

NEWSLETTER

每周简报

2024年04月12日 甲辰(龙)年农历四月三日 ▶ ▶ ▶ ▶ 第850期

瑞华 2024 夏校夏令营通知

瑞华夏校 zoom 课程已经开放报名,包括 AP/SAT 英语,数学,写作,绘画,思辨,朗诵,围棋等丰富课程,请您尽早浏览选择您想要给孩子报名的课程,如果在 5 月份之前报名并缴费可以和夏校主任李云鹏联系享受 10%off 的 early bird 价格。详情见下页。有任何问题请微信联系夏校主任李云鹏和王圣,或发邮件至info@raychineseschool.org。

瑞华 2024 夏令营仍在接受报名。



全美中文学校协会 2024 "发现江苏"文化沉浸营

瑞华已成功争取到全美中文学校协会的团队学员名额,但名额有限,报名采取先到先得的原则。有意参加的学生请尽快报名,并联系领队武广静参加瑞华江苏文化营。(微信 ID: wuguangjing1;

邮箱: <u>lydiawu@comcast.net</u>)

全美中文学校协会 2024 "发现江苏"文化沉浸营

营期: 6月17日至6月24日

营员数: 100人营地: 中国 江苏

报名链接: https://forms.gle/rsCHpPru3whguRNPA

为了报名有序进行,并让大家充分做好报名前的准备,请认真

阅读以下内容: (接右上)

(接左下)

- 1. 请确认营员的年龄满 12 岁,未满 19 岁。否则可能在营地被取消资格。
- 2. 确认营员能在夏令营的时间段全程参营。家长必须负责送营员到营地,并从营地接回。
- 3. 确认营员的签证、机票等保证按时参营的各方面条件具备。 如营员需要申请签证,主办方可以及时提供邀请信。
- 4. 报名所需信息: 营员信息: 美国 护照号(必须持美国护照)中文名(请在后续文件中用这一统一名字)英文名(请在后续文件中用这一统一名字)性别(男、女)所在国家 所在州/省 所在城市 通信地址 电子邮箱 身高、体重、衣码、 饮食禁忌 重大病史 过敏史 监护人信息: 姓名(接送营地和参营期间需紧急联系的家人) 在美联系电话 国内联系手机 电子邮箱

以上信息需报名时填写, 缺一不可, 否则无法报名成功, 请提 前准备。

- 5. 网上报名时完成缴纳报名费(\$160)和《2024 CSAUS 夏令营免责书》上传。
- 6. 完成所有相关表格填写, 缴纳报名费, 并得到工作组审核通过后, 才能正式成为营员。正式营员将得到确认通知并进入夏令营微信群。
 - 7. 由于夏令营营员本身的原因需要退营,报名费不退。

Kennedy 学校停车场出入口变更

家长注意, Kennedy 学校前门停车场出入口变更了, 原来的出口变成了入口(也可以出), 原来的入口变成了 exit only, 请大家注意 防止出现交通拥堵。



问题/建议: info@raychineseschool.org 讲座: vplogistics@raychineseschool.org 广告: Newsletter@raychineseschool.org 网站: www.raychineseschool.org

瑞华中文学校

2024 夏季別號



学期介绍



夏校时段安排Schedules:

上半学期 6/3 ▷ 7/5 共5周

下半学期 7/8 ≥8/16 共6周

授课方式 Teaching Method:

Zoom网上授课,个别课程有可能根据授课老师的教学条件安排实体课。 Online classes via Zoom. Some courses may have physical classes arranged based on the teaching conditions of the instructor.



