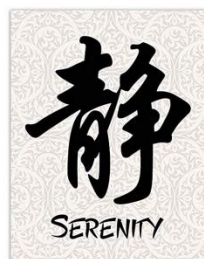


Chinese Calligraphy

中國書法

Chinese Calligraphy is the art of writing. It is also the most traditional art of Chinese. Calligraphy particularly focuses on the pen and hand coordination. We can express our thoughts and feelings through Calligraphy.

Chinese calligraphy is a type of pleasing writing, embodying the artistic expression of human language in a tangible form. This type of expression has been widely practiced in China and has been generally held in high esteem across East Asia.



書法是以文字為基礎的書寫藝術，也是我國最具悠久歷史的傳統藝術。書法講究執筆、運腕、用筆、使墨、章法、氣韻等規律，通過藝術手法來表達思想感情，產生“筆情墨趣”。學習書法，不僅可以鍛鍊耐心毅力，還能提升個人思想品德及文化修養。

Date : Every Saturday

Time : 11:00pm-12:00pm

Fee : \$180 per class

Age : 15 years & above

Venue : Studio C G/F

Instructor : Mrs. Yick Chu M.K.



To sign up, scan the QR code or call The Fitness Centre on 2657 8292 for enquiries.