

**主旨: HKUST Staff Association News - Sept 26
(Taekwondo and Staff Tai Chi Classes)**

從: HKUST Staff Association <staff@ust.hk>

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到: <staff-association-news-list@ust.hk>

Dear Colleagues,

In this SA News, we would like to inform you about member recruitment of the following classes:

1. Taekwondo Class

2. Staff Tai Chi Class

HKUST Staff Association

Sept 26, 2012

1. Taekwondo Class

Venue: LG1027 (opposite Indoor Sports Hall)
Date: Every Saturday starting from Sept 29 (except 8 Dec, 15 Dec, 18 May & 25 May)
Time: 11:00am to 1:00pm
Instructor: Dr Riki Takeuchi (Qualified Taekwondo Instructor)
Fee: Free of charge
Uniform: Required

All staff are welcome

For enquiries/registration, please contact Ms Agnes Lai, ext. 7753, e-mail mnkylai@ust.hk

2. Staff Tai Chi Class (11 Oct – 13 Dec 2012 session)

Venue: LG1 lobby outside sports hall
Date: Every Thursday from 11 Oct to 13 Dec 2012 (10 lessons)
Time: 1:00 to 2:00 p.m.
Instructor: Qualified Tai Chi Chuan Instructor
Style: Traditional Wu Style Tai Chi Chuan 108 form Part 1
Level: Beginner

Fee: Free of charge

All staff are welcome

For enquiries/registration, please contact Winson at email: winson@ust.hk

Remark: Email enrolment is required because the venue is subject to change. Email will be sent to classmates in Thursday mornings.