

Lion Dance & Drumming (6/15/20 to 6/19/20) (7/20/20 to 7/24/20)



**Lion dance** is a form of traditional dance in Chinese and other Asian cultures, where performers mimic a lion's movements in a lion costume to bring good luck and fortune. The dance is usually performed during important occasions such as Chinese New Year, wedding ceremonies, honoring special guests, and other traditional festivals and celebrations.

Dragon Dance (6/22/20 to 6/26/20)



**Dragon dance** is a form of traditional dance performance in Chinese culture. Like the lion dance, it is most often seen in festive celebrations. The dance is performed by a team of experienced dancers who manipulate a long flexible figure of a dragon using poles positioned along the length of the dragon. The dance team simulates the imagined movements of this river spirit, in a sinuous, undulating manner. Beginners learning this dance gain coordination and skill.

Archery (6/29/20 to 7/3/20) (7/27/20 to 7/31/20)



**Archery** is the art, sport, practice, and skill of using a bow to shoot arrows. Archery improves not only physical strength, but also mental focus and vigor. Just by practicing archery, young archers will learn patience, focus, and self-motivation.

Chinese calligraphy (Brush calligraphy) (7/6/20 to 7/10/20)



**Calligraphy** is widely known as a traditional Chinese form of writing with a brush and ink. Writing with a brush requires much more complexity than with a pen. Calligraphy requires a high level of concentration and patience. There is a specific way to hold the brush, and a way and order to “draw” each line of a Chinese character, which are known as “strokes”. The direction and pressure applied on the brush are equally important to produce beautiful calligraphic writing.

Kung Fu Jumping class (7/13/20 to 7/17/20) (8/3/20 to 8/7/20)



**The key to achieve higher jumps is to train your body to be more agile and light. Our masters will share and teach some of their personal tips on some simple movements that can help you achieve higher jumps. You will practice on our professional and safe jumping cushion.**