开设课程

Teacher	Class	
杨菲	美术初级班-艺术万花筒 Introduction of Arts	
杨菲	iPad Procreate 数码绘画入门班 iPad Digital Painting- Procreate Basics	
马冰	金钥匙全美绘画比赛创作辅导班 Scholastic Art & Writing Awards Tournament Prep	
凌晨	中文朗诵与舞台表现力7-9岁班 Chinese Recitation and Stage Performance Age 7-9	
凌晨	中文朗诵与舞台表现力10-13岁班 Chinese Recitation and Stage Performance Age 10-13	
凌晨	中文朗诵与舞台表现力14岁以上班 Chinese Recitation and Stage Performance Age 14+	
吴伟卿	Mathcounts 2024 handbook Problem Solving	
吴伟卿	Mathcounts 2024 真题分析 Mathcounts 2024 problem solving	
陆瑛	Math Kangaroos Grd 1-2 1,2年级Kangaroo数学强化班	
陆瑛	Math Kangaroos Grd 3-4 3,4年级Kangaroo数学强化班	

瑞华中文学校

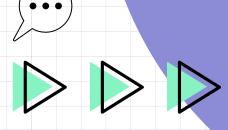
2024 夏季网课学期介绍



Teacher	Class	
陆瑛	英 Math Kangaroos Grd 5-6 5,6年级Kangaroo数学强化班	
陆瑛	SAT Math Summer Camp SAT 数学 夏令营	
陆瑛	The Art of Problem Solving - Introduction to Algebra 初级代数	
陆瑛	Math Kangaroos Summer Camp Grd 3-4 3,4年级数学Kangaroo 夏令营	
陆瑛	Math Kangaroos Summer Camp Grd 1-2 1,2年级数学Kangaroo 夏令营	
陆瑛	SAT Math Summer Camp SAT 数学 夏令营	
陆瑛	Art of Problem Solving - Introduction to Algebra 初级代数	
陆瑛	Math Kangaroos Summer Camp Grd 5-6 5,6年级数学Kangaroo 夏令营	
刘珍邑	Sat Math Camp SAT 数学考试集训营	
郭新明	Go game based math learning Level 1 围棋 - 数学与决策 初级	
郭新明	Let's play Go! Go game based math learning Level 2 围棋 - 数学与决策 中级	
吕晟	Badminton Summer camp 羽毛球夏令营	
陆瑛	Zumba 健身舞	
Patterson, Stuart	College Application Essay One on One 大学申请文书一对一辅导	
De angelis-marshall, Annette	AP English-Language 高中AP英语	
De angelis-marshall, Digital SAT Crash Course for English SAT 英语训练营		

瑞华中文学校

2024 夏季网课学期介绍



Teacher	Class
De angelis-marshall, Annette	High School AP English - Literature 高中AP英语 - 文学
Balfe, Larry	Public Speech Training Camp (Gr 7+) 公共演讲训练营 (Gr 7+)
Balfe, Larry	Public Speech Training Camp (Gr.4-6) 公共演讲训练营 (Gr 4-6)
Zhang, Kevin	Public speaking training camp 即兴演讲训练营 Gr 6-10
Lake, Edward	Reading club 1 [Literature, Vocab, and Writing 希腊小说阅读班 Gr 4-6
Lake, Edward	Reading club 2 [Literature, Vocab, and Writing 希腊小说阅读班 Gr 5-7
Lake, Edward	Stylistic Techniques in Writing (3rd/4th Grade) 三四年级写作技巧训练
Campbell, Joshua	AP English - Literature and Composition 高中AP英语 -阅读及写作营
Lake, Edward	Congressional Debate Training Camp (Gr. 7+) Congressional辩论训练营 (Gr.7-12)
Lake, Edward	Debate Class (Value Debate/ Lincoln-Douglass) 辩论训练营(价值/林肯-道格拉斯) Gr 3-5
Lake, Edward	Debate Class (Value/ Lincoln-Douglas Debate) 辩论 (价值/林肯-道格拉斯) Gr 7-12
Lake, Edward	Theory of Knowledge (Practical Philosophy) 知识理论建立 (应用哲学) Gr 8-12
Campbell, Joshua	SAT English Preparation Camp SAT 英语考试强化营
Leong, Paul	COGAT and Creative Thinking Test Preparation COGAT 和 TTCT 考试备考班(小班限8人)
Leong, Paul	IOWA/MAPS Test Preparation (Gr. 3-5) IOWA / MAPS 考试备考班 (Gr. 3-5)

