



精英武术学院

课程表 Class schedule

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	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday	星期日 Sunday
9:30-11:00am					Elite Wushu Team	Elite Wushu Team
11:10-12:00pm					Beginning All ages No belt – Green Purple	Beginning All ages No belt – Green Purple
12:10-1:00pm					Beginning All ages No belt – Green Purple	Beginning All ages No belt – Green Purple
1:10-2:00pm					All Levels	All Levels
2:10-3:00pm					Purple - Black belt	Purple - Black belt
3:35-4:25pm	All Levels	All Levels	All Levels	All Levels		
4:30-5:20pm	Purple - Black belt	Purple - Black belt	Purple - Black belt	Purple - Black belt		
5:30-6:20pm	No belt – Green purple	No belt – Green purple	No belt – Green purple	No belt – Green purple		
6:30-7:20pm	Purple - Black belt	All Levels Women Self-defense	Beginning All ages No belt – Green Purple	Beginning All ages No belt – Green Purple		
7:30-8:30pm	Elite Wushu Team	Elite Wushu Team	Elite Wushu Team	Elite Wushu Team		

Beginning class (new students, white, yellow, gold ,orange): Basic Hand Form, Basic Weapon, Basic self-defense

Pre-intermediate Class (orange with green chevron, green, green with purple chevron,):Elementary hand form, Elementary short weapons, Elementary long weapons.

Intermediate/ Advance class (Purple, blue, brown, red, black) International compulsory hand form, long weapons, Short weapons. Traditional weapons.