



# Chinese Cultural Association of Greater Philadelphia (CCAGP) Culture Program 2022-2023



# White Crane Kung Fu and Chinese Lion Dancing (武術和舞獅)

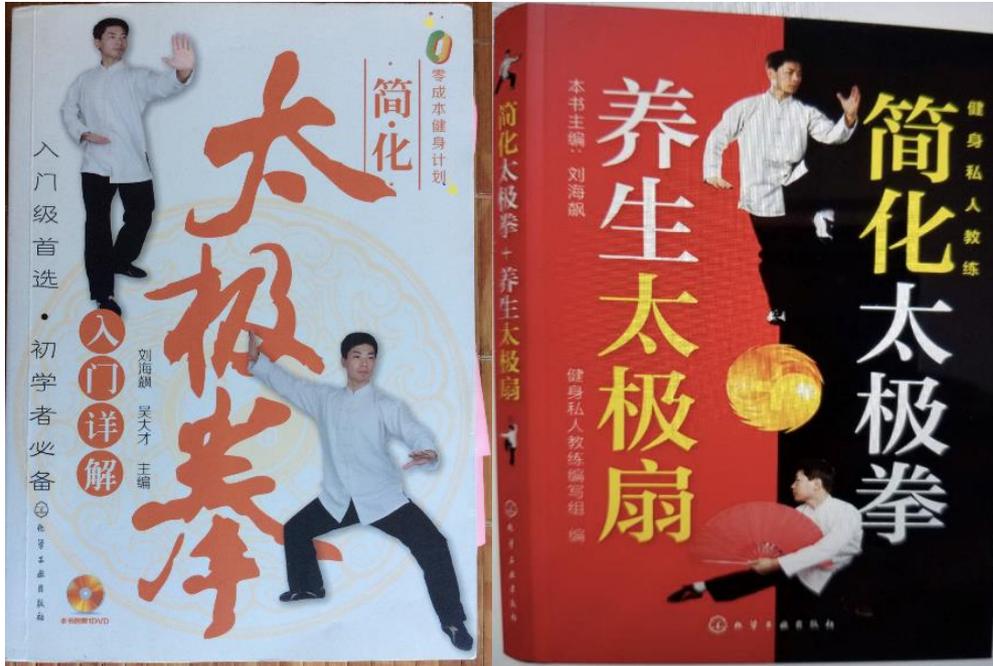


- Crash, bang, boom! Chinese Lions and Dragon dancing everywhere during CCAGP's Chinese New Year celebrations. These performances are possible because of the students and parents of Ding Hao and Ming De practiced diligently [after Saturday school from 11:30 am – 12:30pm.](#)
- During these sessions, students and parents will learn the basics of Tibetan White Crane Wu Shu, Lion Dancing and the music required to bring the puppet to life.
- By the end of the class, parents and students will be able to recognize understand the symbolism behind lion's movements, learn the basic martial arts forms that promote balance and health.

## Instructor

- **Mr. Eric Yu** is a certified Internet-working expert and currently works as an engineer at Google NYC. He's been studying and teaching Tibetan White Crane Kung Fu for 27 years with [San Francisco Leung's White Crane Kung Fu.](#)
- Eric is a 4th generation disciple student of master Leung Kwan who is the direct pupil descendant of the late grand master "Kwong Boon Fu" and his master "Ng Siu Chung" of Hong Kong White Crane.
- He's competed in several international lion dance competitions and enjoys teaching parents and children interested in learning more about Chinese cultural arts.

# Basic Tai-Chi (基礎太極)



## Instructor

**Mr. Frank Yuan** 八式太極拳

- ①基本上以“[太極拳入門詳解](#)”為教材 照本宣科 按部就班
- ②每節課教一招式  
09:00~09:50, at LGI
- ③課前會先將招式的圖片及文字說明等先 Line到太極拳群組
- ④課後homework  
每天10~15分鐘  
自行練習簡單的腹式呼吸及最基本的站樁...

