



華人服務中心
Chinese Service Center

Chinese Service Center USA

Website: www.ChineseServiceCenter.org
Email: Info@ChineseServiceCenter.org

P.O. Box 8122
Paramus, NJ 07653

Contact: Suzan Cho, 201-448-7687
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January 21, 2012
FOR IMMEDIATE RELEASE

“Connect, Collaborate, Celebrate”

博根太極社 Bergen Tai Chi Club

Lead by 彭泰祥教練 Master Ted Peng

Begins on February 19, 2012 at Bergen Chinese School

[Hackensack, NJ] Tai Chi Chuan, literally “Supreme Ultimate Fist”, is a type of internal Chinese martial art practiced for both its defense training and its health benefits (http://en.wikipedia.org/wiki/Tai_chi_chuan). Tai Chi Chuan classes will be held at Bergen Chinese School in the spring 2012 semester to promote this intelligent form of Chinese exercise for greater health.

Scheduled Dates: 2/19, 2/26, 3/11, 3/18, 3/25, 4/1, 4/15, 4/22, 4/29, 5/6.

Time: Sundays from 2:30PM to 3:30PM

Location: Hackensack Middle School, Bohua/Bergen Chinese School
360 Union Street, Hackensack, NJ 07601

Cost: \$50 for 10 classes or \$8 per class for CSC due-paid members

\$80 for 10 classes or \$10 per class for all others (waiver form required for all)

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About Tai Chi Chuan 太極拳

Tai Chi Chuan is a type of Chinese martial arts. It was developed in China over 400 years ago for the purpose of health and self-defense. Tai Chi Chuan movement is a combination of Qi Gong exercises and slow motion meditative exercises. These movements can be performed in a standing or seated position for people with limited mobility or for health reasons. Practicing Tai Chi Chuan can improve balance, flexibility and muscular strength of the body. It can also help reduce stress and improve the body's immune system. These benefits are reasons why Tai Chi has become such a popular sport throughout the world.

About Master Ted Peng 彭泰祥教練

Master Ted Peng has been practicing Tai Chi and Martial Arts for around 30 years and has been teaching for over 8 years in the US. He has learned Yang Style and Chen Style Tai Chi Chuan, Sword, Fan, Stick; Shao Lin Chuan and Tae Kwon Do. He has certificates for Tai Chi Chuan 7th level and Martial Arts 9th level; he is also a certified International Tai Chi Chuan coach and judge. www.njtaichi.org
Master Peng has taught over one thousand students at many locations such as schools, senior centers, churches, temples, and community centers. He currently teaches in various locations around the New Jersey and New York metro area. Master Peng is currently teaching at Bohua students after school program.

About Chinese Service Center 華人服務中心

The Chinese Service Center USA is a non-profit 501c3 organization dedicated to promote community participation, education and leadership, to foster cultural exchange and awareness, and to promote strength in diversity and heritage values through educational, cultural and community programs. Serving the Bergen County and New York City community since 1971, CSC USA sponsors three Chinese Schools located in Hackensack, NJ and the upper west side of NYC (within Columbia University). CSC USA also sponsors and supports numerous cultural events and exchanges across the tri-state region. Additional information is available at www.ChineseServiceCenter.org

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January 28, 2012

Bergen Tai Chi Club - Registration Form

Date: _____

Participant Name: _____

Additional Name (same household): _____

Address: _____

Phone: _____ E-mail: _____

Do you have children attending CSC Chinese Schools? _____

If Yes, which school? _____

Are you a CSC Due-Paid Member? _____

Below is the link if you are interested in becoming a CSC Due-Paid Member. (Please write a separate check for the CSC Membership).

<http://chineseservicecenter.org/membership.html>

Below is the link to the General Waiver form:

http://chineseservicecenter.org/PDFs/CSC_Adult_General_Waiver_Final.pdf

Please circle and complete one of the following:

Fee Structure	CSC Due-Paid Member	Number of Sessions	Check Amount	Signed Waiver Form?
S1	Y	All 10 classes	\$50	
S2	Y	\$8 * number of classes		
S3	N	All 10 classes	\$80	
S4	N	\$10 * number of classes		

Scheduled Dates: 2/19, 2/26, 3/11, 3/18, 3/25, 4/1, 4/15, 4/22, 4/29, 5/6.

Time: Sundays from 2:30PM to 3:30PM

Please make the check payable to: "CSC-USA" indicating for "Bergen Tai Chi". Please bring it with you prior to the class starts or mail to P. O. Box 8122, Paramus, NJ 07653

Check#: _____

Received by: _____; on Date: _____

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