**KUNG FU/TAI CHI CLUB**

**UNIVERSITY OF WASHINGTON, DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS**

**Hung Gar Kung Fu** – Founded by Shaolin martial artist Hung Hei-Kwun, Hung Gar (or Hung Ga Kuen) is a traditional style of martial arts from Southern China. Hung Gar is based on the movements of the five animals: Tiger, Crane, Snake, Leopard and Dragon with particular emphasis on Tiger and Crane techniques. Hung Gar is a hard and powerful style of Kung Fu that utilizes powerful blocks, punches and kicks. Through learning Hung Gar you will improve your strength and hand eye coordination along with your sense of balance and self-confidence.

**Tai Chi** – Make your body stronger and healthier by learning Tai Chi. In this class you will gain agility, strength, better balance and develop mental discipline. These classes will build your self-confidence while enhancing your hand eye coordination, physical fitness and mental discipline.

**CLUB DUES**
You may join the club for $50 per quarter (*subject to change*). Uniforms are available for $40 (*optional*).

**CLUB MEMBERSHIP**
All currently enrolled UW students (Seattle campus) and faculty/staff IMA members may join the club. Faculty/staff may purchase their IMA Membership at the IMA Member Services Desk during operation hours.

*UW extension, students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the Club Sports program.*

*Branch campus students are eligible with IMA membership.*

**MEMBERSHIP WAIVER CARD**
All participants must complete a membership/waiver prior to club participation. Club Sports waivers can be completed online, at the IMA website, under course registration.

**CLUB PRACTICES:**

- **Dates:** Fall/Winter/Spring Quarters
- **Days:** Monday & Wednesday
- **Times:**
  - Kung Fu: 4:30 – 6:30pm
  - Tai Chi: 4:00 – 6:00pm
- **Location:** Mat Room B

**INSURANCE**
The Department of Recreational Sports Programs strongly recommends that all Club Sport members have adequate accident/medical insurance coverage. Each Club Sport member is responsible for arranging their own coverage. For information on the University of Washington’s Student Health Insurance Plans: http://depts.washington.edu/ovpul/insurance/index.shtml.

**SPORTS SKILLS CLASS**

- **Price:** $54.00
- **Beginning Kung Fu:** 4:30-5:20pm M/W
- **Beginning Tai Chi:** 4:00-4:50pm M/W

Register online or in person at the IMA Programs Office at the beginning of each quarter.

**FOR MORE INFORMATION**

- **Club Representative:**
  - James White: jwwhite01@hotmail.com

- **Club Instructor:**
  - James White – Kung Fu
  - Margaret Hammond – Tai Chi

- **Club Email:** uwkungfu@uw.edu

- **Club Website:** http://students.washington.edu/uwkungfu

- **Club Sports Coordinator:**
  - Chris Delaune
  - 206-543-9499
  - delaune@uw.edu

- **IMA Homepage:** http://depts.washington.edu/ima

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The University of Washington is committed to providing equal opportunity and reasonable accommodation in its services, programs, activities, education, and employment for individuals with disabilities. To request disability accommodation, contact the Disability Services Office at least ten days in advance at: (206) 543-6540 TTY, (206) 685-7264, or dso@uw.edu