具体上课时间请参考瑞华学校网站夏季学期课程安排表*

Session #1 June 3- July 5 Session #2 July 8- August 16



艺术启蒙课—-"艺术万花筒" // 网课

每周两次,共5周10次课。每次课一个半小时,每次课都会介绍一些有趣的艺术形式及基础知识。比如:版画,拼贴画,油画棒,水彩等。每次课前30分钟是关于当天艺术主题的讲解及艺术鉴赏。后面一小时会选取当天讲解的一种艺术形式,实际操作,完成一幅作品。因为今年加入了艺术鉴赏和知识类环节,所以非常适合家长和孩子一起参与,共同在艺术的万花筒里寻找灵感和快乐。

需要准备的材料:绘画本,铅笔橡皮。iPad。色彩工具根据每次课的不同另行通知。

指导老师:杨菲 适合年龄:6岁以上

数字艺术入门—-打开创意之门 // 网课

每周一次,共5次课,学习Procreate基本操作,配合创意挑战游戏,通过学习数字绘画来激发想象力和创造力。每次一小时。

需要准备:iPad, Apple Pencil, 以及提前下载购买好Procreate 这个App。

指导老师:杨菲 适合年龄:7-10岁以上

青少年艺术创作课—-"什么使你独放异彩?" // 网课

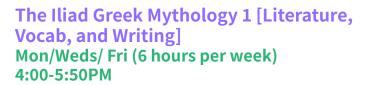
每周两次,每次两小时。

谁适合这门课? 对艺术充满好奇的爱好者。有一定的绘画基础,希望在艺术上进一步提高的青少年。想要参加金钥匙全美绘画比赛的年满13岁的中学生。

这门课学什么?与艺术家一起工作,分析学习优秀的艺术作品。头脑风暴,搜集素材,户外写生,构图设计,完成创作。发掘自己独特的个人特色,并通过艺术的形式展现出来。

指导教师:马冰 适合年龄:11-18岁

Session #1 (5 weeks) June 3- July 5



Description:

Whose face is "the face that launched a thousand ships"? Who built the Trojan horse and why? Take the Iliad Greek Mythology class and find out. In this course we will be reading The Iliad, which is a classic Greek myth describing the cause of the Trojan War and the battles fought in detail. This text is the most famous of Greek mythology and is full of many interesting characters whose choices and motivations provide excellent opportunities for discussion. We will also be working on a number of writing assignments associated with this text; including a news report from the battlefield. In addition we will be studying a variety of Greek and Latin root words and prefixes.

Edward Lake Open to grades 4-6

Stylistic Techniques in Writing Mon/Weds/ Fri (6 hours per week) 6:00-7:50PM

Description:

Are you tired of just being okay at writing? Do you want to be excellent? Join our Stylistic Techniques in Writing course to learn to write exceptionally well. This course helps students develop a number of stylistic techniques to transition from mediocre writing to excellent writing. In this course writers will be learning a systematic approach to writing with clear daily writing assignments and skill development. Students will also learn a variety of structural approaches, to help their writing sound professional and refined.



The Odyssey Greek Mythology 2 [Literature, Vocabulary, and Writing]
Tues/Thurs (4 hours per week)

Tues/Thurs (4 hours per week) 4:00-5:50PM

Description:

Sea monsters, a cyclops, and beings with magic powers- What do all these have in common? They are dangerous obstacles in the way of a Greek hero named Odysseus who is simply trying to get home to his family. In this course we will be reading The Odyssey, which is a classic Greek myth describing the return of Odysseus (also known as Ulysses) from the Trojan War and the many challenges he and his men have on this long journey home. As we read this text we will be having discussions and writing assignments, which is best supported in our thematic approach. In addition we will be studying avariety of Greek and Latin root words and prefixes. Come join us on this exciting journey as we read a thrilling story and develop our speaking and writing!

Edward Lake
Open to grades 5-7

Debate Class (Policy Debate) Tues/Thurs (4 hours per week) 6:00-7:50PM

Description:

Do you want to develop your confidence in public speaking and debate? Developing boldness in public speaking and debate is advantageous for high school, college, and careers. In this course both new and seasoned debaters will develop their thinking and rhetorical skills in Policy Debate. Students will be learning how to examine policies, research, and prepare arguments both in the affirmative and the negation of various policies.

