

Basic Detail Report



MALEE'S SCHOOL OF TAI CHI AND KUNG FU

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Master Malee Khaw is the president and head instructor of Malee's School of Tai Chi & Kung Fu in Manchester, Connecticut. She is ranked by the U.S.A. Wushu-Kungfu Federation (USAWKF) as an eight degree

black belt and holds a certification in judging from the International Wushu Federation (IWuF). She is the president of the U.S.A. National Tai Chi Chuan Federation and the USAWKF administrative vice-president of internal events and competition management. In 1998 she was inducted into the USAWKF Hall of Fame.

Born in Bangkok, Thailand, Master Khaw has trained in wushu (Chinese martial arts) since childhood. Before immigrating to the United States in 1989, she had won five straight national wushu championships in Thailand.

Since coming to the U.S., she has been actively involved in the Chinese martial arts community, both locally, nationally, and internationally. In Connecticut, she teaches tai chi and kung fu at colleges, senior centers, and other locations, in addition to her own school. Throughout the United States, she judges at major tournaments every year, usually as a chief judge of internal events, and often the head judge of the entire tournament. In 2003, she was also the sole U.S. taolu (routines/forms) judge at the 7th World Wushu Championships in Macau, China. In 2004, she was the sole U.S. judge at the 1st World Traditional Wushu Festival in Zhengzhou, China. In 2007 she was the U.S. team leader at the 9th World Wushu Championships.

Master Khaw has also organized three successful international tournaments in Connecticut, the New England International Chinese Martial Arts Championships, in 1999, 2002, and 2005. In 2005 and 2008, she organized the USAWKF National Championships and 1st and 2nd USAWKF Instructors and Judges examination Course; she also hosted the 2005 U.S. Team Trials and 2008 U.S. Junior Team Trials. In 2006, she was the chief referee at the 2006 Nationals. In 2007, she was the head judge of internal styles at the 2007 Nationals. In 2007, she was the U.S. team manager at the 9th World Wushu Championships in Beijing, China, and 2008, she was the U.S. team manager for the 7th Pan American Wushu Championships in Brazil.

For the 2008 Olympics in Beijing, Master Khaw was the U.S. team leader for Wushu Tournament Beijing 2008, a special wushu event held in conjunction with the Olympics — an "unofficial" Olympic event.

Malee's School of Tai Chi & Kung Fu opened in 1994. We offer group and private lessons in both tai chi and kung fu. The interests of students of Chinese wushu vary, and our curriculum is designed to let students pursue individual goals together.

Tai Chi classes begin with exercises which combine rhythmic movements and breathing called *chi kung (qigong)*, which help the student to relax. We go on to teach a standardized tai chi routine called 24 Form Yang Style Tai Chi, or Simplified Tai Chi Chuan, which is practiced by millions in China and around the world. Later, students can learn weapons forms such as the sword and fan and practice self-defense applications through *tuishou*, or push hands, depending on their interests. Recent studies have shown that tai chi is good for a variety of minor mental and physical ailments, such as balance, rheumatoid arthritis, and stress. For tai chi students, classes offer both a welcome break from the breakneck pace of ordinary life and a way to re-energize while slowing down, and to improve one's outlook on life.

Kung Fu classes focus on flexibility, balance, stamina, and, most importantly, martial skill. Because some students are uncomfortable with practicing self-defense and physical contact, preferring the sport and fitness aspect of kung fu, we separate forms and sparring classes. Beginning forms classes teach long fist (*changquan*), the standard beginning style in all of China's modern schools. Later classes teach animal and other barehand styles, including southern boxing, praying mantis, snake, and eagle claw, in addition to a variety of weapons, beginning with saber, sword, staff, and spear. Self-defense/sparring classes include forms applications, general self-defense, joint locking, and contemporary sport sanda (kickboxing with throws). Kung fu classes offer perhaps the most exciting and rewarding martial art in the world combined with a great way to achieve true fitness for people ages 4 to 50 plus.

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Schedule of Classes