



Carefirst Wellness Club

耆暉會 耆康社

In-person 實體

 300 Silver Star Blvd. Scarborough

Sunset Kung Fu Fan

夕陽美功夫扇

Instructor 導師: Anissa Ho

"Sunset Kung Fu Fan" is a sister chapter created after "Tai Chi Kung Fu Fan". It is also based on martial arts movements, appropriately absorbs elements of Peking Opera and dance, and combines the content and rhythm of "Chinese Kung Fu" songs to form a song and dance, alternating between fast and slow. It is both strong and soft, with lively and novel characteristics.

「夕陽美功夫扇」是繼「太極功夫扇」之後創編的姐妹篇，同樣以武術動作為基礎，適當吸收京劇、舞蹈成份，結合「中國功夫」歌曲的內容節奏，構成了載歌載舞，快慢相間，剛柔並舉，活潑新穎的特色。

Code 班號: WEL24153
Wednesday Jun 12 - Sep 4
11:20am - 12:30pm
\$78 (13 Sessions 堂)



Online Registration 網上報名  [Register](#)

Enquiries查詢:

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