Come join us this summer and learn to debate!

Session #2 (6 weeks) July 8- August 16



The Iliad Greek Mythology 1 [Literature, Vocab, and Writing]
Mon/Weds/ Fri (6 hours per week)
10:00-11:50AM

Description:

Whose face is "the face that launched a thousand ships"? Who built the Trojan horse and why? Take the Iliad Greek Mythology class and find out. In this course we will be reading The Iliad, which is a classic Greek myth describing the cause of the Trojan War and the battles fought in detail. This text is the most famous of Greek mythology and is full of many interesting characters whose choices and motivations provide excellent opportunities for discussion. We will also be working on a number of writing assignments associated with this text; including a news report from the battlefield. In addition we will be studying a variety of Greek and Latin root words and prefixes.

Edward Lake Open to grades 4-6

Junior Debate Class (Policy Debate) Mon/Weds/ Fri (6 hours per week) 2:00-3:50PM

Description:

Do you want to develop your confidence in public speaking and debate? Developing boldness in public speaking and debate is advantageous for high school, college, and careers.

In this course both new and seasoned debaters will develop their thinking and rhetorical skills in Policy Debate. Students will be learning how to examine policies, research, and prepare arguments both in the affirmative and the negation of various policies. Come join us this summer and learn to debate!

The Odyssey Greek Mythology 2 [Literature, Vocabulary, and Writing]

Mon/Weds/ Fri (6 hours per week) 12:00-1:50PM

Description:

Sea monsters, a cyclops, and beings with magic powers- What do all these have in common? They are dangerous obstacles in the way of a Greek hero named Odysseus who is simply trying to get home to his family. In this course we will be reading The Odyssey, which is a classic Greek myth describing the return of Odysseus (also known as Ulysses) from the Trojan War and the many challenges he and his men have on this long journey home. As we read this text we will be having discussions and writing assignments, which is best supported in our thematic approach. In addition we will be studying avariety of Greek and Latin root words and prefixes. Come join us on this exciting journey as we read a thrilling story and develop our speaking and writing!

Edward Lake Open to grades 5-7

Edward Lake Open to grades 6-8

Session #2 (6 weeks) July 8- August 16



Theory of Knowledge (Practical Philosophy)
Mon/Weds/ Fri (6 hours per week)
4:00-5:50PM

Description:

How do you know what you know? Are you sure that you know what you know? Theory of Knowledge (TOK) is an exciting and high energy course that teaches a practical type of philosophy to help students consider issues from a variety of perspectives. In this course we will be reading a number of articles and watching video clips to analyze. We will be exploring various topics through different lenses including: a Scientific way of knowing, an emotional way of knowing, and a logical way of knowing. We will analyze the strengths and limitations of various ways of knowing and develop an understanding of which ways of knowing are best in which circumstances. We will also be learning logic and developing logical ways of knowing through various brain games and exercises. Theory of Knowledge is a required class in parts of France and Switzerland and is an important part of higher level education courses; including, those of the International Baccalaureate (IB).

Edward Lake Open to grades 8-12

Junior Debate Class (Policy Debate) Mon/Weds/ Fri (6 hours per week) 6:00-7:50PM

Description:

Would you like to learn the debate form named after Abraham Lincoln's most famous debate? In this course both new and seasoned debaters develop their thinking and rhetorical skills in Values Debate. We will be learning about various philosophies and how these can be used for debate. We will also be researching a number of issues, and preparing arguments both in the affirmative and the negation of various value debates. Students will also be having formal debates and getting direct feedback. Come join us this summer and learn to debate!

