00-8:00pm YANG (SHORT)	7:00-9:00pm YANG & CHEN Traditional & Weapons forms			
	8:00-9:00pm CHEN (SHORT)	8:00-9:00pm CHEN (SHORT)				



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pig



I have great faith;
The unknown does not
frighten me;
Fate is my destiny;
I am intrepid and confident;
Assured of divine protection;
As I give what I have freely;
I need no accolades as
proof;
I am one with all;
What I offer is without
prejudice;
I am pure of heart and trust
in myself;
I AM THE PIG.