**【適合初學者】**

Frank Yuan

Last name 阮

Line ID: [frankphilly](#)

# Mingde chorus (合唱團)

- 明德合唱團是由來自賓州大費城一帶喜愛合唱的華裔人士所組成。在優秀指揮的帶領下，定期練唱，歌單內容多元，有中國民謠、藝術名曲、宗教歌曲、流行歌曲和百老匯歌劇等。明德合唱團多年來參予地方性文化活動，到老人院開演唱會，不僅讓聽眾留下深刻的印象，更提昇團員對進入美國多元文化主流社會的責任感。我們歡迎新團員加入，也希望得到您的支持。
- Founded in 1988, the Mingde Chorus aims to bring people together and enrich our lives by sharing Chinese folk songs as well as songs from all over the world. The ultimate goal of Mingde Chorus is to promote an understanding of Chinese culture through our singing and performances. Mingde Chorus is a non-for-profit organization and is open to the general public. We welcome new members and hope to have your support. For more information, please visit our website:

<http://www.mingdechorus.com/>



**President - Ping Lu, 呂萍**

**Vice President - Sandra Guan, 關東喬**

**The 2021 - 2022 Music Staff**

Conductor - Ru-Jing Chang 張如菁

Pianist - Xuelin Wang 王雪霖

Contact - Ping Lu



# Chinese Brush Painting (國畫)



## Instructor

- Mrs. Josephine Tsai grew up in Taiwan where she was exposed to the richness of Chinese culture. Josephine received her Natural Science degree at Fuzen Catholic University.
- In the last 30 years, she has been an achieved businessperson. However, art-related works, especially Chinese watercolor painting, have always been her first love.
- She received private instruction from several well-known masters of Chinese art, but she considers Mother Nature to be the greatest teacher. Her works often combine three distinct styles of Chinese painting, the Realistic style, the Spontaneous style and the Ink Splashed style, allowing the positive aspects of each to create a lively impression.
- As one of the founders of the Chinese Brush Painters and Calligraphers Society in America, and a member of Philadelphia Watercolor Society, Josephine devotes much of her time to studying, sharing and practicing Chinese art.

*To appreciate the beauty of nature*

*To share the richness of Chinese Culture*

*To reflect the great love and glory of the Creator*

- Chinese painting is one of the oldest continuous artistic traditions in the world.
- Typical motifs in Chinese brush painting include flowers, birds, animals and landscapes. But even more important than the visual image is the message behind the painting: it expresses the inner spirit of the subject or the feelings of the artist.
- Most Chinese paintings have a calligraphic inscription, such as a saying, beautiful poem, or poetic description of the subject. Traditional painting involves essentially the same techniques as calligraphy and is done with a brush dipped in black or colored ink. The style and technique of Chinese painting have varied greatly over the years - from very detailed portraits to paintings of flowers executed with large brush strokes. Such variations have given rise to a rich and broad tradition with room for personal experimentation and development.

For more information about her, visit her website: <http://www.taofbrush.com>

# Let's MOVE! YOGA & HIIT (High-Intensity Interval Training) Workout 全身瑜珈 & 高強度間歇訓練



## Class details:

- **Goal:** To get everyone moving & off screens!
- **All gender, age & fitness levels** are welcomed!
- **10:00 - 10:40 am** during school days
- **Workout:** We will alternate between YOGA & HIIT sessions with the flexibility to adjust based on what the group prefers to do more.
  - **Full body yoga:**
    - A total mind-body workout that combines strengthening and stretching poses with deep
    - We will use professional Yoga training videos on YouTube by Lululemon and project it off a screen for everyone to follow
  - **HIIT or high-intensity interval training:**
    - Focused on quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your breathing and meditation or relaxation. heart rate up and burns more fat in less time
    - Coach Sida will be leading the sessions in person.
- **Equipment:** No extra equipment needed! Wear comfortable workout clothes & bring your own yoga mat.

## Facilitator & instructor:

- **Nancy Chang & Sida Wang** are parents of two daughters – Winter (4yr) & Summer (2 mos). They are an active family that likes to exercise and would like to invite other parents to do the same!
- **Nancy** grew up in Taiwan and is a graduate of National Taiwan University & Harvard, she currently works on her own education venture focused on early childhood education. **Sida** is a Philadelphia local and a graduate of UPenn & Harvard currently working in finance.
- Sida and Nancy are busy parents juggling the demands of work & raising young children, their happy place is when they can get some time to move and workout, so having the opportunity to lead a workout session at MingDe (undisturbed by kids) is a dream come true. 😊
- Neither Sida or Nancy are professionally trained, but Sida is a keen advocated of HIIT exercise and has been leading informal HIIT exercise sessions amongst families & friends for over a decade. He is endearingly known and feared as “Coach Sida” amongst friends.