Edward Lake Open to grades 7-12

Leadership Development Course Tues/Thurs (4 hours per week) 10:00-11:50PM

Description:

Do you want to be a leader and not a follower? Come join our Leadership Development Course. In this course students will be reading a number of leadership books to identify traits and habits of successful leaders. Some of the texts we will be examining are extracts from "How to Win Friends and Influence People," "The 21 Irrefutable Laws of Leadership," and "The 48 Laws of Power" We will be discussing and writing about the advice in these books and video clips and learning to cultivate leadership skills. What are you waiting for? Take that next step to develop the leader in you!

Edward Lake Open to grades 7-12

Session #2 (5 weeks) July 8- August 16



Junior Debate Class (Value Debate/ Lincoln- Douglas) Tues/Thurs (4 hours per week) 4:00-5:50PM

Power-Up Vocabulary Tues/Thurs (4 hours per week) 12:00-1:50PM

Description:

Would you like to speak and write with eloquence? Studies have shown that individuals with a robust vocabulary are perceived as dynamic and influential. In this course students will learn Greek and Latin prefixes and root words to help them "Power-up" their vocabulary. This course includes more than 1,000 words, which are arranged by theme for easy memorization. There will be regular quizzes and games to encourage retention.

Description:

Would you like to learn the debate form named after Abraham Lincoln's most famous debate?

In this course both new and seasoned debaters develop their thinking and rhetorical skills in Values Debate. We will be learning about various philosophies and how these can be used for debate. We will also be researching a number of issues, and preparing arguments both in the affirmative and the negation of various value debates. Students will also be having formal debates and getting direct feedback. Come join us this summer and learn to debate!

Edward Lake Open to grades6-12

Edward Lake
Open to grades 3-5

Formal Essay Writing Tues/Thurs (4 hours per week) 2:00-3:50PM

Description:

Do formal essays make your pulse rate increase? Come join this course to master the formal essay and develop the written skills to help you shine! In this course students will learn to develop their formal writing skills including: learning how to develop a thesis statement, write an effective introductory paragraph and conclusion, and use evidence to support their claims in a body paragraph. Formal writing is a very important skill that all middle school and high school students need to be successful in academics.

Debate Class (Congress Debate) Tues/Thurs (4 hours per week) 6:00-7:50PM

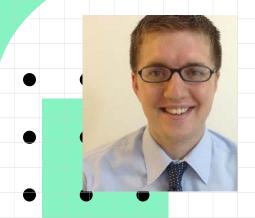
Description:

Have you ever imagined what it would be like to speak before Congress on a bill or resolution? Join our Congress Debate class! In this course both new and seasoned debaters learn how to write bills and resolutions that are presented in Congress. Students will also learn the procedure for speaking in Congress and the functions of a presiding officer. Lastly, students will develop their skills of persuasion as they deliver their three minute Congress speeches and defend against questioning. Congress debate is typically the best debate form to start with if you have no previous debate experience. Come join us this summer and learn to debate!

Edward Lake Open to grades 6-12

Edward Lake Open to grades 7-12

Mr. Edward Lake's Bio:



Edward Lake is a certified English teacher who is licensed in Illinois and Indiana. He has been teaching for more than twenty years; including seven years in Singapore and four years in Tokyo at international schools, one year in China at Nankai University in Tianjin, and seven years in the US. Edward has a BA in the Teaching of English, an MEd in Curriculum and Instruction, and an EdS in Educational Leadership. Edward is currently teaching English and debate at the high school level.

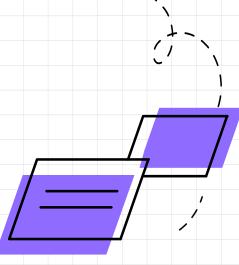
凌晨 即诵与舞台表现力

毕业于上海戏剧学院电视艺术系;普通话等级一级甲等,江苏省级普通话水平测评员,江苏省社会艺术水平朗诵考级委员会委员;曾在上海电视台《婚事群接触》《新食尚》栏目担任编导和主持;之后在江苏省戏剧学院担任一线教学工作,"双师"型教师。曾获江苏省职业学校"示范课"称号;多次获得全国"文明风采"大赛"优秀指导教师奖;多年主持大型文艺晚会,出版并发行《江苏省高中语文课本示范朗读》(凤凰出版社出版);《江苏省社会朗诵水平考级教程》(主编之一);曾为多部广告片、动画片、专题片配音;现定居芝加哥。



