

FOR PEOPLE WITH AUTISM 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.



We film and grade ALL classes so that doctors, parents and other professionals can quantitatively assess the impact of changes in diet, sleep, transport and medications. The curriculum, which includes five sets without weapons and ten sets with weapons, leads to a collegiate bachelor's degree as well as a master's degree.

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.

As the students become proficient in the short

form training begins in the signature set of Chen style known world-wide as Lao Jia or Old Frame. Training in Xin Jia or New Frame follows.

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



After the student is proficient in the short form the next weapons taught are single saber (below) and single sword (below the saber).



After the short weapons staff and spear are taught. 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, sometimes known as cannon fist, Xin Jia #2, double saber, double sword, kwan dao (see below left) and three meter long staff.



/2/ One day per week the class dresses in traditional semi-formal black cotton outfits (above right) 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 informal shoes are less than \$10. Note that any comfortable running shoes are fine with the cotton uniforms. 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.

For those using the new Self-Determination Program and a Person-Centered Plan we suggest an Individual Budget of \$250 per month.

Contact us at

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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.