New Recreation Activity Classes For Winter 2015

The department of Campus Recreation is pleased to offer 2 new Recreation Activity classes this winter quarter, Taiko Drumming and Chinese Wrestling.

**Taiko Drumming: Wednesdays 1/7-3/11 at 6pm, $25 per quarter**

Taiko is an art form that combines drumming with choreographed movement and form. Taiko is both a visual and rhythmic art that also enhances your strength and endurance. In our class, we will teach all of the necessary basics of taiko as well as various styles that are regularly practiced and performed within the taiko community.

To register visit: [http://www.campusrec.uci.edu/classes/sports/index.asp](http://www.campusrec.uci.edu/classes/sports/index.asp)

**Chinese Wrestling: Sundays 1/11-3/15 at 7pm, $35 per quarter**

Shuai Jiao (Chinese Wrestling) is the oldest form of martial arts practiced in China. Discover ancient battle proven techniques developed over thousands of years, now refined into a competitive sport. Classes will teach gripping, throws, break-falling, and a myriad of techniques. Learn from He Guanda, a 2 time World Champ, 12 time Heavyweight Champ, former China National Team Coach, and current USA Team Coach.

To register visit: [http://www.campusrec.uci.edu/classes/martial/index.asp](http://www.campusrec.uci.edu/classes/martial/index.asp)