Mr. Kevin Zhang's Bio: 二次演讲训练宫

Kevin Zhang is a freshman at the University of Illinois Urbana-Champaign, majoring in Computer Science. Throughout high school, he actively participated in competitive speech, achieving remarkable success. Kevin qualified for the National Speech and Debate Association National Tournament (https://www.speechanddebate.org) three times and received the Hinsdale Central Forensics Foundations Award. In 2023, he ranked in the National Top 10 in Extemporaneous Commentary and the National Top 20 in Impromptu Speaking. Kevin also has professional experience in political campaigns, serving as Deputy Field Organizer for Voter Contact Strategies during the 2022 General Election.



Session #1 June 3- July 5 Session #2 July 8- August 16 Digital SAT Crash Course for English and (online!)

SESSION 1:

Tuesdays and Thursdays
June 3, 2024 to July 5, 2024
Time: 2nm 6nm

Time: 2pm-6pm

SESSION 2:

Mondays and Wednesdays July 8, 2024 to August 16, 2024 8am-12pm

Description:

Is your high school student taking the NEW DIGITAL SAT in the future? The Digital SAT need a completely different approach compared to the pen and paper one of the past. Come and study with a high school ENGLISH teacher AND SAT TUTOR WITH OVER 15 YEARS OF ACT/SAT TUTORING! We will take a full length online practice test and then go through specific strategies based upon your students' score. We will also go over the new format and how to ge the highest score, even if English comprehension and grammar are a weakness. We will take a post test and pinpoint areas for further improvement going forward.

Required Text: Princeton Review Digital SAT
Premium Prep, 2024: 4 Practice Tests +
Online Flashcards + Review & Tools (2024) (College
Test Preparation) Premium Editionand learn to
debate! (Amazon: https://a.co/d/gjZuqS0)

High School Summer AP Language/ Literauture Crash Course (online!)

SESSION 1:

Mondays and Wednesdays June 3, 2024 to July 5, 2024 Time: 2pm-6pm

SESSION 2:

Tuesdays and Thursdays July 8, 2024 to August 16, 204 8am-12pm

Description:

Is your high school student enrolled in AP English Literature or Language this upcoming fall? Would you like a preview of what the course will be like, working with a certified AP English teacher? Then this course is for them! We will go over a common AP syllabus for AP Lang and AP Lit, as well as read and analzye typical classroom assignments and assessments. At the end of the course, students will take a shortened version of the AP English Language and AP Literauter test with results and suggestions for improvement.

Dr. Annette De Angelis-Marshall Open to grades 8-12

Dr. Annette De Angelis-Marshall Open to grades 8-12



My name is **Dr. Annette De Angelis-Marshall**, or Dr. D. for short. I have my Bachelors in Comparative Literauter from Roosevelt University, my Language and Literarcy M.Ed. from DePaul University, and my Ed.D. in Curriculum and Instructon from Loyola University. I am certified in teaching English 6-12, K-12 special education, and 6-12 Gifted Education. I have taught English and Strategies at Hinsdale Central High School since 2004. In addition, I am a private tutor who works primarily with students on writing, reading, AP English Literature and Language for over 30 years. I am excited to have a great summer with your student!



围棋数学 Weigi / Go and Math

Level1 Tue 4:30P - 5:20P Level2 Tue 5:30P - 6:2P

Description:

围棋起源于古代的中国。经过至少3000年发展,她已经发展演变成为娱乐、消遣、游戏、职业竞技项目的综合体,也是一种极具东方特色的艺术文化形式。"围棋数学"这门创新的学科则诞生于美国,她返璞归真地将围棋发展成为数学课堂的玩具教具学具。美国 Go and Math Academy 的研究表明,仅围棋这一个游戏就可以覆盖K-3年级数学课堂中大约60%的内容(围棋在其他方面的教育意义更是远超过这个范围)。本课程将以围棋这个游戏为核心,以教育理念贯穿指导,让孩子们通过玩(专门为数学教育设计的)围棋来探索学习数学基本知识,在游戏中学数学于无形,帮助学生们理解基本的数学概念、掌握丰富的数学知识、培养敏锐的数字感觉、锻炼严谨的数学思维。(报名不需要任何围棋知识的基础。)

Math Concepts in the course (课程中体验的部分数学概念)

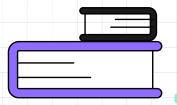
- _ Numbers, 2 digits number, 3 digits number, Odd/even, etc (一位数、两位数、三位数、奇数偶数等)
- _ Addition, subtraction, multiplication, their properties and combination of operations (加减乘法, 相关属性、以及混合运算)
- __ Geometry concepts, such line, interception, square, rectangle, symmetry, polyomino, etc (几何概念, 线、交叉点、方、矩形、对称等)

郭新明老师 适合年龄:K-Grade 5

Level	学段 Grade	要求 Prerequisite
Trial (体验课)	K~12	No
Level 1	K~5	No
Level 1.5	K~5	Level 1 (Fall Semester)
Level 2	K~5	Finish Level 1, or permission from teacher
Level 3	K~5	Finish Level 2, or permission from teacher



郭新明



美国伊利诺伊州持证职业教师和教育研究工作者,围棋业余2段,2015年获美国围棋基金会"年度老师"称号。郭老师毕业于清华大学和美国 National Louis University,获得工程学硕士、工商管理硕士和教育学硕士的学位。郭老师致力于围棋这项中华传统文化的传播和普及,每年为数千名美国学生普及围棋。郭老师创办美国围棋数学学院,通过围棋和数学相结合的方式,为美国数学教师普及围棋教育的知识,让围棋成为数学教具走入美国乃至全世界的学校课堂。2015年郭老师作为全美围棋大会主讲人倡导围棋数学教育的普及。2018年郭老师荣获得岩本熏世界围棋普及大奖。(Email: simonguoxm@gmail.com)

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Robotics Demo 通知



学生作文 我喜欢空手道

二年级 王一诺 指导老师 刘鑫

我喜欢空手道,练习空手道时,我不仅锻炼了身体,更学会了 自信。

在课堂上我可以练习"型"。"型"是一组系列动作。我可以通过 "型"练习系列中的不同动作;也可以和同学或老师对打,击中对方 来得分。动作要快和准,还要很有力气。训练休息的时候,我可以 跟训练的朋友们和老师一起玩; 比赛和节日的时候, 我们还有庆祝 活动、大家一起吃东西、玩游戏。每个人都很开心。

大家可以通过 参加空手道比赛赢 得铜、银和金牌。 在比赛中, 我会和 同年纪、同级别的 人竞争。我是绿 带, 所以我和绿带 的人一起比赛。我 获得过铜牌。比赛 时, 我会从错误中 学习并改进, 也学 会了坚持和不要放

这就是我喜欢 空手道的原因。如 果你也和我一样想 要更自信和得到锻 炼、你也来试一试 空手道吧!





劉文翰 牙醫博士 Dr. Tony W. Liu, DE **Acacia Family Dentistry Family Dentist** (美國牙醫協會會員)

🎜 劉慧如 牙醫博士

DuPage Orthodontics **Orthodontic Specialist** (美國牙齒矯正協會會員)

劉倩如 牙醫博士 Dr. Jasmine Liu, Drib, UIC College of Dentistry 伊利諾大學牙醫學院臨床指導老師

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杨思军内科家庭医师诊所 中文热线 630-312-0731. 办公电话630-759-0088. Email: napervilleclinic@gmail.com

地址 (1) 1260 Iroquois Ave, building 300, RM 302, Naperville, IL60563 (2) 454 W Boughton Rd, Suite C, Bolingbrook, IL60440. 杨思军医师具 有 二十多年临床经验,竭诚为中文学校的学生和父母提供多方位的医学 临床健康服务。包括多种疾病的诊断治疗和咨询, 全家体检, 学生学 校体 检, 学校运动检查sport exam, 疫苗接种。并培养了许多中学生进

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